



Since 1994

॥ श्रद्धावान् लभते ज्ञानम् ॥
SHREE RANG NAVCHETAN
MAHILA ARTS COLLEGE, VALIA

Robust mind lives in robust body



Sports Activities in Detail

Co Ordinator **Dr. Roshan Kumar Gamit**

Bhartiben Parmar [Physical Instructor]

Year	Name of Activities	Name of Students	No. of Students Participated	Event	Date
2023 to 2024	Dr. Dilavarkhan Pathan & Dr. Roshan Kumar Gamit conducted Yoga Day on 21 st June 2023 with the collaboration of Nehru Yuva Kendra, Tapovan Yog & Naturopathy Center, Pathar.	All College Students	20 Students, 12 faculties 14 Brahma Kumari Volunteer	Celebration of Yoga Day	21-07-2022
	Cross Country Men & Women 10km.race Inter College Competition Practice		05 Boys 05 Girls	Practice for Cross Country Men & Women 10km.race Inter College Competition	20-08-2023 To 20-10-2023
	Athletics		05 Boys 12 Girls	”	

	Tug of War (Rassa Khench)		12 Girls	”	
	Kho-Kho		12 Girls	”	
	Kabaddi		12 Girls	”	
	University Chess Tournament held at Veer Narmad South Gujarat University, Surat.	M.A. Sem-III Economics Student - Maheshbhai Vasava wins the first Round.	01	University Chess Tournament	16-09-2023
	Weight Lifting Jivan Jyot Trust, Amroli M.A. Sem-I, Sanskrit Chaudhari Aditya Nashvantbhai		01		10-10-2023
	University Team Selection held at Veer Narmad South Gujarat University, Surat.		06	University Team Selection	14-12-2023
	Cross Country 10 K. M. Run Shree Morarji Desai Arts & Commerce College, Buhari		06 Girls	Cross Country 10 K. M. Run	12 to 13th Jan. 2024.
	VNSGU, Surat Ramotsav Athletics Meet 2023-24		08 Girls 02 Boys	VNSGU, Surat Ramotsav Athletics Meet 2023-24	15th to 18th Feb. 2024.

	In 100-meter hurdles, the student of our college - Vasava Riyal Harendrabhai ranked third at the University Level. Proud moment for Shree Rang Navchetan Mahila Arts College, Valia. Congratulations to Riyal & Physical Instructor Dr. Bhartiben Parmar.	Vasava Riyal Harendrabhai	01	100-meter hurdles	20th Feb.2024
2022 to 2023	Celebration of Yog Day	-	227	Yog Day	21-07-2022
	Fitness Training of Tug of War, Kabaddi, Athletics, Cross Country & Kho -Kho practiced by Physical	-	15	Fitness Training of Tug of War	15th July to till Date

	Instructor Bhartiben Chauhan.				
	<u>Kho-Kho Selection in Inter University Team Vyara</u>	Mamta Vasava – T.Y.	04	<u>Kho-Kho Selection in Inter University Team</u>	18-10-2022
		Asha Vasava – T.Y.			
		Sheetal Vasava – T.Y.			
		Nisha Vasava - S. Y.			
	<u>Inter College Participation in Tug of War at M.K. College</u>	Riyal Vasava- S.Y.	11	<u>Inter College Participation</u>	10-01-2023
		Rita Vasava – S.Y.			
		Priyanka Vasava – S.Y.			
		Urvashi Vasava S.Y.			
		Sheetal Vasava T.Y.			
		Mamata Vasava -T.Y.			
		Asha Vasava – T.Y.			
		Nisha Vasava -S. Y.			
		Sarswati Vasava - M.A. -II			
		Vasava Krishna F.Y.			
		Nisha Vasava -T. Y.			

	49 Youth Festival Inter - College Athletic Meet 2023 January at VNSGU, Surat	<u>04 Boys P.G. Students</u>	15	<u>Inter - College Athletics</u> <u>Meet</u>	01-01-2023 T0 04-01-2023
		Vasava Rahul G.	04	4 x 400 M. RELAY	
		Vasava Mayur G.			
		Vasava Sunil A.			
		Vasava Vishaal V.			

		Vasava Vishaal V.	08	4 x 100 M. RELAY <u>Team Event</u>	
		Vasava Rahul G.			
		Vasava Sunil A.			
		Vasava Mayur G.			
		Vasava Rial H. S.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Nisha C. S.Y.			

		Team Event	07	4 x 400 M. RELAY <u>Team Event</u>	
		Vasava Rial H. S.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Vishaal V. M. A.			
		Vasava Rahul G. M. A.			
		Vasava Sunil A. M. A.			
		Vasava Mayur M.A.			
		Vasava Sunil A. M. A.	02	200 M. Run <u>Individual Event</u>	
		Vasava Asha R. T. Y.			
		Vasava Nisha C. S.Y.	05	200 M. Run <u>Individual Event</u>	
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.	Reached to Semi-final Round		
		Vasava Nisha C. S.Y.			

