

Sports Reports files of Year 2019-2020



Index

01	International yoga day (21 st June)
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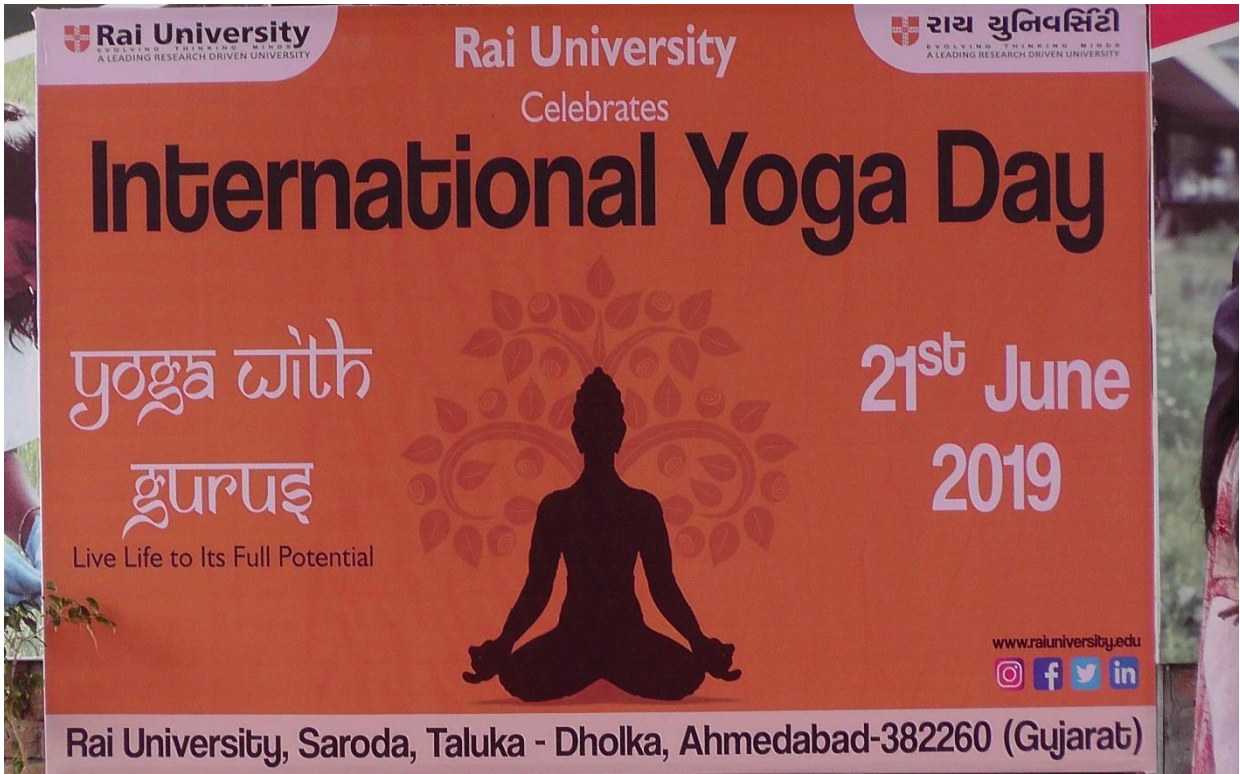


Rai University Ahmedabad

Organized

Sport Event

On



International Day of Yoga – 2019

21st June, 2019

Event Conducted by



Warrior – The Sports Club & Rai University, Ahmedabad

Date: 21/06/2019

Mode of Event: Offline

Title of Event: YOGA DAY

No. of faculties Participated: 40 + All HOD

No. of external Participated (if any): 00

Objective:

The aim of the "International Day of Yoga - 2019", organised by Warrior - The Sports Club of Rai University, was to motivate students to meditate, as it helps to relax and refresh the body and mind.

Benefits of Yoga:

A few yoga steps during the day can be a great way to get rid of the stress that accumulates daily in both the body and the mind. Yoga postures, pranayama and meditation are an effective technique to relieve stress. Meditation is relaxation and refreshment for the body and mind. Yoga is an ancient ascetic discipline that connects the mind and body. It is an exercise that includes breath control, simple meditation, and the adoption of specific bodily postures by balancing the elements of our bodies. Yoga is widely practiced for good health, physical and mental relaxation. The literally meaning of Yoga is “union, to unite or join together”. This union means the good relation between body and mind. Yoga, which is based on universal laws, can also be defined as the science of creating balance between body and soul, rest and activity. Moreover, yoga helps us keep control over our bodies as well as mind. Yoga is a great technique for releasing stress and anxiety.

With this goal in mind, a special event for students was organised on June 21, 2019 by Rai University, Saroda. Students, faculty and non-teaching staff



Participated. With full interest, enthusiasm and eagerness to the protocols. The physical education teacher organised the yoga session with great dedication. The session started with asking the blessings of the Almighty by chanting the Gayatri Mantra. Warm-up and stretching asanas were followed by virabhadrasana, bakasana, halasana, uttana pristhasana and finally shavasana. Exercises to relieve stress, reduce joint pain and improve back flexibility were also performed for the benefit of the volunteers.

Dr. Anil Tomar Sir (Provost) Rai University, motivated to all the staff, conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. In the present day when students face stress, tension, fear, etc., simple “asanas” can help dispel these. The programmes ended with dedication for the teachers by the messages and have a positive disposition towards the whole event.

❖ Here are some photos of event:



Group Photo





(Gayatri Mantra)



(Doing pranayama)



Sports Reports files of Year 2020-2021

A handwritten signature in black ink is located in the bottom right corner of the page.

Index

01	Annual Sports Day (24 th to 26 th January).
02	RPL (Rai Premier League) (03 rd to 06 th March).
03	International Yoga Day (19 th June).



Rai University Ahmedabad

Organized

Sport Event

On

Annual Sports Days - 2020

24th to 26th January, 2020



 **Rai University**
EVOLVING THINKING MINDS
A LEADING RESEARCH DRIVEN UNIVERSITY

Warrior The Sports Club Presents...
ANNUAL SPORTS DAYS
24-25-26 JANUARY 2K20

Athletics : 100m, 200m, 400m, 4x100m, Long Jump
Indoor : Chess, Carrom, Table Tennis, Badminton
Outdoor : Volleyball Shooting, Volleyball Passing,
Basket Ball, Tug of War, Football, Kho Kho, Kabaddi
(Note : Participate in Relevant Categories)

Participant Fees : 50 Rs./Person/Game Reg. Last Date : 21st Jan. 2020

Participate & Win Attractive Prizes



The poster features a dynamic illustration of various athletes in action, including a runner, a basketball player, a tennis player, a badminton player, and a person performing a weightlift, set against a dark blue background with white motion lines.

Event Conducted by

Rai University, Warriors – The Sports Club, Ahmedabad



Date: 24/01/2020 to 26/01/2020

Mode of Event: Offline

Title of Event: Annual Sports Days - 2020

No. of students Participated: More than 180

No. of faculties Participated: 40

No. of external Participated (if any): 00

Objective:

- ❖ The primary centre of this occasion is to celebrate the Annual Sports Day 2020 through different recreations for understudies to persuade them and take an interest in sports in expansion to their academic performance.
- ❖ Physical Instruction is a fundamentally portion of add up to instruction framework. It makes a difference within the fulfilment of the extreme objective of instruction i.e. the accomplishment of all-encompassing improvement. Sports play a positive part within the student's life. The sports create teach, great the soul of sportsmanship and inculcates the qualities of group soul and administration among the understudies.

Name of Sports Event:

- Athletics:** 100m, 200m, 400m, 4X100m, & Long Jump.
- Indoor:** Chess, Carrom, Table Tennis & Badminton.
- Outdoor:** Volleyball Shooting, Volleyball Passing, Basketball, Tug of War, Football, Kho-Kho & Kabaddi.

Benefits of participated event:

- ❖ Participating in sports has been known to progress the cognitive and memory capacities of the brain, making a difference kids perform way better in tests and scholastics. Assist, characteristics such as teach and diligence too play an imperative portion in superior scholarly execution.
- ❖ It makes a difference those lead more full and more joyful lives since customary sports and wellness exercises have been appeared to have not as it were physical, but moreover social and mental benefits for students.

About the Event:

Village: Saroda, Taluka: Dholka, Dist: Ahmedabad-382260, Gujarat, India.
E-mail: info@raiuniversity.edu / Web: www.raioniversity.edu / Mobile: +91-8980004322/23



- ❖ Annual Sports Days - 2020 was an improvement of physical fitness and participation in various sport activities.

Highlights of the event:

- ❖ This occasion was sorted out by Rai University, Warriors - he Sports Club. The yearly sports day begin on January 24, 2020 at 9:30 am at the sports ground of our University. The student were exceptionally energized around the occasions and the exercises that were conducted amid the occasion. The occasion begun with the opening discourse by our Executive Dr. Anil Tomar and went with by the National Song of devotion.
- ❖ There were many sports events that were carried out parallels like 100m, 200m, 400m, 4X100m, & Long Jump, Cricket, Chess, Carrom, Table Tennis & Badminton, Volleyball Shooting, Volleyball Passing, Basketball, Tug of War, Football, Kho-Kho & Kabaddi The event consist of formats like Single, Mix, Double participation in the respective games.
- ❖ The closing ceremony of the occasion was held on January 26, 2020 at 2:00 pm at the sports field. All victors and runners-up were granted trophies and all members gotten certificates. At the conclusion of the occasion, Executive Dr. Anil Tomar and the Enlist Prof. Lalit Adhikari conveyed a closing discourse. He expressed gratitude toward all the members, staff individuals and supporting staff for the victory of the occasion. They moreover praised the understudies for their fabulous execution.
- ❖ Here are some photos of event:



Inauguration by Provost Dr. Anil Tomar & Prof. Lalit Adhikari (Registrar) Rai University



Before starting of Game (Group Photo)



Dist: Ahmedabad-382260, Gujarat, India.

