



M.C.E. Society's

M. A. Rangoonwala Institute of Hotel Management and Research

Affiliated to Savitribai Phule Pune University

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PHYSICAL EDUCATION & SPORTS HANDBOOK



Table of Contents

Sr. No.	Title	Page No.
1	Introduction	1
2	Vision	1
3	Mission	1
4	Objectives	1
5	Syllabus of Physical Education Scheme	2
6	Sports Facilities	13
7	Sports Tournaments organized by the college	21
8	Sports Annual Report <ul style="list-style-type: none"> • Academic Year 2019 – 2020 • Academic Year 2018 – 2019 • Academic Year 2017 – 2018 • Academic Year 2016 – 2017 	27 – 32
9	Student Achievement	33
10	Other Activities	34

INTRODUCTION: PHYSICAL EDUCATION & SPORTS AT M.A.RANGOONWALA INSTITUTE OF HOTEL MANAGEMENT & RESEARCH

Nothing is more worth than a healthy body. Sports and games are an essential part of an individual's life, contributing in enhancing the quality of life. Understanding the importance of sports, M.A.Rangoonwala Institute of Hotel Management & Research promotes the sports activities and ensures the student participation. The college organizes inter collegiate sports events that foster team spirit among the participants and make them disciplined.

Playing competitive sports has also proven to increase the rate of positive academic achievement among the students. M.A.Rangoonwala Institute of Hotel Management & Research provides students with a plethora of opportunities to maintain healthy & active lifestyle while pursuing academic goals. This dedication makes sports an integral part of the college's extra-curricular activities plan.

VISION

To provide students and faculty with an exposure to participate in intercollegiate level sports events. We are committed to create and sustain the conditions that enable students to experience a healthy environment to develop their body, mind and soul.

MISSION

To enhance the educational experience of students through sport and provide fitness and recreational opportunities to students and faculty to promote and support healthy living.

OBJECTIVES

1. To encourage and enhance the interest of students to participate in sports activities and to create zeal amongst students and faculty members towards sports.
2. To mentor students by inculcating in them values of team building and leadership in organizing sports activities.
3. To educate through special sessions on physical fitness and nutrition for everybody so that they can learn to keep themselves physically fit.
4. To promote every individuals' health, physical well-being as well as the acquisition of physical skill among the students.

PHYSICAL EDUCATION SCHEME SYLLABUS (As prescribed by the Savitribai Phule Pune University for First Year Students of all the Faculties)

Aim of the Scheme:

The aim of the scheme is to make Physical Education as an integral part of Educational System. Students studying in the colleges should have the benefit of Physical Education to improve their health during the course of college education. It is designed to ensure that on completion of this training they would attain the minimum prescribed standard.

Object of the scheme:

The object of the scheme is to enhance physical efficiency and maintain fitness of mind, body and character, which would help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life. It would prepare them for the strenuous training which will help them to be fit to face the different barriers in life.

The students will undergo this scheme for the first year of his/her under graduate course education.

Participation in the scheme:

1. Optional Activities:

Under this category, a student shall have to choose at least two activities in the year, one from the team and another from Individual activities enlisted above and have to participate in them throughout the year. Whatever may be the choices according to the availability, a student shall have to show sufficient skill and achieve at least minimum score as per the prescribed tests at the end of year.

2. Compulsory Activities:

Under this category, a student shall have to choose total three activities, at least one from each part of group B (Running, Jumping, Endurance and Strength) during the year, and have to participate in them throughout the year. Whatever may be choices according to the availability, students shall have to show sufficient skill and have to achieve minimum prescribed target at the end of the year.

3. Other Activities:

At least one seminar to be conducted by the college in the academic year especially in the field of Health Sciences, Sports Medicine, Psychological parameters in sports, Food and Nutrition etc.

The Scheme:

A student shall have to participate in two types of physical activities viz.

Group (A) - Optional Activities (Opt any Two, out of which one from individualevent and one from team event)

Group A - Optional Activities: (Both for Male and Female)

Name of Individual Event	Individual Events Test for Evaluation
Badminton	Lockhart and McPherson Test
Gymnastics	Flex arm Hang Test for Girls Vertical Reach Test for Boys
Judo	Pushups and 12 Minutes run and walk test
Malkhamb/Rope Malkhamb	Flex arm Hang Test for Girls Vertical Reach Test for Boys
Swimming	Jackson et al. 12 Minutes Swim test
Table Tennis	Eye-hand Coordination Test
Tennis	Dyer's Tennis Test
Weight Lifting and Power Lifting	Sit ups, Pushups, Standing Vertical Jump
Wrestling	Pushups and 12 Minutes run and walk test
Yoga	Sit and Reach Test
Name of Team Event	Team Events Test for Evaluation
Basketball	Johnson's Basketball Test
Football	Mc Donald's Soccer Skill Test
Hockey	SAI Hockey Skill test
Kabaddi	6X10 M. Shuttle Run Test
Kho -Kho	6X10 M. Shuttle Run Test
Volleyball	SAI Volleyball Skill test

**** Administration of Test: As per published in the Manual for Physical Efficiency Drive published by Savitribai Phule Pune University.**

Evaluation Pattern

- **Badminton : Test for Administration – (Maximum 20 Marks)**
Lockhart and McPherson Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each

- **Gymnastics (Men and Women), Malkhamb (Men) and Rope Malkhamb (women) :(Maximum 20 Marks)**

Vertical Arm Pull Test (Male)

Sr. No	Performance in Cms	Performance Level	Marks
01	73.0 – 76.8 Cms	Advanced	20
02	66.7 – 72.4 Cms	Advanced Intermediate	16
03	48.9 – 66.0 Cms	Intermediate	12
04	39.4 – 48.3 Cms	Advanced beginners	08
05	0.0 – 38.7 Cms	Beginners	04

Courtesy: Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 206

Flexed Arm Hang Test (Female)

Sr. No.	Percentile	Performance in Seconds	Marking
1	100 th	73	20
2	95 th	34	19
3	90 th	28	18
4	85 th	22	17
5	80 th	19	16
7	75 th	17	15
8	70 th	14	14
9	65 th	12	13
10	60 th	10	12
11	55 th	09	11
12	50 th	08	10
13	45 th	07	09
14	40 th	06	08
15	35 th	05	07
16	30 th	04	06
17	25 th	03	05
18	20 th	02	04
19	15 th	02	03
20	10 th	01	02

