



M.C.E Society's
M. A. Rangoonwala Institute of Hotel
Management and Research, Pune
(Affiliated to Savitribai Phule Pune University)

NAAC: Criteria 5

5.1.2 Capacity building and skills enhancement initiatives



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Life Skills

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Activity Report

Physical Education

04th August 2017

Physical Education session was conducted for the students of M.A. Rangoonwala Institute of Hotel Management & Research on 4th August 2017.

Doctors from M.A.Rangoonwala College of Physiotherapy and Research were present to demonstrate exercises which will help us in maintaining physical fitness. Body Mass Index (BMI) was also calculated for each student.



During the session



During the Session



During the session



During the Session

A handwritten signature in blue ink, appearing to read 'Vincent Kedari'.

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

International Yoga Celebration

21st August 2017

International Yoga Day celebrated by M.A. Rangoonwala Institute of Hotel Management & Research at 7am by students performing Yoga Asanas.



During the session



During the session



During the session



During the session

A handwritten signature in blue ink, appearing to read "Vincent Kedari".

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

International Yoga Day

21st August 2018

M.C.E. Society's M.A.Rangoonwala Institute of Hotel Management and Research celebrated 'International Yoga Day 2018' under the directives of University Grants Commission & Board of Students Development, Savitribai Phule Pune University on Thursday, 21st June'2018.



During the session



During the session



During the session

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

International Yoga Day

21st June 2019

National Service Scheme of M.C.E. Society's M.A.Rangoonwala Institute of Hotel Management and Research celebrated 'International Yoga Day 2019' under the directives of University Grants Commission and Savitribai Phule Pune University on Friday, 21st June'2019.



During the Session



During the Session



During the session



Group Photo

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

Physical Education

29th August 2019

M.C.E Society's M.A.Rangoonwala Institute of Hotel Management and Research participated in the Fit India Movement launched by Hon'ble Prime Minister, Narendra Modi. The teaching and non teaching staff along with students started walking towards 10000 steps each day. The live telecast of the launch of Fit India Movement was viewed by the students.



Session in Progress



Session in Progress



Session in Progress

Asst. Prof. Vincent Kedari

Event Coordinator

Session in Progress

Activity Report

Fit India Walkathon 2020

18th January 2020

M.C.E. Society's M.A. Rangoonwala Institute of Hotel Management and Research participated in the Fit India Movement by organising 'Fit India Walkathon 2020' on Saturday, 18th January 2020. Route for the Walkathon was from Azam Campus- Poolgate-General Bhagat Marg-Hidayatullah Road-Azam Campus. This activity was conducted under the directives of Government of India, Ministry of Youth Affairs & Sports, Department of Youth Affairs and Directorate of NSS, New Delhi, Government of Maharashtra, Directorate of NSS, Pune and Savitribai Phule Pune University's National Service Scheme.



During the session



Group Photo



During the session



During the session

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

International Yoga Day

21st June 2020

STAY HOME...STAY FIT WITH YOGA - Online Yoga Video Competition was conducted by M.C.E Society's M.A.Rangoonwala Institute of Hotel Management & Research on 21st June 2020 on the International Day of Yoga. The videos were uploaded on Facebook to like them, as the top 3 videos getting the most number of likes were to be declared as the winners.

The result of the competition is – 1. Sandhya Ware, Maharashtra State Institute of Hotel Management 7 Catering Technology Pune - 154 likes 2. Kedar Bhambe, Maharashtra State Institute of Hotel Management 7 Catering Technology Pune - 57 likes 3. Nilesh Khade, ICE College - 52 likes



Certificate of 1st Prize



Certificate of 2nd Prize



Certificate of 3rd Prize



Poster of Online Competition

Asst. Prof. Vincent Kedari

Event Coordinator

Activity Report

International Yoga Day

21st June 2021

M. C. E. Society's M. A. Rangoonwala Institute of Hotel Management & Research celebrated 'International Yoga Day' under National Service Scheme, Savitribai Phule Pune University on 21st June 2021. Yoga session for staff members was organized by Sports Academy, Azam Campus at function ground from 8 am to 9 am. Facebook live link was given to students to participate in the Yoga session from home.