E-mail: info@raiuniversity.edu / Web: www.raiuniversity.edu / Mobile: +91-8980004322/23





Dr. Anil Tomar (Provost) Rai University
Cheering the participate

Delegates watching the Match



Kabaddi



Tag of War (Boys)



Volleyball



ist: A
/raiu



Tag of War (Girls)



Carrom

Badminton



Racing



Chess



Badminton

Rai University Ahmedabad

Organized

Sport Event

On

Rai Premier League - 2020





Event Conducted by

Rai University, Warriors – The Sports Club, Ahmedabad

Date: 03/03/2020 to 06/03/2020

Mode of Event: Offline

Title of Event: Rai Premier League-2020

No. of students Participated: 40

No. of faculties Participated: 35 + All HOD

No. of external Participated (if any): 108

Objective:



The Rai Premier League - 2020 cricket competition, facilitated by Rai University's Warriors – The Sports Club, pointed to advance sportsmanship and affinity among cricket fans. 12 teams from Ahmedabad taken part within the occasion, which was outlined to advance cooperation, assurance, and reasonable play among players. Moreover, the event was expecting to supply an energizing display for cricket fans, made conceivable by supports. In expansion to advancing sportsmanship and sound competition, the competition moreover empowered a sense of community among participants.

Benefits of participated event:

- ❖ **Pleasure:** The tournament promises to be an exciting spectacle for cricket fans, offering the opportunity to see 12 teams from across Ahmedabad compete in an exciting and entertaining game.
- ❖ **Discover New Talent:** Participating in the tournament offers the opportunity to see aspiring cricketers from different teams in action, potentially discovering new talent and rising stars.
- ❖ **Socialise:** the event provides an opportunity to connect with other cricket enthusiasts and sports lovers, potentially forging new relationships and connections.
- ❖ **Promoting healthy competition:** the tournament promotes healthy competition between teams and emphasises the values of sportsmanship, teamwork and fair play, which can be inspiring and valuable to participants.
- ❖ **Supporting local teams:** by participating in the tournament, participants can show their support for their favourite local cricket teams, creating a sense of community and pride.

About the Event:

- ❖ Rai Premier League-2020 was a shining example of the power of sport to bring people together and promote positive values such as teamwork, determination, and fair play.

Highlights of the event:

- ❖ The sports event "Rai Premier League-2020" will be held from 03 to 06 March 2020 by, Warriors – The Sports Club of, Rai University. Various branches like management,



science, life science, commerce and pharmacy students from other universities of Gujarat also participated. The entire event was organised by the students.

- ❖ Rai University Provost Dr. Anil Tomar inaugurated the event and expressed his best wishes for announcing the launch of RPL.
- ❖ The "Rai Premier League-2020" cricket tournament, hosted by the Warriors - The Sports Club of Rai University, saw the participation of 12 teams from different colleges at the end of the tournament. The award ceremony was held on the campus.
- ❖ The entire team put in a great effort in this RPL tournament and put up an impressive performance to finish the tournament.
- ❖ The awards given by our honourable Provost Dr. Anil Tomar and all the respected HOD'S.
- ❖ Here are some photos of event:



Motivational Speech by Dr. Anil Tomar Sir (Provost) Rai University.



Team line up before the match.



Dr. Anil Tomar (Provost) Rai University Motivating the student.



Live RPL Tournament



RPL Trophy's

Runner's up Trophy given by prof. Lalit Adhikari
(Registrar) Rai University.



Winner team received the Champion trophy from Dr. Anil Tomar Sir (Provost) Rai University.

Rai University Ahmedabad

Organized

Sport Event

On

International Day of Yoga – 2020

A handwritten signature in black ink, located in the bottom right corner of the page. The signature is stylized and appears to be the name of the Registrar, Prof. Lalit Adhikari.

19st June, 2020

Event Conducted by Rai University
Warrior – The Sports Club, Ahmedabad

Date: 19/06/2020

Mode of Event: Offline

Title of Event: YOGA DAY

No. of students Participated: 35

No. of faculties Participated: 35 + All HOD

No. of external Participated (if any): Nil

Objective:

The point of the "Worldwide Day of Yoga - 2020", organized by Warrior - The Sports Club of Rai University, was to spur students to contemplate, because it makes a difference to unwind and revive the body and intellect.

Benefits of Yoga:

A couple of yoga steps amid the day can be an extraordinary way to induce freed of the push that gathers every day in both the body and the intellect. Yoga stances, pranayama and contemplation are a successful method to diminish push. Reflection is unwinding and refreshment for the body and intellect. Yoga is an old parsimonious teach that interfaces the intellect and body. It is a work out that incorporates breath control, basic reflection, and the appropriation of particular real stances by adjusting the components of our bodies. Yoga is broadly practiced for great wellbeing, physical and mental unwinding. The actually meaning of Yoga is “union, to join together or connect together”. This union implies the great connection between body and intellect. Yoga, which is based on widespread laws, can moreover be characterized as the science of making adjust between body and soul, rest and movement. In addition, yoga helps us keep control over our bodies as well as intellect. Yoga may be an awesome method for discharging push and uneasiness, a special session was organized by Rai University, Saroda on 19th June, 2020 for the students. Students, teaching and non-teaching staff participated

with full interest, enthusiasm and eagerness with protocols. Yoga session conduct by warriors- The sports club, yoga session with great dedication. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asans starting with warming up and stretching were followed by an Adho mukha svanasana, balasana, trikonasana, padahastasana, garudasana, Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers.

Dr. Anil Tomar Sir (Provost) Rai University, motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the



practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. In the present day when students face stress, tension, fear, etc., simple “asanas” can help dispel these. The programmes ended with dedication for the teachers by the messages and have a positive disposition towards the whole event.

❖ Here are some photos of event:



Yoga Instructor





Balasana



Shavasana



Sports Reports files of Year 2021-2022



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01	International Yoga Day (19 th June).
02	Annual Sports Week (06 th to 09 th December).



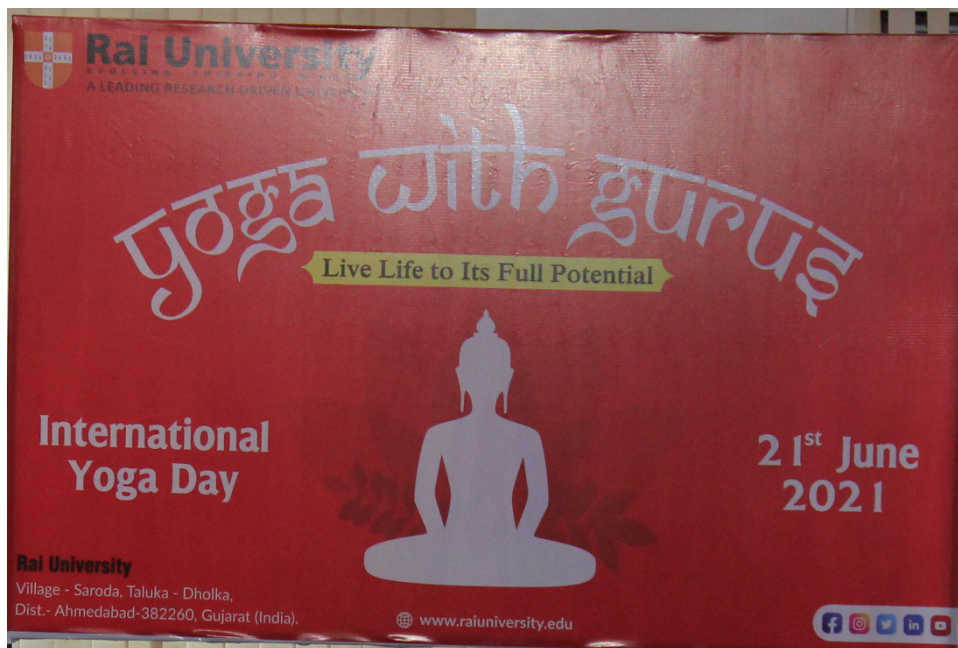
Rai University Ahmedabad

Organized

Sport Event

On

International Day of Yoga – 2021



Event Conducted by

Rai University, Warrior – The Sports Club, Ahmedabad



Date: 21/06/2021

Mode of Event: Offline

Title of Event: YOGA DAY

No. of faculties Participated: 25 + All HOD

No. of external Participated (if any): Nil

Objective:

The objective of the "All-inclusive Day of Yoga - 2021", composed by the Warrior - The Sports Club of Rai University, was to energize Students to think since it is invaluable for loosening up and rejuvenates the body and judgment skills.

Benefits of Yoga:

- ❖ It improves the blood circulation of all the important organs of the body.
- ❖ Improves the functioning of the heart and lungs
- ❖ Strengthens the muscles of the arms and waist
- ❖ Makes the spine and waist more flexible.
- ❖ Helps in reducing the fat around the abdomen and thus reduces weight.
- ❖ Improves digestive system.
- ❖ Improves concentration power.