Courtesy: Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 123

- **Wrestling and Judo : Test for Administration – (Maximum 20 Marks) Push Ups and 12 Minutes Cooper's Walk and Run Test**

Push Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Bent Knee Push-Ups (Modified Push-ups) (Women) (number of pushups)

Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced Intermediate	16
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

12 Minutes Run and Walk Test (1 mile = 1.609 Kms.)

Male		Female		Fitness	Marks
13-19 years	20-29 years	13-19 years	20-29 years	Class	
0-1.29 miles	0-1.22 miles	0.99 miles	0.95 miles	Very poor	00

1.3-1.37	1.22-1.31	1.0-1.18	0.96-1.11	poor	04
1.38-1.56	1.32-1.49	1.19-1.29	1.12-1.22	fair	08
1.57-1.72	1.50-1.64	1.30-1.43	1.23-1.34	good	12
1.73-1.86	1.65-1.76	1.44-1.51	1.35-1.45	excellent	16
1.87 & above	1.77 & above	1.52 & above	1.46 & above	superior	20

Courtesy: The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

- **Note :** After completion of all the test items the achieved score should be divided by two for final score

Swimming: Test for Administration – (Maximum 20 Marks)

Jackson et al. 12 Minutes Swim test

Sr. No.	Total distance covered in prescribed time in Mtrs	Marks
1	800	20
2	780	19
3	760	18
4	740	17
5	720	16
6	700	15
7	680	14
8	660	13
9	640	12
10	620	11
11	600	10
12	580	09
13	560	08
14	540	07
15	520	06
16	500	05
17	480	04
18	460	03
19	440	02
20	420	01

- **Table Tennis : Test for Administration – (Maximum 20 Marks)**

Eye hand Co-Ordination Test (Ball Transfer)

Scoring	Marking
Per ball transfer	2 marks each

- **Tennis : Test for Administration – (Maximum 20 Marks)**

Dyer's Tennis Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each

- **Weight Lifting, Power Lifting : Test for Administration – (Maximum 20 Marks)Push Ups, Sit Ups and Standing Vertical Jump**

Push-Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw Score Norms of Modified Push-Ups (women) (number of pushups)

Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced Intermediate	16
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw score norms for sit-ups (bent knees)

College Men Repetitions	College Women Repetitions	Performance level	Marks
66 and above	49 and above	Advanced	20
53 to 65	37 to 48	Advance intermediate	16
34 to 52	21 to 36	Intermediate	12
25 to 33	13 to 20	Advanced beginner	08
0 to 24	0 to 12	Beginner	04

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.

Standing Vertical Jump

College Men Cms	Performance level	College Women Cms	Marks
66 and above	Advanced	49 and above	20
53 to 65	Advance intermediate	37 to 48	16
34 to 52	Intermediate	21 to 36	12
25 to 33	Advanced beginner	13 to 20	08
0 to 24	Beginner	0 to 12	04

Reference: Harold T. Frierhood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

Note: After completion of all the test items the achieved score should be divided by three for final score

- **Yoga : Test for Administration – (Maximum 20 Marks)**
Sit and Reach Test

Men (in Cms.)	Women (in Cms.)	Level	Marks
23 $\frac{3}{4}$ and above	25 $\frac{3}{4}$ and above	Advanced	20
21 $\frac{1}{4}$ to 23 $\frac{1}{2}$	22 $\frac{1}{2}$ to 25 $\frac{1}{2}$	Advanced Intermediate	16
18 $\frac{3}{4}$ to 21	20 to 22 $\frac{1}{4}$	Intermediate	12
17 to 18 $\frac{1}{2}$	18 to 19 $\frac{3}{4}$	Advanced Beginner	08
Below 16 $\frac{3}{4}$	Below 17 $\frac{3}{4}$	Beginner	04

TEAM EVENTS

- **Basketball : Test for Administration - Johnson's Basketball Test(Maximum 20 Marks)**

Scoring	Marking
3 points	20 Marks
2 points	13 Marks
1 point	07 Marks

- **Football : Test for Administration - Mc Donald's Soccer Skill Test(Maximum 20 Marks)**

Scoring	Marking
30 Seconds	1 Mark per hit

- **Hockey : Test for Administration – SAI Hockey Skill Test(Maximum 20 Marks)**

Age Group (years)	Shooting Target (Accurate hits)		Balancing Ball (seconds)		Moving with the ball(seconds)		Score	Marks
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	11	10	25 & more	20 & more	4.20 & less	5.00 & less	3	20
	10	9	20-24	15-19	4.21-4.29	5.10-5.10	2	13
	9	8	15-19	10-14	4.30-4.37	5.11-5.19	1	07

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 369-370

Note: After completion of all the test items the achieved score should be divided by three for final score

- **Kabaddi and Kho–Kho : Test for Administration - 6X10 Mts. Shuttle Run(Maximum 20 Marks)**

Age	Boys			Girls		
	Satisfactor y	Good	Very Good	Satisfactor y	Good	Very Good
14 yrs & above	16.3-15.8	15.7-15.0	14.9 & less	16.4-16.0	15.9-15.5	15.4 & less
Marks	20	13	07	20	13	07

Reference: Prospectus of Andhra Pradesh Sports School, Hakim pet, Secunderabad, Page no. 10 and Sports medicine center, Pune.

