

Date: 25/08/2022

To,
The Principal
Ismail Yusuf College,
Jogeshwari (E),Mumbai – 60

Subject: Permission to conduct power lifting competition on National Sports Day, 29th August 2022

In celebration of National Sports Day, we are excited to propose a Power Lifting Tournament to be held on 29th August 2022. This event will involve both junior and senior college students, as well as staff members, and aims to showcase strength and athleticism in a competitive yet supportive environment.

Event Details:

- **Event Title:** Power Lifting Tournament
- **Date:** 29th August 2022
- **Target Audience:** Junior and Senior College Students, and Staff
- **Venue:** Sports Complex - Gymnasium
- **Estimated Participation:** Junior and Senior College Students, and Staff

Objective: The Power Lifting Tournament aims to highlight the importance of strength training and physical fitness. It provides participants with an opportunity to test their lifting abilities and engage in friendly competition, while also fostering a spirit of sportsmanship and camaraderie.

Details of the Tournament:

- **Events:** Squat, Bench Press, Deadlift
- **Format:** Competitive lifting with adherence to standard power lifting rules and regulations.
- **Judging:** Qualified judges will oversee the competition to ensure fair play and accurate results.
- **Awards:** Medals and certificates will be awarded to top performers in various categories.

Benefits: Participants will benefit from enhanced motivation, improved physical fitness, and the opportunity to compete in a well-organized and enthusiastic environment. The event also serves to promote the values of discipline, dedication, and physical excellence.

We kindly request your approval to proceed with the organization of this tournament. Should you require any further information or have any concerns, please feel free to contact me.

Thank you for your attention to this matter. We look forward to your positive response.

Yours sincerely,

P. N. Phadnis
Smt. Pratiksha Phadnis
Government of Maharashtra's
Ismail Yusuf College
College of Arts, Science and Sports
Arts, Science & Commerce
Jogeshwari (East), Mumbai - 400 060.



Permitted
for *31/07/24*
PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce
Jogeshwari (East), Mumbai - 400 060.

NOTICE

Date: 25th August 2022

Subject: Power Lifting Competition - National Sports Day Celebration

Dear Senior and Junior College Students,

In honor of National Sports Day, which commemorates the legacy of the legendary Olympic hockey champion Major Dhyanchand, we are excited to announce a Power Lifting Competition. This event aims to celebrate strength, fitness, and the spirit of sportsmanship.

Event Details:

- **Event:** Power Lifting Competition
- **Date:** 29th August 2022
- **Time:** 10:00 AM
- **Venue:** College Sports Complex

Eligibility: Open to all Senior and Junior College Students- Boys and girls

Registration:

- **Deadline:** 27th August 2022
- **Mode:** Please register by sending your name and details to the Physical Education Department or through the registration link shared in your WhatsApp groups.

Additional Information:

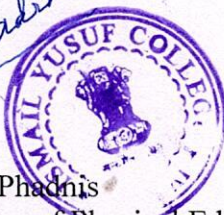
- Participants are required to bring their own lifting gear if necessary.
- Safety measures will be in place to ensure a safe and competitive environment for all participants.
- Spectators are welcome to support and cheer for their peers.

This competition is a fantastic opportunity for you to showcase your strength and determination. We encourage all interested students to participate and make this event a grand success.

For any queries or further details, please contact the Physical Education Department.

Looking forward to your enthusiastic participation!

Best regards,

P. N. Phadnis


Ms. Pratiksha Phadnis
College Director of Physical Education and Sports

NATIONAL SPORTS DAY (JUNIOR BOYS) 2022-2023

29/08/2022

45 to 60

NATIONAL SPORTS DAY (SENIOR BOYS) 2022-2023

[illegible]

29/08/2022 .
NATIONAL SPORTS DAY (SENIOR GIRLS) 2022-2023

Report on Power Lifting Competition- 29-08-22

Date: 30th August 2022

Event: Power Lifting Competition

Date of Event: 29th August 2022

Venue: College Sports Complex

Report Prepared by: Ms. Pratiksha Phadnis
College Director of Physical Education and Sports

Overview:

In celebration of National Sports Day, which honours the remarkable legacy of Olympic hockey champion Major Dhyan Chand, our college organized a Power Lifting Competition on 29th August 2022. This event brought together students from both Junior and senior colleges, showcasing their strength and sportsmanship in a competitive yet spirited environment.

Participation:

The competition witnessed enthusiastic participation from both boys and girls across different age groups. Students demonstrated great energy and determination, making the event a memorable occasion for all involved.