About the Event:

- ❖ With this aim in mind, a special session was organized by RAI UNIVERSITY, SARODA on 21th June, 2021 for. Teaching and non-teaching staff participated. With full interest, and eagerness with protocols.
- ❖ Yoga session conduct by warriors- The sports club, yoga session with great dedication. The session began by seeking the blessings of the Almighty by chanting the Gayatri mantra.



- ❖ Asans starting with warming up and stretching were followed by a padmasanas, Virabhadrasana II, tadasana, bhujangasana and ending with shavasana.
- ❖ Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done by the volunteers.

Highlights of the Yoga Day:

Dr. Anil Tomar Sir (Provost) Rai University, motivated the staffs and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. In the present day when people face stress, tension, fear, etc., simple “asanas” can help dispel these. The programmes ended with dedication for the teachers by the messages and have a positive disposition towards the whole event.

- Here are some photos of the event:



Lotus Pose (Padmasana)





Warrior 2 (Virabhadrasana II)



Cobra Pose (Bhujangasana)



Rai University Ahmedabad

Organized

Sport Event

On

Annual Sports Days - 2021

06th to 09th December, 2021

Event Conducted by

Rai University, Warrior – The Sports Club, Ahmedabad



Date: 06/12/2021 to 09/12/2021

Mode of Event: Offline

Title of Event: Annual Sports Days - 2021

No. of students Participated: 160

No. of faculties Participated: 10

No. of external Participated (if any): Nil

Objective:

- ❖ The fundamental objective of this occasion is to celebrate the yearly Sports Day 2021 by playing different diversions to propel students to take an interest in sports together with their scholarly execution.
- ❖ Playing different sports makes a difference them and instructs them life abilities such as cooperation, administration, obligation, tolerance, and self-confidence and plans them for life's challenges.

Name of Sports Event:

Cricket, Badminton, Volleyball, Kabaddi, Basketball, and Football.

Benefits of participated event:

- ❖ It makes a difference sufferers live more and more joyful life, because regular sports and fitness activities have not only physical, but also social and psychological benefits for children..

About the Event:

- ❖ Annual Sports Days - 2021 was an improvement of physical fitness and participation in various sport activities.

Highlights of the event:

- ❖ This occasion was composed by Rai University and Warriors - The Sports Club. The yearly sports day begun on December 06, 2021 at 9:30 am at the sports field of our university. The students were very excited about the events and the activities that were conducted during the event. The event started with the opening speech by our Vice Chancellor Provost Dr .Anil Tomar and Registrar Prof. Lalit Adhikari accompanied by the National Anthem.



- ❖ There were many sporting events held in parallel such as cricket, badminton, volleyball, kabaddi, basketball, badminton and football. The event consisted of formats such as singles, mixed and doubles participation in the respective games.
- ❖ The closing ceremony of the occasion was held on December 09, 2021 at 2:00 pm at the sports field. All champs and runners-up were granted with trophies and all members gotten certificates. At the end of the event, the Vice Chancellor Dr. Anil Tomar and the Registrar Prof. Lalit Adhikari delivered a closing speech. He expressed gratitude toward all the members, workforce and supporters for the victory of the occasion. They also congratulated the students for their excellent performance.

❖ Here are some photos of the event:



Motivational Speech by Dr. Anil Tomar
(Provost) Rai University



Faculties & students in Price ceremony



Before starting of Game



Delegates watching the Match





Before Match player doing starching



Volleyball



Basketball



Kabaddi



Cricket



Badminton





Kabaddi



Cricket



Sports Reports files of Year 2022-2023



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01	RPL (Rai Premier League) (08 th to 11 th March).
02	Run Bhoomi (11 th & 12 th May)
03	Guest lecture on Eat Healthy, Stay Healthy Do Yoga (17 th June).
04	International Yoga Day (21 st June).
05	Annual Sports Day (15 th to 18 th November).





Rai University Ahmedabad

Organized

Sport Event

On

Rai Premier League - 2022

08th to 11th March, 2022



Rai University
EVOLVING THINKING MINDS
A LEADING RESEARCH DRIVEN UNIVERSITY

RAI PREMIERE LEAGUE

8th to 11th March 2022

VENUE:
Rai University Cricket Ground,
SH 144, Village-Saroda, Ta. Dholka,
Ahmedabad-382260

Faculty Event Coordinator:
Dr. Sandip Chandra
8200760810

Student Event Coordinator:
Mr. Rahul Shrimali 8160570658
Mr. Dhruv Prajapati 8128094080

   
www.raiversity.edu

Event Conducted by

IIC and SSIP Cell, Rai University, Ahmedabad

Date: 08/03/2022 to 11/03/2022

Mode of Event: Offline

Title of Event: Rai Premier League-2022

No. of students Participated: 100

No. of faculties Participated: 15

No. of external Participated (if any): 110

Objective:

The Rai Premier League - 2022 Cricket Tournament, hosted by Warrior - The Sports Club of Rai University, aimed to promote sportsmanship and bonding among cricket fans. 15 teams from Ahmedabad participated in the event, which aimed to promote teamwork, determination and fairness among players. The event also aimed to provide an exciting spectacle for cricket fans, which was made possible by sponsors. The tournament promoted not only

sportsmanship and healthy competition, but also a sense of community among the participants.

Benefits of participated event:

- ❖ **Many athletes do better academically:** Playing a sport requires a lot of time and energy. Some people may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning — skillsets that are directly relevant to class work. Also, the determination and goal-setting skills a sport requires can be transferred to the classroom.
- ❖ **Sports teach teamwork and problem-solving skills:** Fighting for a common goal with a group of players and coaches teaches you how to build teamwork and effectively communicate to solve problems. This experience is helpful when encountering problems at work or at home.
- ❖ **Physical health benefits of sports:** Clearly, sports can help you reach your fitness goals and maintain a healthy weight. However, they also encourage healthy decision-making such as not smoking and not drinking. Sports also have hidden health benefits such as lowering the chance of osteoporosis or breast cancer later in life.
- ❖ **Sports boost self-esteem:** Watching your hard work pay off and achieving your goals develops self-confidence. Achieving a sport or fitness goal encourages you to achieve other goals you set. This is a rewarding and exciting learning process.
- ❖ **Reduce pressure and stress with sports:** Exercising is a natural way to loosen up and let go of stress. You can also make new friends who can be there for you as a support system. When you feel under pressure or stressed, call up a teammate, head to the gym to talk and play it out.

About the Event:

- ❖ The Rai Premier League - 2022 is a testament to the power of sport to promote positive values such as teamwork and determination.

Highlights of the event:

- ❖ “Rai Premier League-2022” sport event is conducted by IIC and SSIP cell, The Warrior club of Rai University from 08th to 11th March 2022. Various branch like Management, Science, Life science, Commerce and Pharmacy students from other universities of Gujarat also participated. Whole event was arranged by the students.



- ❖ The Registrar of Rai University, Prof. Lalit Adhikari, inaugurated the event and expressed his best wishes for the announcement of the launch of RPL.
- ❖ The "Rai Premier League-2022" cricket tournament hosted by the Warrior-Sports Club of Rai University saw the participation of 14 teams from various colleges
- ❖ At the end of the tournament, the "Man of the Series" award was presented to Montu, a standout performer received by Controller of Examination Mr, Veerendra Singh Nagoriya.
- ❖ The team led by Captain Mighty Demons put in an impressive performance to finish as runners-up, awarded by Registrar Prof. Lalit Adhkari.
- ❖ While the championship was ultimately claimed by CN 11, led by Captain Manish awarded by Provost Dr.Anil Tomar.
- ❖ Here are some photos of event:



Motivational Speech by Prof. Lalit Adhikari
(Registrar) Rai University



Team line up before the match





Man of the series trophy received by player



Man of the Match trophy received by player



Runner-Up team Mighty Demons received the Runner-Up gold plated trophy with a cash prize Rs. 3100/- from Prof. Lalit Adhikari Sir (Registrar) Rai University.





Winner team CN 11 received the Champion gold plated trophy with a cash prize Rs 5100/- from Dr. Anil Tomar Sir (Provost) Rai University.

Rai University Ahmedabad

Village: Saroda, Taluka: Dholka, Dist: Ahmedabad-382260, Gujarat, India.
E-mail: info@raiuniversity.edu / Web: www.raiuniversity.edu / Mobile: +91-8980004322/23



Sport Event

Run Bhoomi – 2022

On

11th & 12th MAY, 2022



The poster for the 'Run Bhoomi' sports event features a blue and white color scheme with a central illustration of a runner and a jumper. The title 'RUN BHOOMI' is prominently displayed in large, bold, blue letters with a motion blur effect. Below the title, the text 'Running | Throwing | Jumping' is written in a smaller font. The event dates and time are listed as '11th & 12th, MAY 2023 @ 9.00 AM ONWARDS'. The poster also includes logos for Rai University, G20 India 2023, SSIP, and the Institution's Innovation Council. A QR code is provided for registration, and the venue is specified as the Sports Ground at Rai University, Saroda, Dholka, Ahmedabad. Social media icons for Facebook, Twitter, LinkedIn, and Instagram are also present.