- **Volleyball: Test for Administration – SAI Volleyball Skill Test(Maximum 20 Marks)**

Age Group	Accuracy of Services		Wall Volley Test		Medicine Ball Throw		Points	Marks
	Number of correct services		Number of Cycles		Meters			
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	10	9	6	4.0	19.00 & more	16.00 & more	3	20
	9	8	5	3.0	17.00-18.90	14.00-15.90	2	13
	8	7	4	2.0	15.00-16.90	12.00-13.90	1	07

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 381-382

Note: After completion of all the test items the achieved score should be divided by three for final score

Group B - Choices for Compulsory Activities and tests for its evaluation: (Opt any three activities, out of which one from each selected parts i.e. Part A/B/C/D/)

*

PART	EVENT	STUDENT	TESTS FOR EVALUATION
Part A	100 m. Run	(Male and Female)	50 yard dash (150 feet)
	400 m. Run	(Male and Female)	
Part B	High Jump or Pole Vault	(Male and Female)	Standing Vertical Jump
	Long Jump	(Male and Female)	
	Triple Jump	(Male and Female)	
Part C	12.5 Km. Cross Country	(Male)	Cooper's Test (12 minutes run and walk test)
	5 Km. Cross Country	(Female)	
	1500 m. Run	(Male)	
Part D	Rope Climbing	(Male)	Medicine Ball put for male and Sit Ups test for female
	Chin Ups/Flex Arm hang	(Male and Female)	
	Sit Ups	(Male and Female)	
	Push Ups and Modified push ups	(Male and Female)	

Evaluation Scheme (Scoring Conversions) 50 meters Dash (Maximum 20 Marks)

Boys 17 yrs and above	Girls 17 yrs and above	Percentile	Marks
Seconds	Seconds		
5.6	6.4	100 th	20
6.0	7.1	95 th	19
6.0	7.3	90 th	18
6.1	7.5	85 th	17
6.2	7.6	80 th	16
6.3	7.8	75 th	15
6.3	7.9	70 th	14
6.4	8.0	65 th	13
6.5	8.0	60 th	12

6.5	8.1	55 th	11
6.6	8.2	50 th	10
6.7	8.3	45 th	09
6.7	8.5	40 th	08
6.8	8.6	35 th	07
6.9	8.8	30 th	06
7.0	9.0	25 th	05
7.0	9.0	20 th	04
7.1	9.1	15 th	03
7.3	9.5	10 th	02
7.7	10.4	5 th	01
10.6	12.0	0 th	00

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 250 and 251.

Vertical jump scoring table (in Cms)

GENDER AND AGE	100	90	80	70	60	50	40	30	20	10
Boys 15 to 17	25	24	23	21	19	16	12	8	5	2
Girls 15 to 17	17	16	15	14	13	11	8	6	3	2
Men 18 to 34	26	25	24	23	19	16	13	9	8	2
Women 18 to 34	14	13	13	12	10	8	6	4	2	1
Marks	20	18	19	14	12	10	08	06	04	02

Reference: Harold T. Friermood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135. Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.

Cooper's Test (12 Minute Run and Walk) (1 mile = 1.609 Kms)

Male		Female		Fitness	Marks
13-19	20-29	13-19	20-29	Class	
0-1.29 miles	0-1.22 miles	0.99 miles	0.95 miles	Very poor	00
1.3-1.37	1.22-1.31	1.0-1.18	0.96-1.11	poor	04
1.38-1.56	1.32-1.49	1.19-1.29	1.12-1.22	fair	08
1.57-1.72	1.50-1.64	1.30-1.43	1.23-1.34	good	12
1.73-1.86	1.65-1.76	1.44-1.51	1.35-1.45	excellent	16
1.87 & above	1.77 & above	1.52 & above	1.46 & above	superior	20

Courtesy: The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

Medicine ball of 1 kg for up to 10 years. 2 kg for 11 years and above for Boys

Reference: Sports medicine centre, Pune, India.

Age	Boys (Mts)			Girls (Mts)		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
14 years & above	3.19 to 3.80	3.81 to 4.41	4.42 or more	2.61 to 3.09	3.10 to 3.59	3.60 or more
Marks	07	13	20	07	13	20

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 208, 209

Raw score norms for sit-ups (bent knees) for Girls (repetitions)

College Men	Performance level	College Women
66 and above	Advanced	49 and above
53 to 65	Advance intermediate	37 to 48
34 to 52	Intermediate	21 to 36
25 to 33	Advanced beginner	13 to 20
0 to 24	Beginner	0 to 12

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122

References:

1. Health and Physical Education; Manual cum Journal of Standard IX Navneet Publication;p-143
2. A Practical Approach to Test Measurement and Evaluation, D. K. Kansal, S S S Publications New Delhi, 2012
3. Manual for Physical Efficiency Drive Test, Savitribai Phule Pune University, 2015
4. Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.

SPORTS FACILITIES AVAILABLE AT AZAM CAMPUS

The college campus includes the sports facility for sports, games (indoor, outdoor), gymnasium, yoga centre. The details of the sports facility are as follows –

- **Atheletic track:** Sports Complex has 400 m track.
- **Cricket Ground:** is 2,07,274.48 sq. ft. [19256.43sq.m] area. The college organizes the 'M. A. Rangoonwala T 10 Cricket Tournament' annually for students of Hotel Management Colleges and employees from the Hospitality sector across Maharashtra.
- **Mud Court:** The size of the mud Court is 260 * 134 feet [37764 sq.m.] The ground is used for various sports activities like Football, Kabaddi, Kho-Kho. Every year institute organizes 'M. A. Rangoonwala 7-Aside Football Tournament' for Hotel Management college students and hotel employees across Maharashtra.
- **Badminton Court:** The size of the badminton Court is 58.10 * 32 feet [3600sq.ft.] The College organizes 'M. A. Rangoonwala Badminton Tournament' for the students of hotel management colleges and the hotel employees from Pune. The experts are invited to motivate the students.

Venture and combat sports have also been promoted.

Azam Sports Academy has appointed twenty special coaches to train students for Cricket, Softball, Footballs and Athletics to participate at State, National and International levels.

- **Gymnasium:** Gymnasium with weight training and cardio equipment. Fitness trainers are appointed to train students for professional body building and weight lifting competitions.
- **Yoga Centre:** International Yoga Day is celebrated at the Yoga Centre.
- **Basket Ball Court:** 122 * 61 feet

Facility for Indoor Games: Adequate facilities for 0.22 Rifle Shooting Range, Fencing Games, Carom, Power lifting and Kickboxing.

