

Date: 25/08/2020

To,
The Principal
Ismail Yusuf College,
Jogeshwari (E),

Mumbai – 60

Subject: Permission to circulate online body weight cardio videos on National Sports Day

In celebration of National Sports Day, we are planning to distribute educational and engaging fitness content to our college community. Specifically, we intend to circulate videos featuring Body Weight Cardio exercises, prepared and conducted by myself to both junior and senior college students as well as staff members.

Event Details:

- **Event Title:** Body Weight Cardio Videos
- **Date:** 29th August 2020
- **Target Audience:** Junior and Senior College Students, and Staff
- **Platform:** Online (Circulated via WhatsApp Group)
- **Organizer:** Ms. Pratiksha Phadnis

The objective of this initiative is to encourage physical activity and promote the importance of regular exercise. The videos will provide a comprehensive guide to body weight cardio exercises that participants can easily follow at home.

We believe that this activity will be a valuable addition to our National Sports Day (the birthday of Shri khashaba Jadhav, the Olympic medal winner of India.) observances and will contribute positively to the health and fitness of our college community. The videos will be shared through our student What Sapp groups to ensure broad participation.

We kindly request your approval to proceed with the circulation of these videos. If you have any questions or need further information, please do not hesitate to contact me.

Thank you for considering our request. We look forward to your favourable response.

Yours sincerely,

P. N. Phadnis

Smt. Pratiksha Phadnis

Government of Maharashtra's
College Director of Physical Edu. and Sports
Ismail Yusuf College of
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060.

for permitted
31/08/24
PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060.



NOTICE

Date: 22nd August 2020

Subject: National Sports Day - Body Weight Cardio Video Circulation

Dear Students and Staff,

In celebration of National Sports Day, we are excited to share a special initiative to promote physical fitness and well-being. To mark this occasion, we have prepared a Body Weight Cardio workout video designed to be accessible and beneficial for everyone.

Event Details:

- **Date:** 29th August 2020
- **Format:** Online Video
- **Audience:** Entire College (Junior and Senior College Students, and Staff)
- **Preparation and Conducted by:** Ms. Pratiksha Phadnis, College Director of Physical Education and Sports

The video will be circulated through the student WhatsApp group and will include a series of effective body weight cardio exercises that you can perform at home. This is a great opportunity for all of us to engage in a healthy activity and celebrate National Sports Day in a meaningful way.

Please make sure to check your WhatsApp group for the video link on the day of the event and set aside some time to participate in the workout.

Let's come together in spirit and fitness as we honour National Sports Day!

For any questions or further information, feel free to reach out.