Running
100mts, 200mts, 400mts,
800mts, 1600mts, 4*100mts, 4*400mts

Jumping
Long Jump

Throwing
Shot put throw, Discus throw,
Javelin throw

VENUE :
Sports Ground, Rai University
SH 144, Village-Saroda, Ta. Dholka, Ahmedabad-382260

SCAN QR FOR REGISTRATION

www.raiversity.edu

Event Conducted by Rai University, Warriors – The Sports Club, Ahmedabad

Date: 11/05/2022 to 12/05/2022

Mode of Event: Offline

Village: Saroda, Taluka: Dholka, Dist: Ahmedabad-382260, Gujarat, India.
E-mail: info@raiversity.edu / Web: www.raiversity.edu / Mobile: +91-8980004322/23



Title of Event: Run Bhoomi -2022

No. of students Participated: 71

No. of faculties Participated: 35 + All HOD

No. of external Participated (if any): Nil

Objective:

The goal of the "Run Bhoomi-2022" track and field event, hosted by Rai University's Warrior - The Sports Club, was to promote sportsmanship and camaraderie among participants. The event brought together 71 participants from across the university to showcase their track and field skills, such as running, throwing and jumping, while promoting leadership, determination and fair play among the players.

In addition, the event was designed to provide an exciting spectacle for all fans, made possible through the support of sponsors. The athletics event was also intended to foster a sense of community among participants and promote the values of sportsmanship and healthy competition.

Benefits of participated event:

- ❖ **Pleasure:** The event promises to be an exciting spectacle for athletics fans and offers the opportunity to see 71 participants from our college compete against each other in an exciting and entertaining competition.
- ❖ **Discover new talent:** Attending the athletics event offers the opportunity to see up-and-coming players from a variety of sports in action, potentially discovering new talent and rising stars.
- ❖ **Socialize:** The event provides an opportunity to connect with other track and field enthusiasts and sports lovers, potentially forming new relationships and connections.
- ❖ **Promoting healthy competition:** The event promotes healthy competition between players and emphasizes the values of sportsmanship, leadership and fair play, which can be inspiring and valuable for participants.

About the Event:

- ❖ Run Bhoomi-2023 was a shining example of the power of sport to bring people to gather and promote positive values of achievement, determination and fair play.

Highlights of the event:



- ❖ The sports event "Run Bhoomi-2022" was held by IIC and SSIP cell, Warrior – The Sports Club of Rai University on May 11th and 12th, 2022. Students from different disciplines such as management, science, life science, commerce and pharmacy from other universities of Gujarat also participated. The whole event was organised by the NCC & Sports Instructor.
- ❖ The Dean and Principal of Rai School of Engineering, Rai University, Dr.Sailesh Iyer, inaugurated the event and extended his best wishes for announcing the launch of Run Bhoomi.
- ❖ The "Run Bhoomi-2022" athletics event, hosted by the Warrior-Sports Club of Rai University, was attended by 71 participants from various departments of our university.
- ❖ Here are some photos of the event:



Motivational Speech by Dr. Sailesh Iyer
(Dean and Principal) Rai University



Honourable HOD's and Faculties



Honourable HOD's and Faculties



Flag March by Partakers



Winner lists:

❖ 100M Race winner list Men & Women:

 <p><small>Note cam lite Address : Ahmedabad, Gujarat, India Latitude : 22.8172580° Longitude : 72.4728652° Altitude : 26.0 meter Date : 05/12/2023 12:09 pm Accuracy : 60.0 meter Time Zone : GMT+05:30 Note : Captured by Note cam</small></p>		 <p><small>Note cam lite Address : Ahmedabad, Gujarat, India Latitude : 22.8172580° Longitude : 72.4728653° Altitude : 26.0 meter Date : 05/12/2023 12:01 pm Accuracy : 60.0 meter Time Zone : GMT+05:30 Note : Captured by Note cam</small></p>	
<p>Medals and Certificate given by Dr.Anil Tomar (Provost) for Men.</p>		<p>Medals and Certificate given by Dr.Nita Solanki for Womens.</p>	
<ol style="list-style-type: none"> 1) Harshul Parmar 2) Harsh Prajapati 3) Aryan Zala 	<p>Gold Silver Bronze</p>	<ol style="list-style-type: none"> 1) Moni Jadarm 2) Meghna Gohil 3) Mahima Yadav 	<p>Gold Silver Bronze</p>

❖ 200M Race Winner list Men:

 <p><small>Note cam lite Address : Ahmedabad, Gujarat, India Latitude : 22.8172573° Longitude : 72.4728651° Altitude : 26.0 meter Date : 05/12/2023 12:07 pm Accuracy : 60.0 meter Time Zone : GMT+05:30 Note : Captured by Note cam</small></p>	
<p>Medals and Certificate given by Prof.Lalit Adhikari (Registrar).</p>	
<ol style="list-style-type: none"> 1) Harsh Prajapati 2) Ankit Aryan 3) Shreeji 	<p>Gold Sliver Bronze</p>



❖ **400M Race Winner list Men:**



Medals and Certificate given by Mr.Vireendrasinh Nagoria.

1) Harsh Prajapati	Gold
2) Vanraj Gohil	Silver
3) Aryan zala	Bronze

❖ **4 x 100M Relay Race Winner list Men & Women:**



Medals and Certificate given by Mr.Pradeep Singh for Men.

1) Devang Ratiya	Gold
2) Harsh Prajapati	Gold
3) Brisen Moriya	Gold
4) Dev Sani	Gold



Medals and Certificate given by Dr.Darshana Patel for Womens.

1) Natasha Chikodzore	Gold
2) Sanjana Panchal	Gold
3) Harsha	Gold
4) Priya Sana	Gold

❖ **800M Race Winner list Men: & 1600M Race Winner List Men:**

			
Medals and Certificate given by Dr.Sailesh Iyer.		Medals and Certificate given by Dr.Sanjesh Rathi.	
<ol style="list-style-type: none"> 1) Sonu Nishad 2) Harsh Aghara 3) Ankit Aryan 	<p>Gold Silver Bronze</p>	<ul style="list-style-type: none"> • Pratik Patil 	<p>Gold</p>

❖ **Shot put Winner list of Men and Women:**

			
Medals and Certificate given by Dr.Sandip Chandra & Mr.Khushal Rajput for Mens.		Medals and Certificate given by Ms.Preeti Das for womens.	



1) Aryan Bhoi	Gold	• Virwa Thakor	Gold
2) Tanish Mishra	Silver	• Sneha Goswami	Silver
3) Sohel Mallick	Bronze		

❖ **Discuss Throw Winner list Men and Women:**



Medals and Certificate given by Dr.P.P.patel & Dr.D.M.Patel for Mens.

1) Mohit Rayani	Gold
2) Bhagwan Chauhan	Silver
3) Tanish Mishra	Bronze



Medals and Certificate given by Ms.Jankhana Baraiya for womens.

• Virwa Thakor	Gold
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❖ **Javelin Throw Winner list Men and Women:**



Medals and Certificate given by Mr.Sanjeev Bharadwaj & Mr.Gajendrasinh Dodiya for Mens.



Medals and Certificate given by Ruchi Sinha for Women.

<ol style="list-style-type: none"> 1) Vijay Suthar 2) Sonu Nishad 3) Manan Jani 	<p>Gold Silver Bronze</p>	<ul style="list-style-type: none"> • Virwa Thakor 	<p>Gold</p>

❖ **Long Jump Winner list for Men:**



Medals and Certificate given by Mr.Yashesh Darji & Mr.Hardik Patel.

<ol style="list-style-type: none"> 1) Harshul Parmar 2) Harsh Prajapati 3) Aryan Zala 	<p>Gold Silver Bronze</p>
--	-----------------------------------

❖ **RUN BHOOMI CHAMP'S:**



Rai University Ahmedabad

Organized

On

Eat Healthy, Stay Healthy, Do Yoga – 2022

17th June, 2022

Event Conducted by

Warrior – The Sports Club, Rai University, Ahmedabad



Detailed Report

Date: 17th June, 2022

Mode of Workshop: Offline

Title of Event: Seminar on Fitness by Yoga
Guest Lecture on Eat Healthy, Stay Healthy, Do Yoga

No. of students Participated: 70

No. of faculties Participated: 20

No. of external Participated (if any): Nil

Venue: Seminar Hall

Objective:

The main objective of this event is to celebrate International Day of Yoga 2022 through the workshop and guest lecture to motivate individual to practice yoga every day of their lives for physical and mental fitness and to encourage all to eat good healthy food to stay healthy with yoga. And this all event organized under the, Rai University, Warriors - The Sports Club, Ahmedabad.

Benefits of attending workshop:

- Students get motivation regarding yoga.
- Students get information regarding Healthy, Immunity, and Physical and Mental fitness.
- Increased Awareness: Attending a seminar can increase awareness of the connection between diet, physical activity, and mental well-being. It can also highlight the importance of self-care practices such as mindfulness and stress management, which are often emphasized in yoga teachings.
- Students can learn different yoga step with their benefits.
- Students can get awareness about good healthy food to stay healthy with yoga.