**V.M.GANI SPORTS GROUND,
AZAM CAMPUS, PUNE**

GAMES LIST

GRASS GROUND

1. Cricket,
2. Hockey,
3. Softball,
4. Baseball,
5. Football,
6. Athletics,
7. Tug of war

MUD COURT

8. Kabaddi,
9. Kho-kho,
10. 5 asides football,
11. Netball,
12. Throw ball

ASSEMBLY HALL

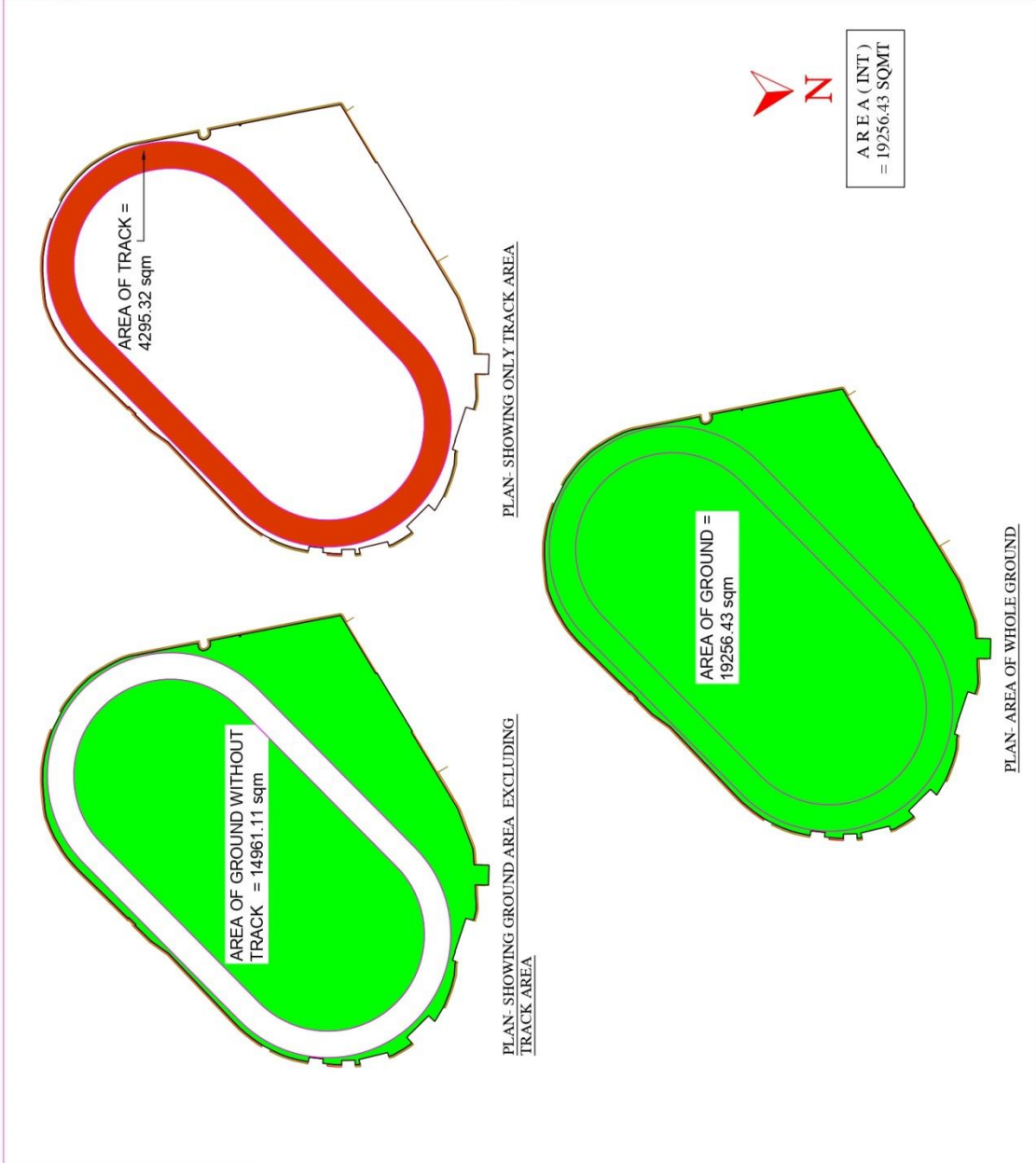
13. Badminton

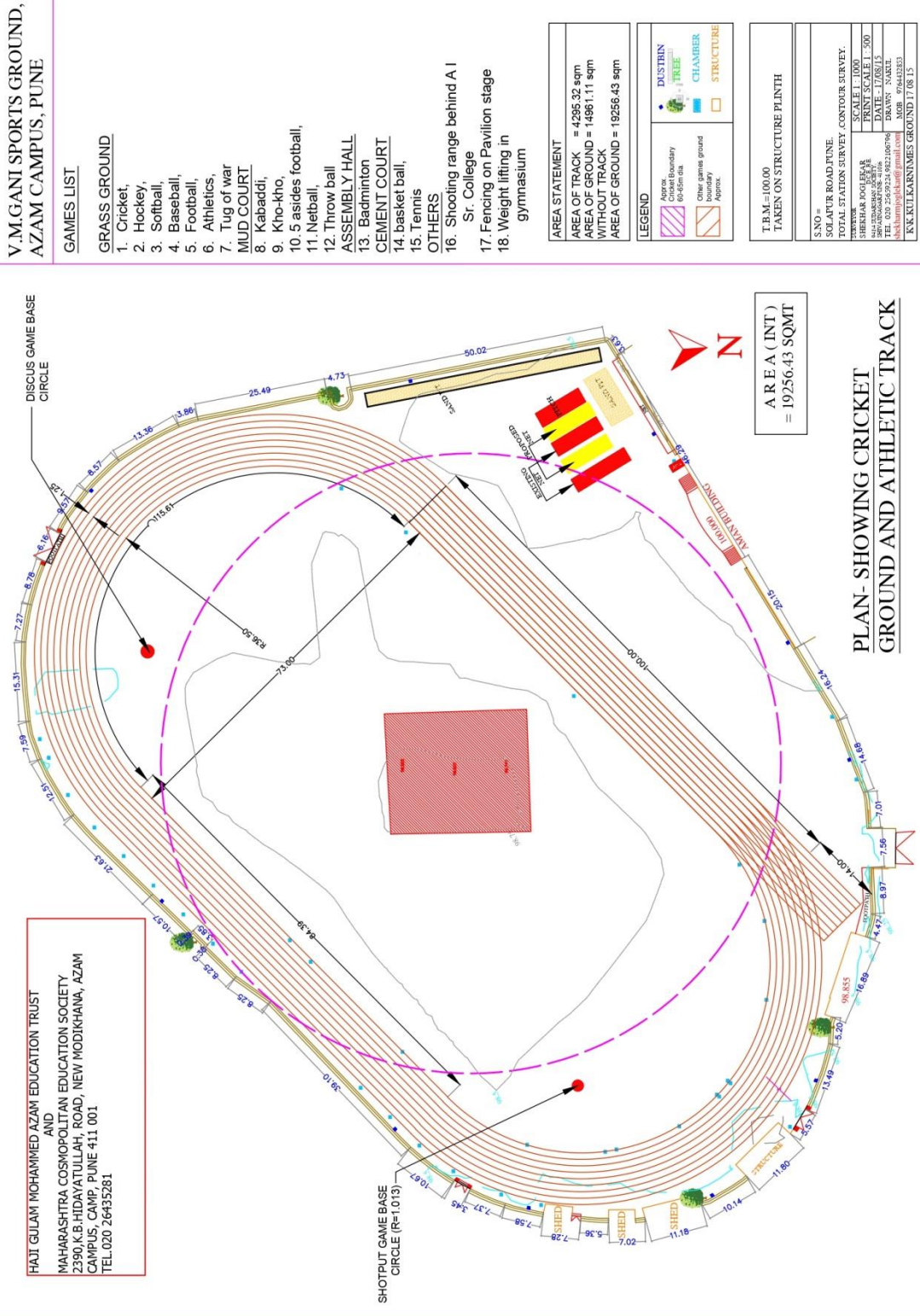
CEMENT COURT

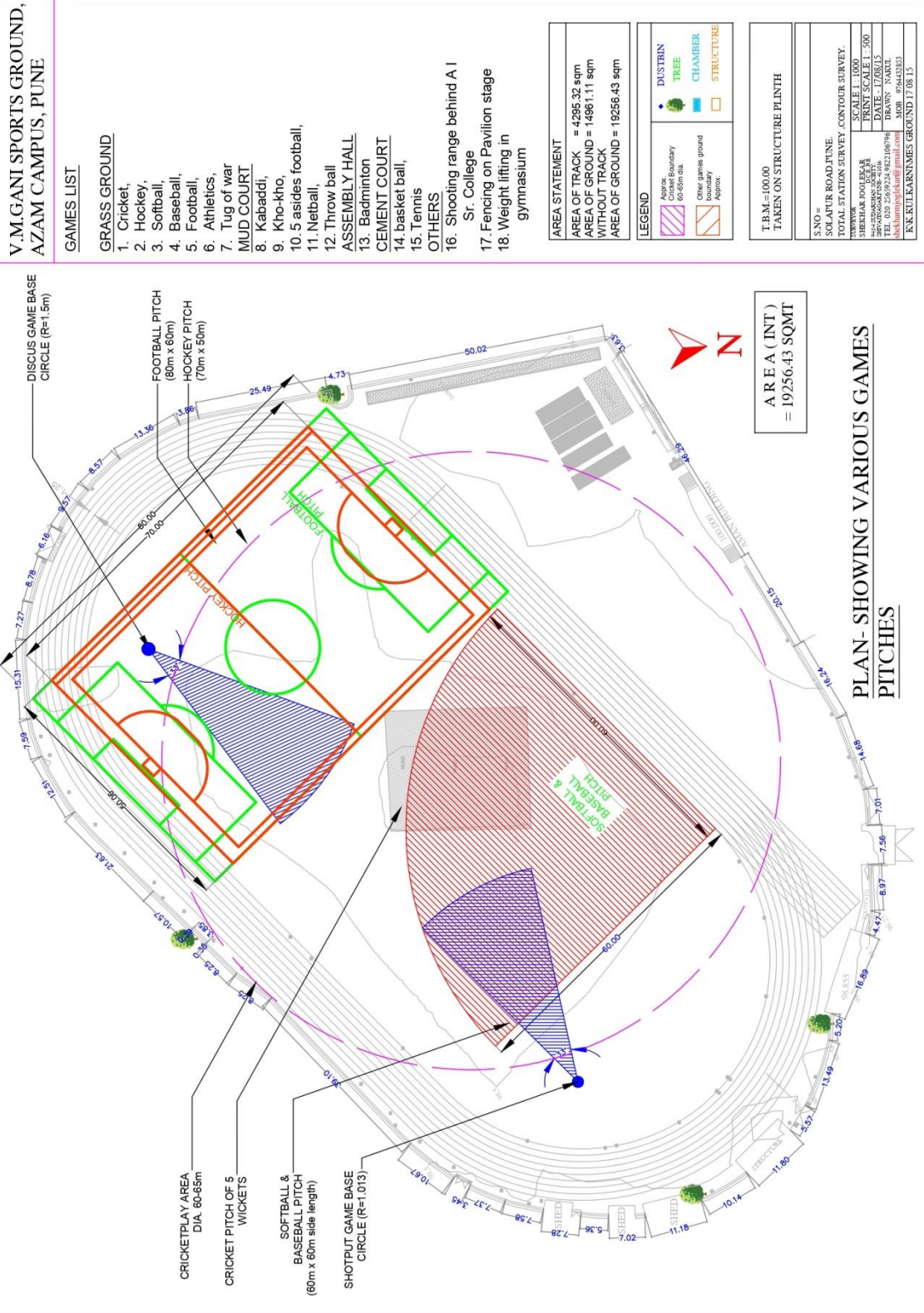
14. basket ball,
15. Tennis

OTHERS

16. Shooting range behind A I
Sr. College
17. Fencing on Pavilion stage
18. Weight lifting in gymnasium







**V.M.GANI SPORTS GROUND,
AZAM CAMPUS, PUNE**

GAMES LIST

- GRASS GROUND**
1. Cricket,
 2. Hockey,
 3. Softball,
 4. Baseball,
 5. Football,
 6. Athletics
 7. Tug of war
- MUD COURT**
8. Kabaddi,
 9. Kho-kho,
 10. 5 asides football,
 11. Netball,
 12. Throw ball
- ASSEMBLY HALL**
13. Badminton
- CEMENT COURT**
14. basket ball,
 15. Tennis
- OTHERS**
16. Shooting range behind A I Sr. College
 17. Fencing on Pavilion stage
 18. Weight lifting in gymnasium