		Vasava Mayur G.			
		Vasava Vishaal V.			
		Individual Event	04	400 M. Run Individual Event	
		Vasava Sheetal R. T.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Nisha C. S.Y.			
		Individual Event	02	800 M. Run Individual Event	
		Vasava Rial H. S.Y.			
		Vasava Rahul G.			
		Vasava Mamta N. T. Y.	01	1500 M. Run Individual Event	
		Vasava Mamta N. T. Y.	05	110 M. Hurdle	
		Vasava Rahul G.			
		Vasava Nisha C. S.Y.			
		Vasava Sheetal R. T.Y.			

		Vasava Rial H. S.Y.	4 th Rank		
		Vasava Vishaal V.			
		Vasava Mayur G.			
		Vasava Mamta N. T. Y		400. M. Hurdle	
		Vasava Rahul G.			
		Vasava Nisha C. S.Y.			
		Vasava Rial H. S.Y			
		Vasava Vishaal V.			
		Vasava Sunil A.			
		Vasava Nisha C. S.Y.	05	Long Jump	
		Vasava Rahul G.			
		Vasava Mayur G.			
		Vasava Vishaal V.			
		Vasava Priyanka K. S.Y.			

		Vasava Sheetal R. T.Y.	06	High Jump	
		Vasava Nisha C. S.Y.			
		Vasava Rita R. S.Y.			
		Vasava Rahul G.			
		Vasava Vishaal V.			
		Vasava Rial H. S.Y.			
		Vasava Nisha C. S.Y.	01	Triple Jump	
		Vasava Urvashi P. S.Y.		Shot-Put	
		Vasava Rial H. S.Y.	04	Discuss Throw	
		Vasava Urvashi P. S.Y.			
		Vasava Rita R. S.Y.			
		Vasava Rahul G. M.A.			
		Vasava Sarswati B. M.A. -II			

		Vasava Rial H. S.Y.	05	Javelin	
		Vasava Rita R. S.Y.			
		Vasava Urvashi P. S.Y.			
		Vasava Rahul G.			
		Vasava Sunil A.			
2021 to 2022	Intercollege Online Yoga Quiz Competition (Dr. Dilavarkhan Pathan)		386	Intercollege Yoga Quiz Competition Online	21-06-2021
	Yogaasan Shibir – Yoga Expert – Mrs. Kaamina D. Raj & Mr. Surendrasinh Chauhan From State Gujarat Yoga Board.	-	45	Yogaasan Shibir	11-10-2021 To 14-10-2021
	Kabaddi, Vyara Arts & Commerce College. (Intercollege Competition)	-	10	Intercollege Competition	05-12-2021

	Lok Rakshk Police Dal Recruitment Training (LRD)		15 Selected in LRD		22 -12-2021, 23-12-2021 & 30-12-2022. 08-01- 2022 & 10-01-2022
	Athletic Meet -Running, 100 Mt. Run - 01 200 Mt. Run - 02 400 Mt. Run - 02 800 Mt. Run - 02 1500 Mt. Run – 02 5000 Mt. Run -02 4th rank in Veer Narmad South Gujarat University Youth Festival Kinjal Vasava B.A. Sem -4		09	Athletic Meet - Running	14-03-2022 To 17-03-2022
	4 x 100 M. RELAY – 04 4 x 400 M. RELAY – 04			4 x 100 M. RELAY – 04	

				4 x 400 M. RELAY – 04	
	Shot Put – 02				
	Discuss Throw -02 4th rank in University Youth Festival Rial Vasava B.A. Sem-2				
	Javelin Throw- 01 7th rank in University Youth Festival Rita Vasava B.A. Sem-2				
	Drill March		20		14-08- 2021
	Inter Class Kho - Kho Competition		12		
	Inter Class Kho - Kho Competition		36		

2020 to 2021	Fit India Movement		250		18-01-2020
2019 to 2020					
	Musical Chair-Girls		59		
	Shot Put-Boys		12		
	Rassa Khench -Girls		46		
	Musical Chair- Boys		13		
	Volleyball -Boys		14		
2018 to 2019	Musical Chair-Girls		57		20-01-2019
	Shot Put-Boys		11		20-01-2019
	Rassa Khench -Girls		42		20-01-2019
	Musical Chair- Boys		12		20-01-2019
	Volleyball -Boys		12		20-01-2019
2017 to 2018	Musical Chair-Girls		59		20-01-2018

	Shot Put-Boys		12		20-01-2018
	Rassa Khench -Girls		46		20-01-2018
	Musical Chair- Boys		13		20-01-2018
	Volleyball -Boys		14		20-01-2018

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