About the Event:

- ❖ This event has been organized by Rai University and Warriors – The Sports Club on account of the celebration of the International Day of Yoga – 2022. The event consist of one workshop on fitness through yoga presented by Mrs. Daminiben Bhatt (Yoga Trainer) and a guest lecture on eat healthy, do yoga by Mr. sanjaykumar Thakor on Friday, June 17, 2022, at 10:00 AM. A total of 100 students and 20 faculty member from the university participated in this event. The event started with a prayer and lamp lighting by all dignitaries, and all guests were welcomed with a plant.
- ❖ Damini Bhatt started her seminar by giving a talk on the important of yoga in our lives. She has performed various basic yoga steps, then she gives us explanations about each step to improve the immunity system as well as physical health by yoga. Mr. Sanjaykumar Thakor also joined Mrs. Damini Bhatt to perform various yoga's. All Students and faculty perform all yoga with the guests. Mrs. Damini Bhatt presented with a momento as a taken of appreciation.
- ❖ After this workshop, Mr Sanjaykumar Thakor delivered his talk on Eat Healthy, Stay Healthy and Do Yoga. He explained the important of various foods in our lives to keep our bodies healthy and fit. Also, he shared information regarding our routine eating habits, test of food, nutrition, and vitamins, which are required to keep our body healthy and fit. Mr. Sanjaykumar is presented with a momento as a token of appreciation by Dr. Sandip Chandra.
- ❖ All guests expressed their gratitude and appreciation for the university's efforts to promote yoga. At last, the event was ended by a vote of thanks by Mr. Alpesh Parmar.



Highlights of the Yoga Day:

- ❖ All participants learned and performed various yoga steps that are beneficial to health and immunity, as well as physical and mental fitness.
- ❖ All participants are aware of routine eating habits, tests of food, nutrition, and vitamins which are required to keep their bodies healthy and fit.

Photos of Event:







Rai University Ahmedabad

Organized

Sports Event

On

International Day of Yoga – 2022



21st June, 2022

Event Conducted by

Rai University, Warrior – The Sports Club, Ahmedabad

Date: 21st June, 2022

Mode of Event: Offline

Title of Event: International Day of Yoga - 2022

No. of students Participated: 20

No. of faculties Participated: 35

Venue: Garden Area

Objective:

The main objective of this is to celebrate International Day of Yoga 2022 by performing various yoga poses with an understanding of its importance in our daily lives for physical and mental fitness and to encourage all to eat healthy food to stay healthy with yoga.

Benefits of Yoga:

Indeed, yoga offers a holistic approach to wellness, addressing both the physical and mental aspects of our being. Here are a few key points and yoga postures (asanas) that can help alleviate stress and promote relaxation:



Connection of Mind and Body: Yoga emphasizes the connection between mind and body, helping practitioners achieve a sense of unity and balance.

Breath Control (Pranayama): Pranayama, or breath control, is a fundamental aspect of yoga. Deep breathing exercises help calm the mind and reduce stress. One simple pranayama technique is the "Three-Part Breath" (Dirga Pranayama), where you inhale deeply into your abdomen, then expand your ribcage, and finally fill your chest with air, before exhaling slowly in the reverse order.

Meditation: Meditation is an integral part of yoga practice, allowing individuals to cultivate mindfulness and inner peace. Even a few minutes of daily meditation can have profound effects on reducing stress levels. A basic meditation technique involves focusing on the breath or repeating a calming mantra.

Yoga Asanas: There are numerous yoga poses that can help release tension from the body and calm the mind. Some asanas particularly effective for stress relief include:

Downward-Facing Dog (Adho Mukha Svanasana): This inversion pose relieves stress by stretching the entire body and encouraging deep breathing.

Corpse Pose (Savasana): Often practiced at the end of a yoga session, Savasana allows for complete relaxation and integration of the benefits of the practice.

Emotional Regulation: Regular yoga practice can help individuals develop better emotional regulation skills, allowing them to manage stress and anxiety more effectively. Through mindfulness and self-awareness cultivated in yoga, practitioners learn to respond to challenging situations with calmness and clarity.

Improved Cognitive Function: Studies have shown that yoga can enhance cognitive function, including memory, attention, and problem-solving skills. By reducing stress and promoting relaxation, yoga supports mental clarity and focus.

Incorporating these yoga practices into your daily routine can contribute to overall well-being, helping you to manage stress and cultivate a greater sense of peace and balance in your life.



The Sanskrit Shlok Says:

अथः चित्तं समाधातुं न शक्नोषि मयि स्थिरम्।

अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय॥

Meaning: - My dear Arjun, O winner of wealth, if you cannot fix your mind upon me without deviation, then follow the regulative principles of bhakti-yoga. In this way develop a desire to attain me.

Guests Name List:

- ❑ Ms. Damini Bhatt – Yog Coach
- ❑ Mr. Sanjaykumar Thakor – Yog Trainer
- ❑ Ms. Sheetal Patel – Yog Trainer
- ❑ Mr. Rajendra Bhai Parkeh – Sangathan Mantri Patanjali

About the Event:

- ❑ This event was organised by Rai University and Warriors - The Sports Club to celebrate International Yoga Day - on June 21, 2022. Ms. Daminiben Bhatt (Yoga Trainer), Mr. Sanjaykumar Thakor (Yoga Trainer), Ms. Sheetal Patel (Yoga Trainer), Mr. Rajendra Bhai Parkeh (Sangathan Mantri Patanjali) are all trainers for this day. A total of 40 students and 30 faculty members of the university participated in this event.
- ❑ The event started with prayer. Mrs. Damini Bhatt started the events by giving a talk on the importance of yoga in our live. She has performed various basic yoga steps, then she gives us explanations about each yoga step with its importance in our daily life to improve your immune system as well as our



physical health. Mr. Sanjaykumar Thakor also joined Mrs. Damini Bhatt to perform various yoga's. All students and faculty perform yoga with the guests. Mr. Rajendra Parekh also performed various yoga steps and physical activities which are useful for students in their studies as well as for their health.

- Finally, event concluded with the national anthem by all guests, students, and faculties. Gifts and memento are given to the guests as a token of appreciation. All guests expressed their gratitude and appreciation for the university's efforts to promote yoga. Then after, the whole day is celebrated with indoor games by students as well as faculties.

Photo of Events:





Rai University Ahmedabad

Organized

Sport Event

On

Annual Sports Days - 2022

15th to 18th November, 2022





The poster for Annual Sports Week 2022 features a central blue shield with the text 'ANNUAL SPORTS WEEK 2022' and three stars. To the left, a badminton player is shown in mid-air. To the right, a cricketer in blue gear is batting. At the bottom, two silhouettes of people are shown in a physical activity. The text on the poster includes the dates '15th TO 18th NOVEMBER 2022', the location 'Sports Ground, Rai University, Ahmedabad', and a list of sports: Indoor (Badminton) and Outdoor (Volleyball, Basketball, Football, Kabaddi, Cricket). It also provides contact information for faculty and student coordinators and a registration deadline of 13th Nov, 2022.

Rai University
EVOLVING THINKING MINDS

Warriors
The Sports Club

ANNUAL SPORTS WEEK
2022

15th TO 18th NOVEMBER 2022
Sports Ground, Rai University, Ahmedabad

Indoor : Badminton
Outdoor : Volleyball, Basketball, Football, Kabaddi, Cricket

Faculty Co-ordinators Dr. Sandip Chandra - 8200760810
Alpesh Parmar - 9879158587

Student Co-ordinators Rahul Shrimall - 9974252283
Dhruv Prajapati - 8128094080
Nax Fofar - 9773159039

Registration Last Date 13th Nov, 2022

www.raioniversity.edu

Follow us on:    

Event Conducted by

Rai University, Warrior – The Sports Club, Ahmedabad

Date: 15/11/2022 to 18/11/2022

Mode of Event: Offline

Title of Event: Annual Sports Days - 2022

No. of students Participated: More than 200

No. of faculties Participated: 20

No. of external Participated (if any): 00

Objective:

- ❖ The main objective of this event is to celebrate Annual Sports Day 2022 through the different games to motivate students to take participation in sports along with their academics.
- ❖ Playing various sports helps them and teach life skills such as teamwork, leadership, accountability, patience, and self-confidence and prepares them to face life challenges.

Village: Saroda, Taluka: Dholka, Dist: Ahmedabad-382260, Gujarat, India.

E-mail: info@raioniversity.edu / Web: www.raioniversity.edu / Mobile: +91-8980004322/23



Name of Sports Event:

Cricket, Badminton, Volleyball, Kabaddi, Basketball, and Football.

Benefits of participated event:

- ❖ It helps them lead fuller and happier lives as regular sports and fitness activities have proven to provide not only physical benefits but also social and psychological benefits to children.

About the Event:

- ❖ Annual Sports Days - 2022 was an improvement of physical fitness and participation in various sport activities.

Highlights of the event:

- ❖ This event has been organized by Rai University and Warrior—the Sports Club. The Annual Sports Day function started at 9.30 AM on 15th November 2022, at our university sports ground. The students were very excited about the events and the activities carried out throughout the event. The Event started by the inauguration speech by our Provost Dr. Anil Tomar and Registrar Prof. Lalit Adhikari carried by National Anthem.
- ❖ There were many sports events that were carried out parallels like Cricket, Badminton, Volleyball, Kabaddi, Basketball, Badminton, and Football. The event consist of formats like Single, Mix, Double participation in the respective games.
- ❖ Event Closing Ceremony was conducted on 18th November 2022 at Sports ground at 02:00 PM. All the Winners and Runner-up were awarded by Trophy and Certificates were given to all participants. At the end of the events, Provost Dr. Anil Tomar, along with the Registrar Prof. Lalit Adhikari conclude the events by their speech. He thanked and expressed his gratitude to the all participants, faculty members and supporting staff for the success of the event. Also, they congratulated the students for their excellent performance.
- ❖ Here are some photos of event:





Motivational Speech by Dr. Anil Tomar
(Provost) Rai University

Faculties & students in Price ceremony





Badminton double winner



Badminton double Runner-Up



Badminton Women Single Winner



Badminton Women Single Runner-Up

A handwritten signature in black ink, located at the bottom right of the page.