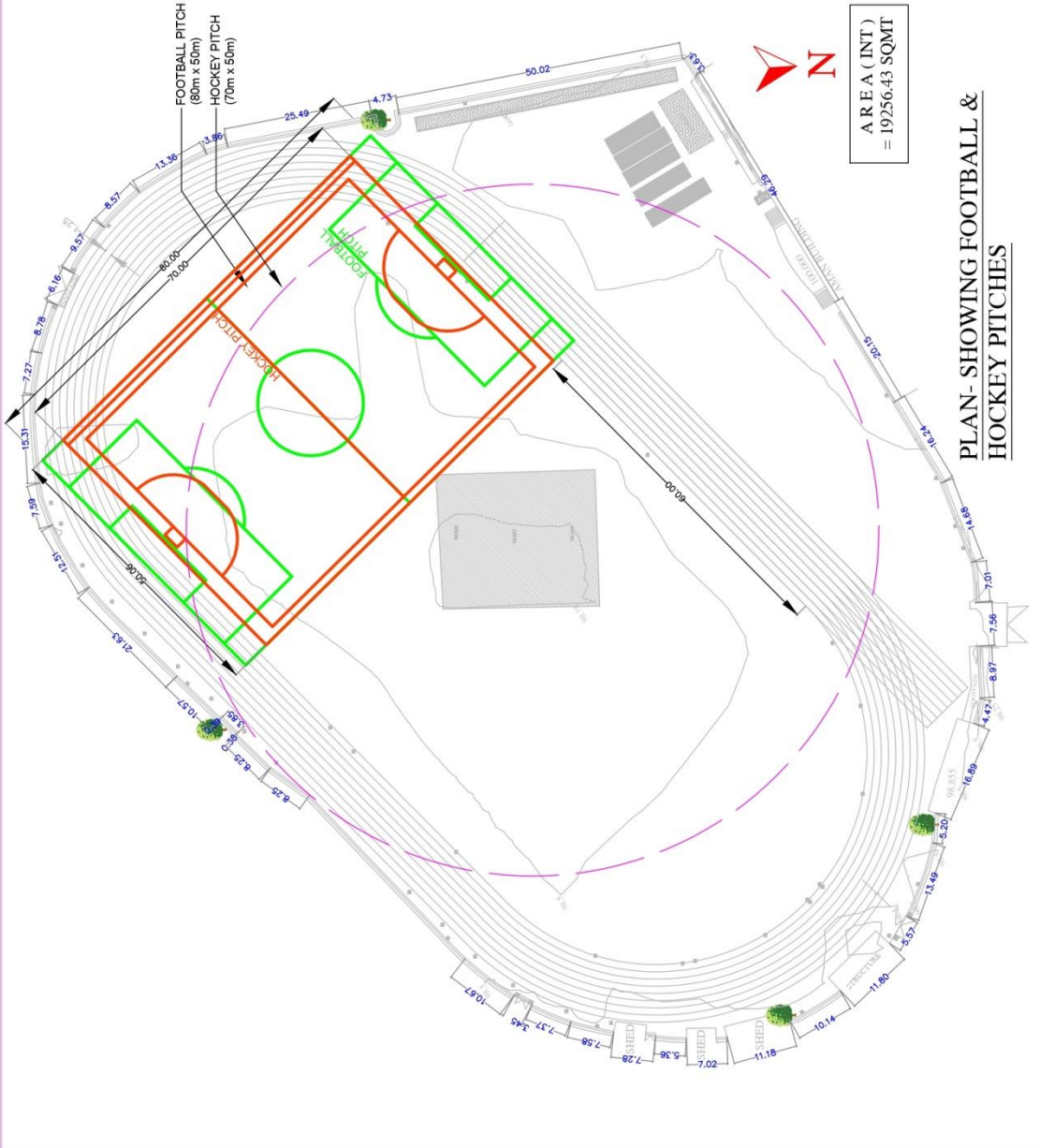
AREA STATEMENT
 AREA OF TRACK = 4295.32 sqm
 AREA OF GROUND = 14961.11 sqm
 WITHOUT TRACK
 AREA OF GROUND = 19256.43 sqm

LEGEND

- Approx. DUSTBIN
- Circle Boundary TREE
- Other game ground CHAMBER
- Approx. STRUCTURE

T.B.M.=100.00
 TAKEN ON STRUCTURE PLINTH

S.NO	SOLAR ROAD PUNE
DATE	17/08/15
SCALE	1:500
PROJECT	SPORTS GROUND
DATE	17/08/15
DRAWN	NAKIL
NO.	79643353
KK.KULKARNI&SONS PUNE	