Warm regards,

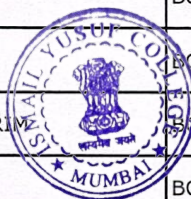
P. N. Phadnis
Ms. Pratiksha Phadnis

College Director of Physical Education and Sports



National Sports Day - 29/08/2020 - Attendance

Sr No.	NAME	Course Name	ROLL NO	Signature
1	SHAIKH SANIYA MOHAMMAD KADIR	BA 3 SEMESTER	106	Kadiri
2	LAD ABHISHEK ARUN	BCOM 4 SEMESTER	116	Lad
3	WAGHMARE DNYANESHWAR BHANUDAS	BSC 5 SEMESTER	21	Wagmare
4	MALI SHEETAL SHIVSHANKER	BSC 5 SEMESTER	0	Sheetal
5	YADAV AJAY NANDLAL	BMS 5 SEMESTER	47	Yadav
6	SHAIK HASSAIN ISMAIL	BAF 5 SEMESTER	70	Hassad
7	KHAN AALIYA SOHAIL	BA 3 SEMESTER	36	Ali
8	REDDY DIVYANANDINI NARSIMBA	BA 5 SEMESTER	12	Reddy
9	SAYYED NAMIRA JAVED	BA 4 SEMESTER	56	Sayed
10	BHOIR SUSHMA DASHRATH	BCOM 4 SEMESTER	18	Bhoir
11	DHEKALE SAURABH TANAJI	BCOM 3 SEMESTER	48	Tanaji
12	GAIKWAD BHAGYASHREE RAJU	BCOM 4 SEMESTER	32	Gaikwad
13	GHOLAP RAKESH MUKUND	BCOM 3 SEMESTER	55	Gholap
14	HIWALE SHUBHAM SHIVANAND	BCOM 4 SEMESTER	50	Divale
15	JADHAV SHEETAL NANDKUMAR	BCOM 3 SEMESTER	73	Sheetal
16	KHAN FAIZAN AZAM	BCOM 3 SEMESTER	95	Faizan
17	MAHALADBADE ABDUL AHAD ABDUL SAMAD	BCOM 4 SEMESTER	90	Ahad
18	MEER YAKUB NAZIR	BCOM 3 SEMESTER	128	Meer
19	MOHAMMED GUISHANARA MUZAMMIL	BCOM 4 SEMESTER	98	Guishanara
20	MORE DIPESH GANESH	BCOM 5 SEMESTER	343	Dipesh
21	NEMAN SHRADDHA VASUDEV	BCOM 4 SEMESTER	110	Neman
22	RAIKAR SANCHAY SANDESH	BCOM 4 SEMESTER	133	R112132
23	REVALE HIMANSHU MANOHAR	BCOM 5 SEMESTER	96	Reval
24	SHAIKH AMREEN MAZHAR ALI	BCOM 4 SEMESTER	172	Shaikh
25	SHAIKH SALMAN MOHD SALIM	BCOM 4 SEMESTER	286	Salman
26	SHAIKH SHAGUFTA SHAMIM	BCOM 4 SEMESTER	283	Shamim
27	SHEIKH NEHA MOHAMMED NASIR	BCOM 5 SEMESTER	312	Neha
28	SHEIKH SABNAM BEGUM ABDUL KARIM	BCOM 4 SEMESTER	209	Sabinam
29	SHINDE SANTOSH CHANDRAKANT	BCOM 4 SEMESTER	305	Shinde



30	THAKUR SWAMINI SANDEEP	BCOM 4 SEMESTER	232	<u>Swamini</u>
31	DEWRUSKAR VAISHNAVI KISHOR	BMS 4 SEMESTER	9	<u>Vaishnavi</u>
32	FAROOQUI MOHAMMED AQUIB AKEEL	BMS 5 SEMESTER	7	<u>Akeel</u>
33	LAVARE SANJANA DASHRATH	COMPUTER SCIENCE 4 SEMESTER	21	<u>Lavare</u>
34	ANSARI EJAZ AHMED MAQBOOL AHMED	BSC 3 SEMESTER	115	<u>Ejaz</u>
35	GUPTA AAKASH NIRAHU	BSC 5 SEMESTER	0	<u>Gupta</u>
36	GUPTA PRITHVI GANGA VISHNU	BSC 5 SEMESTER	0	<u>Prithvi</u>
37	KANADE VIRAJ VILAS	BSC 5 SEMESTER	0	<u>Viraj</u>
38	MORYE ISHWARI NILKANTHA	BSC 5 SEMESTER	25	<u>Ishwari</u>
39	PAL VIKAS JAIKARAN	BSC 3 SEMESTER	81	<u>Vikas</u>
40	QURESHI SHAMA ABRAR	BSC 5 SEMESTER	0	<u>Shama</u>
41	SAIFI MOHD NADEEM YASEN	BSC 3 SEMESTER	18	<u>Nadeem</u>
42	SAYED NARGIS FATAMA SHAHDAB HUSAIN	BSC 5 SEMESTER	23	<u>Nargis</u>
43	VISHWAKARMA SHANTIDEVI VINOD	BSC 5 SEMESTER	0	<u>Vishk</u>
44	SHAIKH AFROZ CHAND	BA 3 SEMESTER	59	<u>Chand</u>
45	SHAIKH SHABANA HUSSAIN	BA 3 SEMESTER	107	<u>Shabana</u>
46	SHAIKH SHABANA HUSSAIN	BA 4 SEMESTER	70	<u>Shabana</u>
47	SHAIKH AFREEN JAFARMIYA	BA 4 SEMESTER	158	<u>Shaikh</u>
48	KALDANE MD SOBAN RAFIQUE AHMED	BA 4 SEMESTER	103	<u>Shaban</u>
49	SHAIKH MARIAM ABDULLAH	BA 3 SEMESTER	99	<u>Mariam</u>
50	KHAN NAZISH BAITULLAH	BA 3 SEMESTER	47	<u>Nazish</u>