Badminton Men Single Winner

Badminton Men Single Runner-Up



Badminton Double-Mix Winner



Badminton Double-Mix Runner-Up





Kabaddi Winner Team



Kabaddi Runner-Up Team





Volleyball Winner Team



Volleyball Runner-Up Team





Basketball Winner Team



Basketball Runner-Up Team



Football Winner Team



Football Runner-Up Team





Cricket Winner Team



Cricket Runner-Up Team

Sports Reports files of Year 2023-2024





Rai University

EVOLVING THINKING MINDS

Ahmedabad



Index

01	Rai Premier League (20 th to 25 th February).
02	International Yoga Day (21 st June).
03	VPL (Volleyball Premier League) (29 th September)
04	Run Bhoomi (30 th November & 01 st December).

Rai University Ahmedabad

Organized

Sport Event

On



Rai Premier League - 2023

20th to 25th February, 2023



The poster features a red background with a white silhouette of a batsman and a red cricket ball. The text 'RPL 2023' is prominently displayed in white and yellow. Below it, the phrase 'Let The Battle Begin...' is written in a cursive font. The dates '20 TO 25 FEB' and '9.30 AM ONWARDS' are shown in white and yellow. At the bottom, there are two columns of text for event coordinators, a venue address, and social media icons. The Rai University logo and the Warriors The Sports Club logo are also present.

Rai University
EVOLVING THINKING MINDS

Warriors
The Sports Club

Let The Battle Begin...

20 TO 25 FEB
9.30 AM ONWARDS

Faculties Event Coordinators:
Dr. Sandip Chandra - 8200760810
Mr. Khushal Rajput - 7574932479

Students Event Coordinators:
Rahul Shrimalli - 9974252283
Dhruv Prajapati - 8128094080
Mannan Jani - 7359658852

VENUE :
Sports Ground, Rai University
SH 144, Village-Saroda, Ta. Dholka, Ahmedabad-382260

www.raiversity.edu
f t in i

Event Conducted by

Rai University, Warriors – The Sports Club, Ahmedabad

Date: 20/02/2023 to 25/02/2023

Mode of Event: Offline

Title of Event: Rai Premier League-2023

No. of students Participated: 110

No. of faculties Participated: 35 + All HOD

No. of external Participated (if any): 150

Village: Saroda, Taluka: Dholka, Dist: Ahmedabad-382260, Gujarat, India.
E-mail: info@raiversity.edu / Web: www.raiversity.edu / Mobile: +91-8980004322/23



Objective:

The objective of the "Rai Premier League-2023" cricket tournament hosted by the Warrior - The Sports Club of Rai University was to promote sportsmanship and camaraderie among cricket enthusiasts. The event aimed to bring together 18 teams from all over Ahmedabad to show case their cricketing skills, while also encouraging teamwork, determination, and fair play among the players. Additionally, the event aimed to provide an exciting spectacle for cricket fans, and made possible with the support of sponsors. The tournament also aimed to foster a sense of community among participants and promote the values of sportsmanship and healthy competition.

Benefits of participated event:

- ❖ **Enjoyment:** The tournament promises to be an exciting spectacle for cricket fans, offering an opportunity to watch 18 teams from all over Ahmedabad compete against each other in a thrilling and entertaining display of the sport.
- ❖ **Exposure to new talent:** Attending the tournament offers a chance to see up-and-coming cricket players from various teams in action, potentially discovering new talent and emerging stars.
- ❖ **Networking:** The event offers an opportunity to connect with fellow cricket enthusiasts and sports lovers, potentially forging new relationships and connections.
- ❖ **Promotion of healthy competition:** The tournament promotes healthy competition among teams, emphasizing the values of sportsmanship, teamwork, and fair play, which can be inspiring and valuable for attendees.
- ❖ **Supporting local teams:** By attending the tournament, attendees can show their support for their favourite local cricket teams, creating a sense of community and pride.

About the Event:

- ❖ Rai Premier League-2023 was a shining example of the power of sport to bring people together and promote positive values such as teamwork, determination, and fair play.

Highlights of the event:

- ❖ "Rai Premier League-2023" sport event is conducted by IIC and SSIP cell, The Warrior club of Rai University from 20th to 25th February 2023. Various branch like Management, Science, Life science, Commerce and Pharmacy students from other universities of Gujarat also participated. Whole event was arranged by the students.



- ❖ The Registrar of Rai University, Prof. Lalit Adhikari, inaugurated the event and expressed his best wishes for the announcement of the launch of RPL.
- ❖ The "Rai Premier League-2023" cricket tournament hosted by the Warrior-Sports Club of Rai University saw the participation of 18 teams from various colleges
- ❖ At the end of the tournament, the "Man of the Series" award was presented to Vishal Rathod, a standout performer from Meldi 11 by Controller of Examination Mr, Veerendra Singh Nagoriya.
- ❖ The team led by Captain Dhruv Prajapati put in an impressive performance to finish as runners-up, awarded by Registrar Prof. Lalit Adhkari.
- ❖ While the championship was ultimately claimed by Mandli 11, led by Captain Gaurang Parmar awarded by Provost Dr. Anil Tomar.
- ❖ Here are some photos of event:



Motivational Speech by Prof. Lalit Adhikari
(Registrar) Rai University

Team line up before the match





Man of the series trophy received by player



Man of the Match trophy received by player



Runner-Up team Meldi 11 received the Runner-Up gold plated trophy with a cash prize Rs. 5000/- from Prof. Lalit Adhikari Sir (Registrar) Rai University.




Winner team Mandli 11 received the Champion gold plated trophy with a cash prize Rs 11000/- from Dr. Anil Tomar Sir (Provost) Rai University.





Rai University Ahmedabad

Organized


On

International Day of Yoga – 2023

 **Rai University**
EVOLVING THINKING MINDS





योग: कर्मसु
कौशलम्



**21
JUNE**

Celebrating
**INTERNATIONAL
YOGA DAY**

Venue :
RU Campus, Rai University
SH 144, Village-Saroda, Ta. Dholka, Ahmedabad-382260

www.raiversity.edu
   

Event Conducted by

Warrior – The Sports Club, Rai University, Ahmedabad



Date: 21/06/2023

Mode of Event: Offline

Title of Event: YOGA DAY

No. of students Participated: 10

No. of faculties Participated: 65

No. of external Participated (if any): Nil

Objective:

The objective of the "International Day of Yoga - 2023", organized by the Warrior - The Sports Club of Rai University, was to energize students to Yoga professes a complete system of physical, mental, social, and spiritual development. For generations, this philosophy was passed on from the master teacher to the student.

Benefits of Yoga:

A few yoga moves during the day can be a great way to get rid of the stress that accumulates daily in the body and mind. Yoga postures, pranayama and meditation are an effective technique to relieve stress. Meditation is relaxation and refreshment for the body and mind. Yoga is an ancient ascetic discipline that connects mind and body. It is an exercise that involves breath control, simple meditation and the adoption of certain postures by balancing the elements of our body. Yoga is widely practiced for good health and for physical and mental relaxation. The literal meaning of yoga is "union, to unite or join together." This union means a good relationship between body and mind. Yoga which is based on universal laws, can also be defined as the science of establishing balance between body and mind, rest and activity. Moreover, yoga helps us to control both our body and our mind. Yoga is a great technique to relieve stress and anxiety. Yoga is a well-known term nowadays, it is described as a spiritual discipline based on a subtle science aimed at achieving harmony between body and mind. It is also referred to as the science and art of achieving a healthy life. Yoga is



derived from the Sanskrit word yuj, which means "to join together" or "to unite" The practice aims to unite body, mind and spirit, as well as personal and universal consciousness. There are different asana's that people practice, and each asana's has its benefits for the mind and body. Yoga is said to sharpen our mind and improve our intelligence. Regular practice of yoga can help control our emotions and promote our well-being.

The Sanskrit Shlok Says:

अथः चित्तं समाधातुं न शक्नोषि मयि स्थिरम्।

अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय।।

Meaning: - My dear Arjun, O winner of wealth, if you cannot fix your mind upon me without deviation, then follow the regulative principles of bhakti-yoga. In this way develop a desire to attain me.

Guests Name List:

- Ms. Damini Bhatt – Yog Coach
- Ms. Shivani Bhatt – Yog Trainer
- Ms. Mayuri Patel – Yog Trainer
- Mr. Rajesh Bhai Parkeh – Sangathan Mantri Patanjali

About the Event:

- This event was organised by Rai University and Warriors - The Sports Club to celebrate International Yoga Day - on June 21, 2023. Ms. Daminiben Bhatt (Yoga Trainer), Ms. Shivani Bhatt (Yoga Trainer), Ms. Mayuri Patel (Yoga Trainer), Mr. Rajesh Bhai Parkeh (Sangathan Mantri Patanjali) are all trainers for this day. A total of 10 students and 65 faculty members of the university participated in this event.
- The occasion started with a supplication. Ms. Damini Bhatt, Ms. Shivani Bhatt and Mr. Rajesh Bhai Parkeh begun the occasion with a conversation on the significance of yoga in our lives. She illustrated different fundamental yoga



steps and after that gave us clarifications almost each yoga step and its importance in our standard of living to move forward our safe framework and physical wellbeing and also Ms. Mayuri Patel too performed different yoga works out. All students and teachers perform yoga very well.