Grass Ground





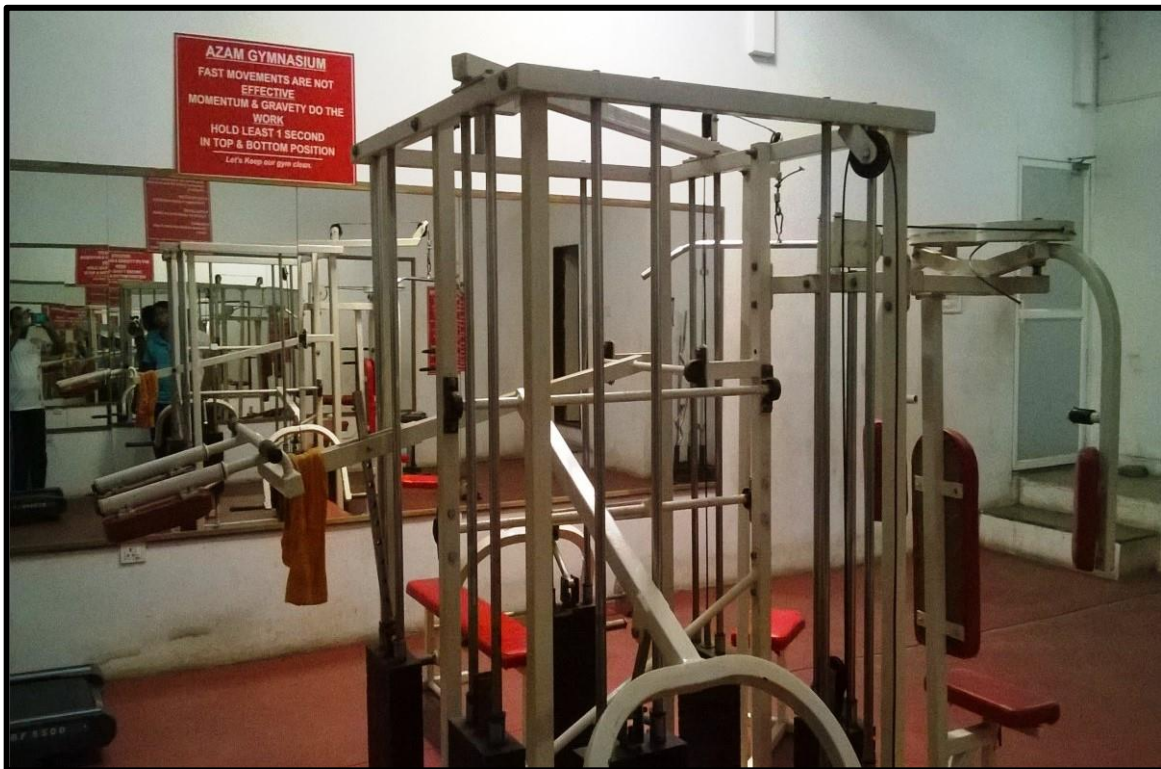
Mud Ground



Badminton Court



Gymnasium



SPORTS TOURNAMENTS ORGANIZED BY THE COLLEGE

M.A.Rangoonwala Institute of Hotel Management & Research organizes three major intercollegiate sports events in every academic year. The tournaments organized are –

1. M.A.Rangoonwala Cricket Tournament: The College has been organizing the Cricket tournament for the last 12 years. The entire tournament is organized, planned and executed by the college. The college invites hotel management colleges affiliated to Savitribai Phule Pune University, junior colleges in Pune, colleges of sister institutions and hospitality industry to participate in the tournament every year.

Report of 12th M.A.Rangoonwala Cricket Tournament 2020

M.C.E. Society's
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 Website: www.marhotelmanagement.com



Presents

12th M.A.Rangoonwala Cricket Tournament 2020

6th January - 9th January 2020

Teams participating in the tournament



• MARIHMR	• Hotel Shree Panchratna	• Ambrosia Resort & Spa
• Novotel Pune	• Royal Orchid Golden Suites	• Dr. Arvind B. Telang IHM
• Malaka Spice	• Symbiosis SCCA	• Ajeenkya D.Y.Patil SCHM
• Amanora The Fern Hotel	• IIHM	• TMV IHMCT
• Marriott Suites	• Suryadatta College HM & TT	• MSIHMCT
• Centurion Hotel	• Dr. D.Y.Patil IHMCT	• Ambrosia IHM
• Four Points by Sheraton	• IIBM	• Hyatt Pune
• Ibis Pune Viman Nagar		• Westin Pune



Opening ceremony and unveiling of trophies for the 12th M.A. Rangoonwala Cricket Tournament was held on 6th January 2020 in the presence of Mr. Shakil M Shaikh, State Level Cricket Coach. 23 teams participated in the tournament.



Hotel Centurion won the final match against Hyatt Pune in the 12th M. A. Rangoonwala Cricket Tournament 2020. Chief Guest Mr. Rishi Chopra, General Manager Sheraton Grand Pune appreciated the organizers for conducting the tournament and also congratulated the teams of the final match. Mr. Swaroopanand Kannur, BCCI Panel Umpire was the Guest of Honour and

shared his expertise with the players. Prof. Dr. Anita Frantz, Principal MARIHMR motivated the teams to keep participating in such tournaments.

2. M.A. Rangoonwala 7 Aside Football Tournament: The College organizes another major sports tournament that is the M.A. Rangoonwala 7 Aside Football Tournament. For the last 10 years the college has been organizing this tournament. Every year industry professionals and students from other hotel management colleges participate in this tournament.

Report of 10th M.A. Rangoonwala 7 Aside Football Tournament 2020



The Opening ceremony and unveiling of trophies for the 10th M A Rangoonwala 7 A Side Football Tournament was held on 3rd February 2020 in the presence of Mr. Surojit Bose, Former Indian International Player. 10 teams participated in the tournament.

The tournament came to an end today with a spectacular victory of Dr. D.Y.Patil Institute of Hotel Management & Catering Technology in the final match. Mr. Anuj Yadav, Human Resources Manager, Conrad Pune was the Chief Guest and Mr. Suryakant Kamane, Head Coach Maharashtra BC Roy National Team was the Guest of Honour for the closing ceremony.



3. M.A. Rangoonwala Badminton League: The department of physical education and sports introduced the Badminton league in the year 2018. Looking at the success of the cricket and football tournaments, the college decided to plan a badminton tournament and have successfully executed it for the last 2 years.

Report of 2nd M.A.Rangoonwala Badminton League



16th September 2019 – 19th September 2019
M.C.E. Society's
M.A.Rangoonwala Institute of Hotel Management & Research
cordially invites you
for the Opening Ceremony of the
2nd M.A.Rangoonwala Badminton League
by
**Mr. Subramaniam Shivaramkrishnan, Founder & Chief Managing
Director, White Shuttle Badminton Academy (WSBA)**
on 16th September 2019 at 9.00 am at the Azam Campus Badminton Court.