Event Highlights:

- **Categories:** Boys and Girls
- **Activities:** Various weight categories and lifting techniques
- **Enthusiasm:** The participants showed exceptional enthusiasm, pushing their limits and performing with remarkable skill and dedication.

Prizes and Certificates:

To recognize and celebrate the achievements of our participants, prizes and certificates were awarded to the top performers in each category. The merit-holding students were acknowledged for their exceptional performance and dedication to the sport.

Conclusion:

The Power Lifting Competition was a resounding success, reflecting the strong sports culture and enthusiasm prevalent within our college community. The event not only honored the spirit of National Sports Day but also provided a platform for students to showcase their strength and sportsmanship.

Acknowledgments:



I would like to extend my gratitude to all participants, staff members, and volunteers who contributed to the successful execution of the event. Your support and enthusiasm were crucial in making this competition a success.

Thank you once again to everyone involved for your dedication and participation. We look forward to more such events that foster a spirit of fitness and camaraderie within our college.

Best regards,

P. N. Phadnis

Ms. Pratiksha Phadnis
College Director of Physical Education and Sports





I. Y. Pratiksha Chavan

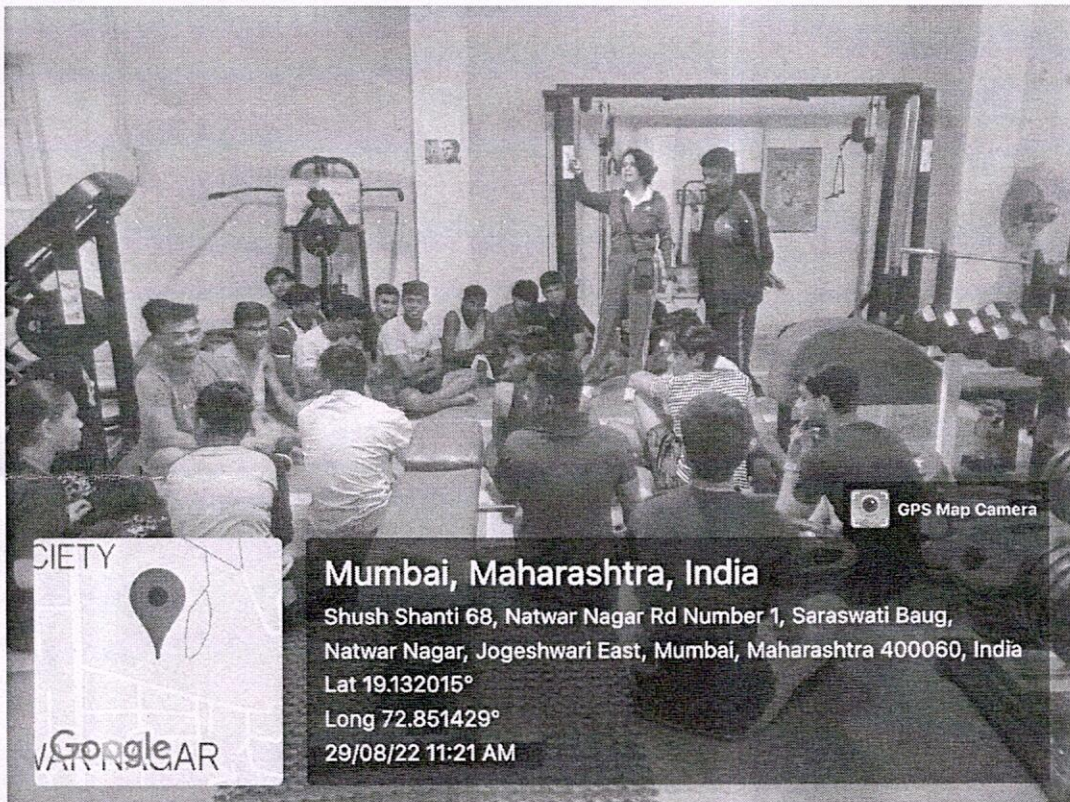
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I. Y Pratiksha Chavan