- Finally, events concluded with the national anthem by all guests, students, and faculties. Gift and Appreciation letter are given to the guests as a token of appreciation. All guests expressed their gratitude and appreciation for the university's effort to promote yoga.

□

Highlights of the Yoga Day:

- All participants Learned and perform various yoga steps with their importance to health and immunity, Physical and Mental fitness.
- All students aware about the importance of yoga on their study as well as health.

Here are some photos of the event:



Lotus

Pose (Padmasana)



st: Ahmedabad-382260, Gujarat, India.
raiuniversity.edu / Mobile: +91-8980004322/23





Stretching

Tree Pose (Vrikshasana)

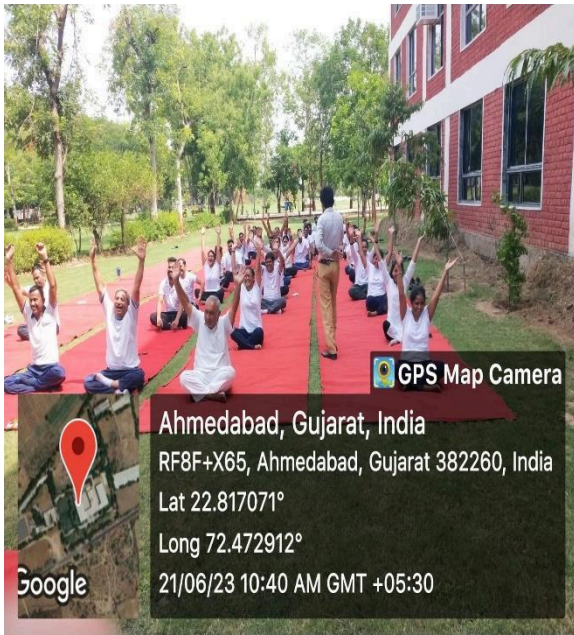


Bound Angle Pose (Baddha Konasana)

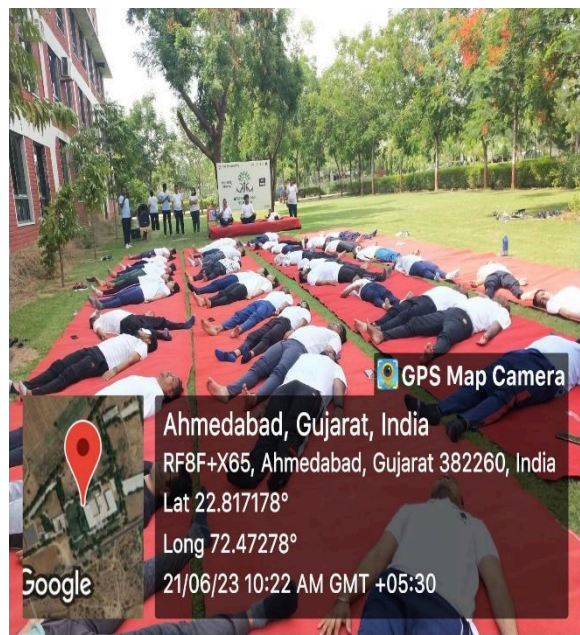


Cobra Pose (Bhujangasana)





Lauging Pose (Hasya Asana)



Corpse Pose (Shavasana)

□ **Group Photo:**



Rai University Ahmedabad

Organized

Sport Event

VOLLEYBALL PREMIER LEAGUE – 2023

On

29th Of September, 2023



Event Conducted by Rai University, Warriors – The Sports Club, Ahmedabad



Date: 29th September 2023

Mode of Event: Offline

Title of Event: VPL (Volleyball Premier League)

No. of students Participated: 48 (06 – Team)

No. of faculties Participated: 65 + All HOD

Objective:

It's wonderful to hear about the positive impact and success of the “Volleyball Premier League” (VPL) organized by Rai University's Warrior - The Sports Club. Events like these indeed play a crucial role in enhancing the overall university experience for students and contribute to building a vibrant and healthy campus culture.

The participation of six teams with a total of 48 players reflects a strong interest and engagement in sports within the university community. The diverse representation from across the university suggests that such events have successfully brought together students from different backgrounds and disciplines, providing them with a common platform to showcase their athletic talents. The emphasis on values such as sportsmanship, leadership, determination, and fair play is commendable. These qualities are not only essential on the field but also contribute to the personal and professional development of the participants. The focus on healthy competition encourages individuals to strive for excellence while maintaining a spirit of fairness and respect, fostering a positive and supportive environment.

Furthermore, the social aspect of the event, where students can interact, build friendships, and foster camaraderie, adds another layer of significance. Sports have a unique ability to bring people together and create lasting connections, and events like VPL contribute to the sense of community within the university.

In summary, the success of VPL 2023 in achieving its goals reflects positively on Rai University's commitment to promoting a holistic and enriching student experience. Such initiatives not only promote physical well-being but also contribute to the development of important life skills and values, creating a positive and inclusive campus culture.



Benefits of participated event:

❖ Excitement for Athletics Fans:

The event promises to be a thrilling spectacle for athletics fans, featuring 6 teams with a total of 48 players. It provides fans with the opportunity to witness the skills of college athletes in a captivating and entertaining competition.

❖ Discover New Talent:

Attendees have the chance to discover emerging talent and potential rising stars in the volleyball scene. The event serves as a platform for showcasing the skills of up-and-coming players, attracting the attention of talent scouts, coaches, and sports enthusiasts. This creates an atmosphere of anticipation as spectators may witness the early stages of future sporting successes.

❖ Promotion of Healthy Competition:

The event actively promotes values such as healthy competition, sportsmanship, leadership, and fair play. Emphasizing these principles inspires participants to compete at their best while respecting the rules and displaying ethical behaviour. The focus on positive values contributes to the overall development of both teams and individuals, fostering a culture of integrity and excellence within the sports community.

About the Event:

The VPL 2023 is portrayed as a shining example of the power of sports to bring people together and promote positive values. The event highlights the significance of achievement, determination, and fair play, showcasing how sports can serve as a unifying force and a platform for personal and team development. In summary, the Volleyball Premier League 2023 is not just a sporting event; it's a celebration of talent, sportsmanship, and the positive impact that sports can have on individuals and communities. The emphasis on healthy competition and values contributes to the holistic development of participants and fosters a culture of excellence within the sports community.



Highlights of the event:

Organizers and Participants:

The event was organized collaboratively by the IIC (Innovation and Incubation Cell) and SSIP (Student Start-up and Innovation Policy) cell, along with the Warrior – The Sports Club of Rai University. The involvement of multiple entities highlights a coordinated effort to bring the event to fruition. Furthermore, the inclusion of students from various disciplines, such as Management, science, life science, commerce, and pharmacy, showcases the diverse participation and the universality of sports as a unifying activity.

Event Dates:

The event's specific date, 29th September 2023, provides a temporal context, helping readers understand when the university community converged to celebrate athleticism and sportsmanship.

Total Participants:

The participation of 6 teams from different departments within Rai University is noteworthy. It reflects the broad engagement of the university community in the athletics event, suggesting a widespread interest and involvement in sports across various academic disciplines.

Event Organization:

The entire event was organized by the NCC and Sports Instructor, Mr. Khushal Rajput. This highlights the role of dedicated professionals in ensuring the smooth execution of the event, contributing to its success.

Together, these details provide a comprehensive picture of the organizational aspects, institutional support, and diverse participation that characterized the "(VPL) Volleyball Premier League- 2023" at Rai University.

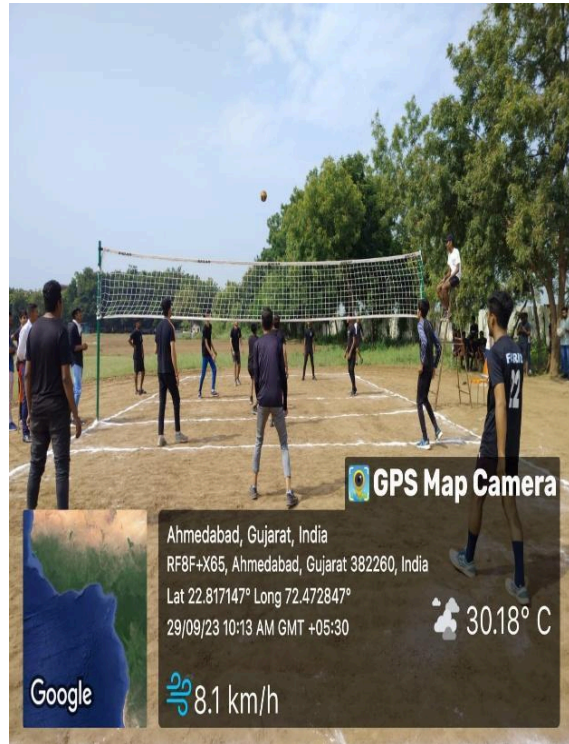
Winner of VPL (Volleyball Premier League - 2023):

Winner Team – Ordinary Pass out

Runner up Team – Jr.Samsher



❖ Here are some photos of the event:





(WINNER TEAM OF VPL-“VOLLEYBALL PREMIER LEAGUE”2023)



(RUNNER UP TEAM OF VPL-“VOLLEYBALL PREMIER LEAGUE”2023)



Rai University Ahmedabad


Organized

Sport Event

Run Bhoomi – 2023

On

30TH NOV & 01ST DEC, 2023



The poster features the Rai University logo at the top left, the SSIP logo at the top center, and the Institution's Innovation Council logo at the top right. The central graphic shows a silhouette of a runner in black and pink, with the text 'RUN BHOOMI' in large, bold letters. Below this, a yellow banner indicates the dates '30th Nov to 1st, Dec 2023 @ 9.00 AM Onwards'. The event details are listed in three categories: Running (100mts, 200mts, 400mts, 800mts, 1600mts, 4*100mts, 4*400mts), Jumping (Long Jump), and Throwing (Shot Put Throw, Discus Throw, Javelin Throw). A QR code is provided for registration, with the text 'Scan QR for Registration' below it. The venue is listed as 'Sports Ground, Rai University, SH 144, Village-Saroda, Ta. Dholka, Ahmedabad-382260'. The website 'www.raiversity.edu' and social media icons for Facebook, Twitter, LinkedIn, and Instagram are also present.