Report on National Sports Day Celebration: Bodyweight Cardio Videos-2020-21

Date: August 29, 2020

Event: National Sports Day Celebration

Purpose: To commemorate the birth anniversary of Major Dhyan Chand, an Indian hockey legend, and promote physical fitness among college students and staff.

Organizer: Ms. Pratiksha Phadnis

Participants: Entire college community, including junior and senior college students and staff

Platform: Online (Circulation on student Whatpp group)

Background:

National Sports Day is celebrated in India every year on August 29th to honor the legacy of Major Dhyan Chand, one of the greatest field hockey players of all time. In adherence to government directives and to promote the importance of sports and physical fitness, Ms. Pratiksha Phadnis organized a special event for the college community.

Description:

In light of the COVID-19 pandemic and restrictions on physical gatherings, the National Sports Day celebration took on a unique format. Instead of traditional sports activities, Ms. Pratiksha Phadnis conceptualized and conducted a series of bodyweight cardio workout videos. These videos were designed to encourage participants to engage in physical activity from the safety of their homes while paying tribute to Major Dhyan Chand's sporting legacy.

Highlights:

Commemoration of Major Dhyan Chand: The event served as a fitting tribute to Major Dhyan Chand, whose unparalleled achievements in hockey continue to inspire generations of athletes. By celebrating his birth anniversary, the college community reaffirmed its commitment to promoting sportsmanship and excellence in sports.

Promotion of Physical Fitness: The bodyweight cardio workout videos provided an accessible and convenient way for participants to stay active and maintain their fitness levels amid the pandemic. With exercises requiring minimal equipment and space, individuals of all fitness levels could participate and benefit from the workouts.

Inclusivity: The event aimed to involve the entire college community, including junior and senior college students and staff. By circulating the workout videos on the student WhatsApp group, Ms. Pratiksha Phadnis ensured that the event reached a wide audience, fostering a sense of unity and camaraderie among participants.



Adaptability: The decision to conduct the event online demonstrated adaptability and innovation in response to the challenges posed by the pandemic. Despite physical distancing measures, the college community remained connected and engaged through virtual platforms, emphasizing the importance of adaptability in organizing events during unprecedented times.

Conclusion:

The National Sports Day celebration, featuring bodyweight cardio workout videos, served as a testament to the college community's commitment to honoring sporting excellence and promoting physical fitness. Through innovative initiatives like this, led by Ms. Pratiksha Phadnis, the college continues to inspire and empower individual's t lead healthy, active lifestyles despite the challenges posed by the pandemic.

Recommendations:

Continue organizing virtual fitness events and initiatives to promote physical activity and well-being among college students and staff.

Explore opportunities for collaboration with fitness experts and professionals to diversify and enhance the range of fitness activities offered to the college community.

Encourage ongoing participation in sports and physical fitness activities beyond National Sports Day, fostering a culture of health and wellness within the college campus.

In summary, the National Sports Day celebration featuring bodyweight cardio workout videos was a resounding success, showcasing the college community's resilience, creativity, and commitment to promoting sporting excellence and physical fitness even in challenging times.

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