Asst. Prof. Vincent Kedari

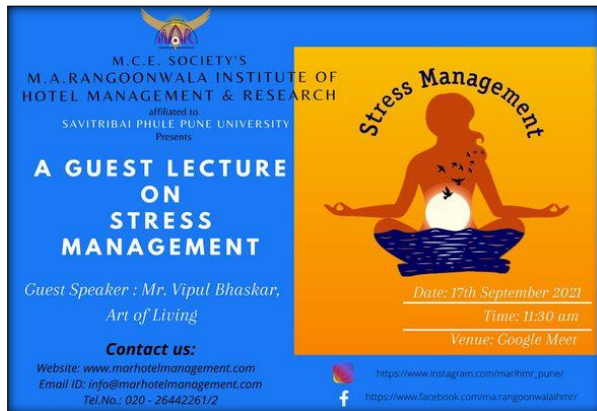
Event Coordinator

Activity Report

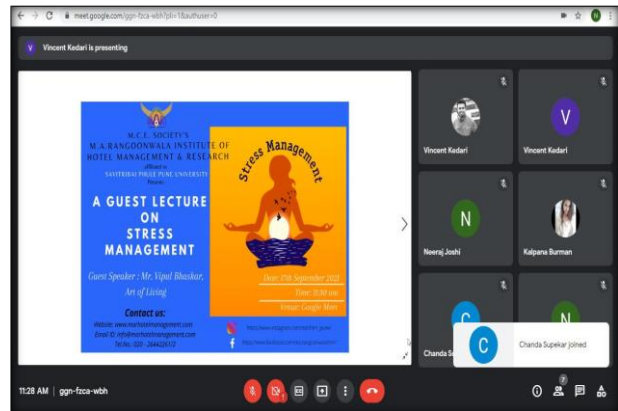
Guest Lecture: Stress Management

17th September 2021

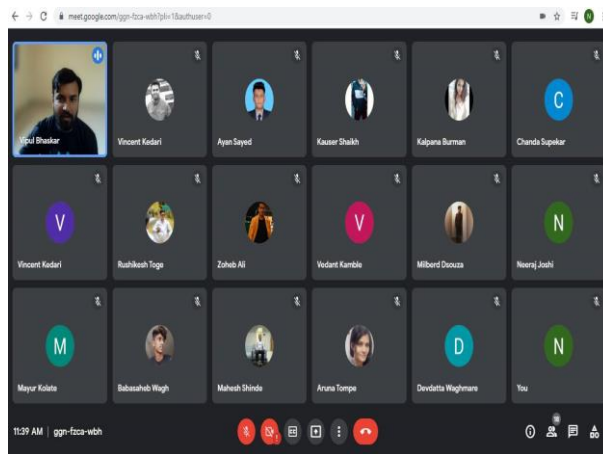
A guest lecture on Stress Management was organized for the students of M.C.E. Society's M.A.Rangoonwala Institute of Hotel Management & Research on 17th September 2021. Mr. Vipul Bhaskar, Art of Living - Volunteer was the guest speaker for the lecture. He suggested techniques of increasing our energy and utilization of time for managing the stress.



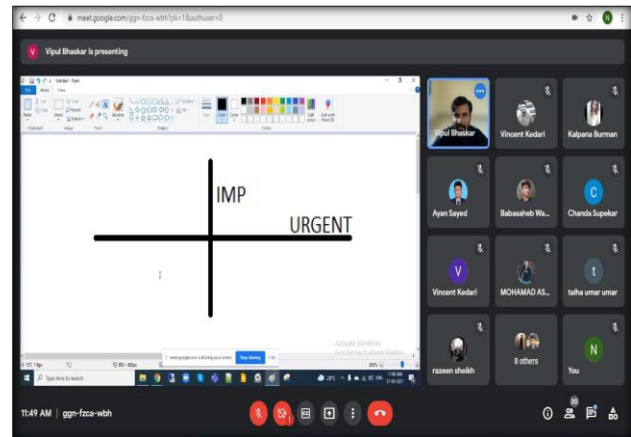
Poster



Session in Progress



Session in Progress



Session in Progress

Neeraj Joshi

Asst. Prof. Neeraj Joshi

Event Coordinator

Activity Report

International World Bicycle Day

05th June 2022

The NSS unit of M. A. Rangoonwala Institute of Hotel Management and Research Pune celebrated the International World Bicycle Day. Principal, Prof. Dr. Anita Frantz motivated the staff and students to make regular use of bicycle for commuting as it is environment friendly and offers fun and health benefits to all. She also felicitated the non-teaching staff Mr. Shashikant Kamble for using cycle as a mode of transport for commuting to office for the last twelve years. F.Y.B. Sc (H.S) Students Kshitija Karnalkar and Andrea Selvam presented the information on the benefits of using bicycle. The event was coordinated by NSS Program Officer, Asso. Prof Imran Sayyed and NSS student coordinators, Ayan Sayed and Zohaib Ali.



