

M.M.E & R.C's
**M.A. Rangoonwala College of Physiotherapy and
Research**
SPORTIPHY 2023

Sports occupy a vital role in our lives. It keeps us fit, healthy and makes us active. The secret to having a healthy and positive lifestyle is to have a positive mind and body. Sports is one such activity which helps us in maintaining a proper physique and a positive mentality.

On 30th January, DES Brijlal Jindal College of physiotherapy organised sports event, named 'SPORTIPHY'. The event was a 10 daylong event comprising of games such as futsal, cricket, Kho-Kho, basketball, volleyball, table tennis, badminton, indoor cycling, dodge ball, and athletics. The students of M.A Rangoonwala college of physiotherapy and research participated in majority of the games with securing 1st and 2nd prize in table tennis and athletic events. Ms. Shaikh Iram Fiza won the 1st prize in 200m running race, Ms. Khan Aisha & Mr. Moulvi Aasim won the 1st prize in table tennis in the mixed doubles category, Mr. Mohammed Kazi backed the 2nd prize in 100m running race, Mr. Moulvi Aasim backed the 2nd prize in table tennis in the men's singles category. The students were given trophies and medals on 28th of February at the amphitheatre of DES Brijlal Jindal College of physiotherapy. Though the events were competitive, healthy competition and sportsmanship was appreciating.

We are extremely thankful to Mrs. Abeda Inamdar (President, M.M.E&R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E&R.C) and Dr. Ronika Agrawal, Principal M. A. Rangoonwala College of Physiotherapy and Research for giving us the opportunity to attend the event.

