

M.M.E. & R.C's

M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

NATIONAL SPORTS DAY – 29th AUGUST 2023

On 29th August 2023, our college organized sports day on the occasion of India Hockey legend Major Dhyanchand's Birth Anniversary also known as National Sports Day as instructed by MUHS, Nashik.

The students and staff of our college participated with immense enthusiasm. The day started with a speech on national sports day and importance of sports and fitness in our daily life. The speech was delivered by a first year student Mr. FaiqMahimi. Later, Dr. Sanjeev Singh led the oath ceremony. Following the oath ceremony, the games begin. Plank challenge was the first game leading to squats challenge, chess, and Ball and cup game and skipping challenge. Many students and staff member participated in these challenges. These game lead to promoting the fitness of ones being.

Later the day ended with congratulating the winners of the challenge. The students departed with acknowledgment of one's fitness and how it can be helpful in our daily life.

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.