During the session



During the session



During the session



During the session

Asso. Prof. Imran Sayyed

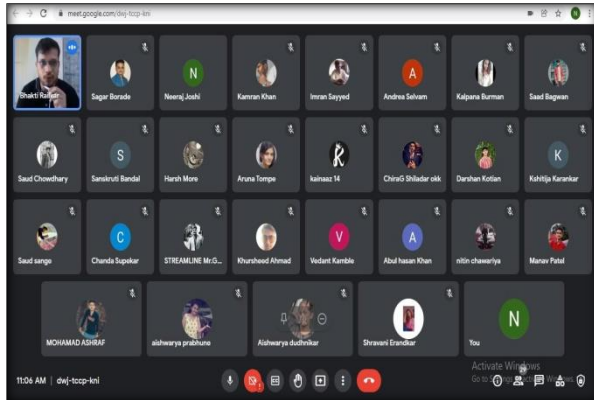
Event Coordinator

Activity Report

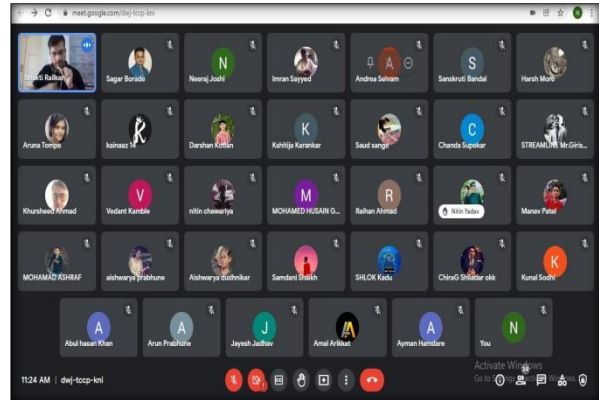
Webinar: Sports Nutrition

08th January 2022

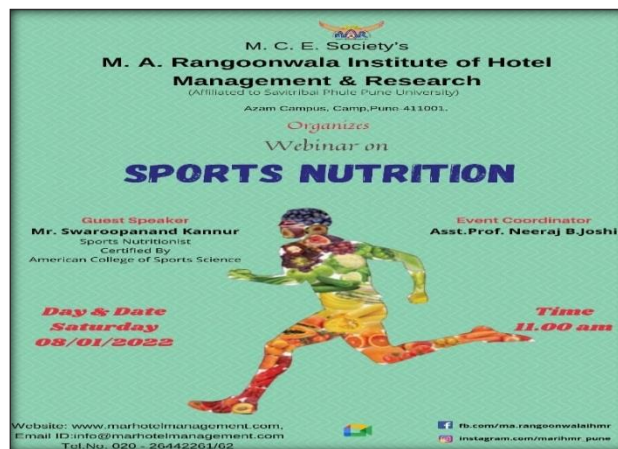
M.C.E. Society's M.A.Rangoonwala Institute of Hotel Management and Research organized webinar on 'Sports Nutrition' on 8th January 2022 for B.Sc. HS students. Mr. Swaroopanand Kannur, BCCI Umpire Sports Nutritionist, Certified by American College of sports Science was the resource person for the webinar. Mr.Swaroopanand focused on different aspects of nutrition like types of nutrients, various sources of nutrition, planning of diet, diet in specific problems related to women and diet for sports person.



Session in Progress



Session in Progress



Poster

Neeraj Joshi

Asst. Prof. Neeraj Joshi

Event Coordinator

Activity Report

International Yoga Day

21st June 2022

The NSS unit of M. A.Rangoonwala Institute of Hotel Management and Research Pune organized a Workshop in celebration of the International Yoga Day 2022, as per the directives of Ministry of Youth Affairs and Sports, Government of India. Ayush Certified Yoga Instructor ,Mrs. Swati Mahatarmare explained the importance of Yoga in our life .She also demonstrated warm up exercises ,stretches and various asanas. The celebration concluded with vote of thanks by Asst .Prof Aruna Tompe, Principal Prof. Dr. Anita Frantz was the key motivational factor behind the session. The event Coordinator was NSS Program Officer Asso.Prof Imran Sayyed and Student coordinator Darshan Kotian.



During the session



During the session



During the session

Asso. Prof. Imran Sayyed

Event Coordinator