Today at 12:19 pm



Mumbai, Maharashtra, India

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Natwar Nagar, Jogeshwari East, Mumbai, Maharashtra 400060, India
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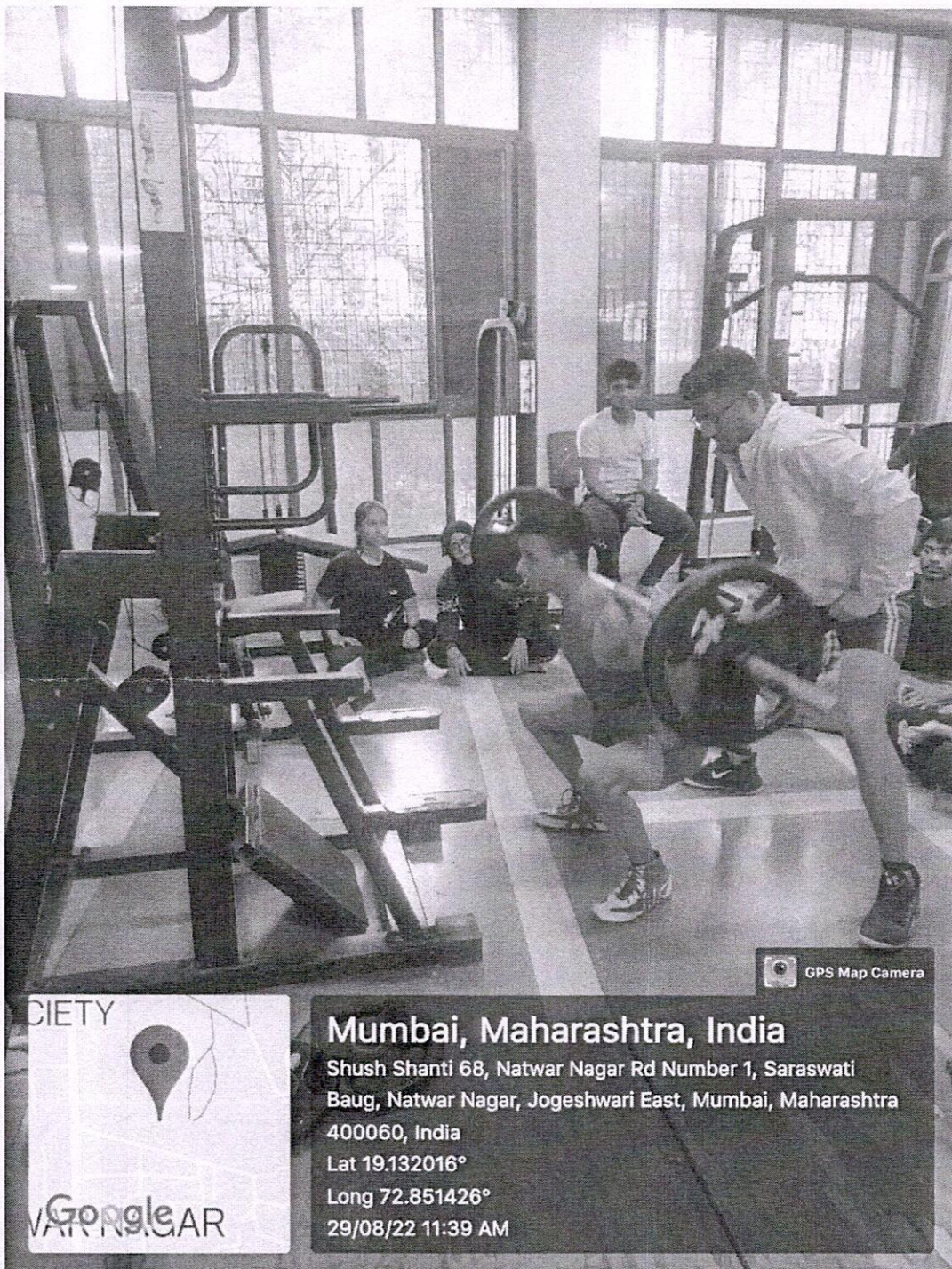
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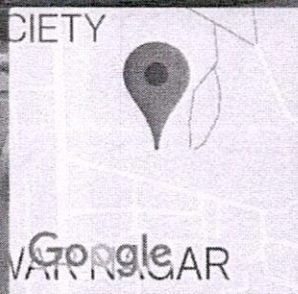


I. Y. Pratiksha Chavan

Today at 12:19 pm



GPS Map Camera



Mumbai, Maharashtra, India

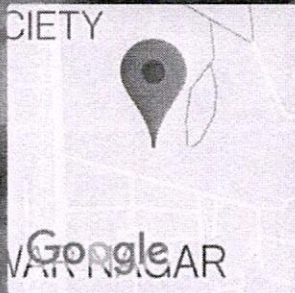
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I. Y Pratiksha Chavan

Today at 12:19 pm



Mumbai, Maharashtra, India

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Baug, Natwar Nagar, Jogeshwari East, Mumbai, Maharashtra
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