Teams participating in the Badminton League 2019

M.A.Rangoonwala IHMR	Crowne Plaza Pune City Centre	Maharashtra State IHMCT
Hyatt Pune	The Westin Pune Koregaon Park	Ambrosia IHM
Radisson Kharadi	Royal Orchid Golden Suites	Suryadatta College of HM & TT
Ibis Pune Viman Nagar	Four Points by Sheraton	PUMBA
Ibis Pune Hinjewadi	Dr. D.Y. Patil IHMCT	

Opening ceremony of the 2nd M.A.Rangoonwala Badminton League by our Chief Guest Mr. Subramaniam Shivaramkrishnan, Founder and Chief Managing director of White Shuttle Badminton Academy



The closing ceremony of the 2nd M.A. Rangoonwala Badminton League 2019 was conducted on 19th September 2019. Chief Guest Mr. Amit Kumar Sharma, General Manager, Amanora The Fern Hotel & Club and Ms. Omera Shah, Asst. HR Manager, Amanora The Fern Hotel & Club were present for the closing ceremony. 4 finals of different categories took place on the last day of the tournament.

Women's Single

Winner- Kalyani (MSIHMCT)

Runner up- Sapna Jayram (Four Points by Sheraton)

Men's Doubles

Winner- Mihir Surve & Vincent Kedari (MARIHMR)

Runner up- Pankaj & Partha (Royal Orchid Golden Suites)

Faculty/HOD Men's Singles

Winner- Sumit Dande (Radisson Blu Kharadi)

Runner up- Vincent Kedari (MARIHMR)

Prof. Anita Frantz, Principal MARIHMR motivated more students & hospitality professionals to participants in the future.



The forte of these sports events is that the industry professionals are also invited to participate and help students to interact with the industry professionals.

Apart from the tournaments, the college also organizes sessions on physical education and a mandatory class is included in the time table for the students.

SPORTS ANNUAL REPORT

1. Academic Year 2019- 2020



M.A.Rangoonwala Cricket Tournament 2020



M.A.Rangoonwala 7 A-side Football Tournament 2020



M.A. Rangoonwala Badminton League 2019



Yoga Session on International Yoga Day 2019

2. Academic Year 2018 – 2019



M.A.Rangoonwala Cricket Tournament 2019



M.A.Rangoonwala Badminton League 2018



Yoga Session on International Yoga Day 2018

3. Academic Year 2017 – 2018



M.A.Rangoonwala Cricket Tournament 2018



M.A.Rangoonwala 7 A-side Football Tournament 2017



Yoga Session on International Yoga Day 2018

4. Academic Year 2016 – 2017



M.A.Rangoonwala Cricket Tournament 2017



M.A.Rangoonwala 7 A-side Football Tournament 2017

STUDENT ACHIEVEMENT



Abdul Rehman Mullani represented India at Korea for International Kick Boxing Championship



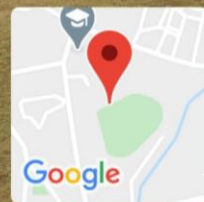
Rushikesh Bandal represented the college for Intercollegiate Body Building Competition

OTHER ACIVITIES

VENUE PARTNER FOR PHA TOURNAMENTS: The college participates actively in the Poona Hoteliers Association as the venue partner of the tournament for the last 2 years. The students assist the teams participating in the tournament and in the overall arrangements of the tournament.



Pune, Maharashtra, India
 2390, Hidayatullah Rd, Katad Khana, Pune, Maharashtra
 411001, India
 Lat N 18° 30' 16.416"
 Long E 73° 52' 32.736"
 01/03/21 09:12 AM



Pune, Maharashtra, India
 2390, K.B. Hidayatullah Road, Katad Khana, Pune,
 Maharashtra 411001, India
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 Long E 73° 52' 32.3292"
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PHYSICAL EDUCATION & YOGA SESSIONS

The college organizes physical education and yoga session for the students, to help them be physically as well as mentally fit.



Physical education session conducted for students on 4th August 2017



Yoga Session organized for students every year

ONLINE YOGA COMPETITION



M.C.E. Society's
M. A. Rangoonwala Institute of Hotel Management & Research
 2390 KB, Hidayatullah Road, Azam Campus, Pune – 01.
 Email ID: info@marhotelmanagement.com | Website: www.marhotelmanagement.com | Tel No.: 020 – 26442261 / 62

Presents

STAY HOME ... STAY FIT WITH YOGA

- Online Yoga Video Competition

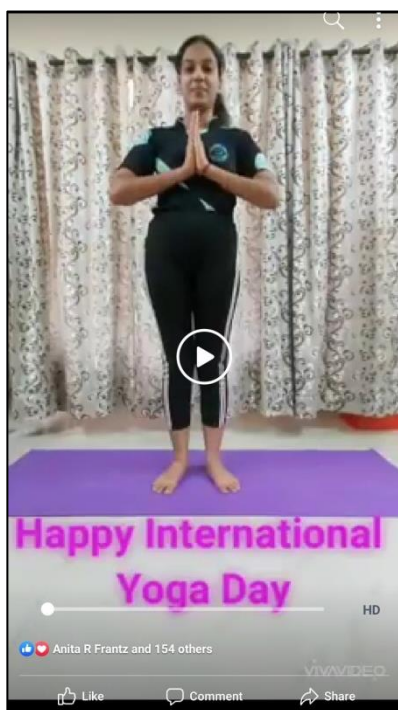





Yoga for Harmony & Peace


Free Registration !!!
 Click on the link to register: <https://forms.gle/MpPnSfzq7LXsT9X27>
Instructions:

1. The video should not exceed 2 minutes duration.
2. The video has to be mailed on info@marhotelmanagement.com by 4.00 pm on 21st June 2020.
3. The videos will be uploaded on the College Facebook page. The top 3 videos receiving maximum likes will be awarded Winner Certificates.
4. Participation Certificates will also be provided to all the participants.



CLIMB THE STAIRS TO TEST YOUR HEART HEALTH - FOR THE TEACHING, NON TEACHING STAFF AND ALUMNI




M.C.E SOCIETY'S
M.A. RANGOONWALA
INSTITUTE OF HOTEL MANAGEMENT & RESEARCH
AZAM CAMPUS , CAMP
PUNE-411001

CLIMB THE STAIRS TO TEST YOUR HEART HEALTH

AN EVENT ORGANIZED
BY OUR COLLEGE FOR
THE TEACHING AND NON TEACHING STAFF
ON
25TH JANUARY 2021
AT 11:30AM