Rai University
EVOLVING THINKING MINDS

SSIP
Supporting Student Innovation & Creativity
RAI UNIVERSITY

INSTITUTION'S INNOVATION COUNCIL
University of Innovation & Creativity

Warriors
The Sports Club

RUN BHOOMI

30th Nov to 1st, Dec 2023 @ 9.00 AM Onwards

Running : 100mts, 200mts, 400mts, 800mts,
1600mts, 4*100mts, 4*400mts

Jumping : Long Jump

Throwing : Shot Put Throw, Discus Throw, Javelin Throw

Scan QR for Registration

VENUE :
Sports Ground, Rai University
SH 144, Village-Saroda, Ta. Dholka, Ahmedabad-382260

www.raiversity.edu

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Event Conducted by Rai University, Warriors – The Sports Club, Ahmedabad



Date: 30/11/2023 to 01/12/2023

Mode of Event: Offline

Title of Event: Run Bhoomi -2023

No. of students Participated: 55

No. of faculties Participated: 65 + All HOD

Objective:

It's great to hear about the positive objectives and community-building aspects of the "Run Bhoomi-2023" track and field event hosted by Rai University's Warrior - The Sports Club. Events like these play a crucial role in not only showcasing athletic talent but also in promoting values such as sportsmanship, leadership, determination, and fair play.

The participation of 55 individuals from across the university suggests a strong interest and engagement in sports within the university community. Such events provide a platform for students to not only compete but also to interact, build friendships, and foster a sense of camaraderie. The emphasis on promoting healthy competition is key, as it encourages individuals to push their limits while maintaining a spirit of fairness and respect.

Overall, "Run Bhoomi-2023" appears to have successfully achieved its goals of promoting sportsmanship, camaraderie, leadership, determination, and fair play among participants. It's events like these that contribute to a positive and healthy campus culture, encouraging students to lead active lifestyles and fostering a sense of community through sports.

Benefits of participated event:

❖ **Pleasure for Athletics Fans:**

The event promises to be an exciting spectacle for athletics fans, offering them a chance to witness 55 participants from the college showcasing their skills in a thrilling and entertaining competition. This creates an engaging and enjoyable experience for those who appreciate the athleticism and competitiveness of track and field sports.

❖ **Discover New Talent:**

Attendees have the opportunity to witness emerging talent and potential rising stars in various sports. The event serves as a platform for showcasing the skills of up-and-coming athletes, providing a chance for talent scouts, coaches, and sports enthusiasts to identify and support promising individuals. This adds an element of anticipation and excitement to the event, as spectators may witness the early stages of future sporting successes.

❖ **Socializing Opportunity:**

Beyond the athletic performances, the event provides a socializing platform for track and field enthusiasts and sports lovers. Attendees can connect with like-minded individuals, share their passion for sports, and potentially form new relationships and connections. This social



aspect contributes to the sense of community and camaraderie, making the event not only about competition but also about building connections among sports enthusiasts.

❖ **Promotion of Healthy Competition:**

The event actively promotes the values of healthy competition, sportsmanship, leadership, and fair play. By emphasizing these principles, the organizers aim to inspire participants and create an environment where athletes compete at their best while respecting the rules and displaying ethical behaviour. This focus on positive values contributes to the overall development of participants, both as athletes and as individuals, fostering a culture of integrity and excellence within the sports community.

About the Event:

- ❖ Run Bhoomi-2023 was a shining example of the power of sport to bring people to gather and promote positive values of achievement, determination and fair play.

Highlights of the event:

Organizers and Participants:

The event was organized collaboratively by the IIC (Innovation and Incubation Cell) and SSIP (Student Start-up and Innovation Policy) cell, along with the Warrior – The Sports Club of Rai University. The involvement of multiple entities highlights a coordinated effort to bring the event to fruition. Furthermore, the inclusion of students from various disciplines, such as management, science, life science, commerce, and pharmacy, showcases the diverse participation and the universality of sports as a unifying activity.

Event Dates:

The "Run Bhoomi-2023" took place on 30TH NOV & 01ST DEC, 2023. The choice of these dates adds a temporal context, indicating when the university community and participants came together to celebrate athletics and sportsmanship.

Inauguration by Provost:

The fact that the event was inaugurated by Provost Dr. Anil Tomar, Rai University, adds a prestigious touch to the event. His presence and best wishes likely contributed to the

Significance and importance attached to "Run Bhoomi-2023." It also signifies the institutional support and recognition of the event by the university administration.

Total Participants:

The event saw the participation of 55 individuals from various departments within Rai University. This number underscores the broad engagement of the university community in the athletics event, demonstrating a widespread interest and involvement in sports across disciplines.



Event Organization:

The entire event was organized by the NCC and Sports Instructor, Mr. Khushal Rajput. This highlights the role of dedicated professionals in ensuring the smooth execution of the event, contributing to its success.

Together, these details provide a comprehensive picture of the organizational aspects, institutional support, and diverse participation that characterized the "Run Bhoomi-2023" athletics event at Rai University.

❖ Here are some photos of the event:



Motivational Speech by Provost Dr. Anil Tomar
Rai University

Honourable HOD's and Faculties



Winner lists:

❖ Javeline Throw winner list Women & Men:



Medals and Certificate given by Dr.Anil Tomar (Provost) for Womens.



Medals and Certificate given by Prof.Lalit Adhikari for Men.

4) Samiksha Ingole	Gold	4) Mohid Sohil	Gold
5) Vrunda Ataliya	Silver	5) Parth Barad	Silver
6) Sanjana Panchal	Bronze	6) Arjun Patel	Bronze

❖ 1600M Race Winner list Men: & 800M Race Winner List Men:



Medals and Certificate given by Dr.Sailesh Iyer.



Medals and Certificate given by Mr.Vireendrasinh Nagoria.

4) Pushkar Singh	Gold	4) Aryan Bhoi	Gold
5) Vishal Bhalekar	Silver	5) Tanish Mishra	Silver
6) Savara Ramakrishna	Bronze	6) Sohel Mallick	Bronze

❖ **400M Race Winner list Men & Long Jump Winner Men:**



Medals and Certificate given by Dr.Suresh Parmar.



Medals and Certificate given by Mr.Naman Bhavsar & Mr.Ajay Thori.

- | | |
|-----------------------|--------|
| 1) Vishnu Vardhan | Gold |
| 2) Gaurav Kedar | Silver |
| 3) Savara Ramakrishna | Bronze |

- | | |
|------------------------|--------|
| 1) Vishnu Vardhan | Gold |
| 2) Aakash Rathod | Silver |
| 3) Narandra Vayhjiyani | Bronze |

❖ **200M Race Winner list Women & Men:**





Medals and Certificate given by Dr.Nita Solanki.



Medals and Certificate given by Dr.Sanjesh Rathi.

1) Samiksha Ingole	Gold	1) Vishnu Vardhan	Gold
2) Kavya Panicker	Silver	2) Vishal Bhalekar	Silver
3) Tarjani Patel	Bronze	3) Abhishek Singh	Bronze

❖ 100M Race Winner list Women & Men:

 <p>Medals and Certificate given by Dr.D.M.Patel.</p>	 <p>Medals and Certificate given by Dr.P.P.patel.</p>												
<table border="1"> <tr> <td>4) Samiksha Ingole</td> <td>Gold</td> <td>1) Vishnu Vardhan</td> <td>Gold</td> </tr> <tr> <td>5) Kavya Panicker</td> <td>Silver</td> <td>2) Gaurav Kedar</td> <td>Silver</td> </tr> <tr> <td>6) Mahima Yadav</td> <td>Bronze</td> <td>3) Abhishek Singh</td> <td>Bronze</td> </tr> </table>	4) Samiksha Ingole	Gold	1) Vishnu Vardhan	Gold	5) Kavya Panicker	Silver	2) Gaurav Kedar	Silver	6) Mahima Yadav	Bronze	3) Abhishek Singh	Bronze	
4) Samiksha Ingole	Gold	1) Vishnu Vardhan	Gold										
5) Kavya Panicker	Silver	2) Gaurav Kedar	Silver										
6) Mahima Yadav	Bronze	3) Abhishek Singh	Bronze										

❖ Shot Put Throw winner list Women & Men:

	 <p>Medals and Certificate given by Mr.Khushal Rajput & Mr.Jigar Pandya.</p>
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Medals and Certificate given by Dr.Riddhi Ambavale & Ms.Poonam Chakravarty.			
4) Samiksha Ingole	Gold	1) Jaydeep Mohanty	Gold
5) Virwa Thakor	Silver	2) Arjun Patel	Silver
6) Kavya Panicker	Bronze	3) Bhagwan Chauhan	Bronze

❖ **Shot Put Throw winner list Women & Men:**

 <p>A photograph showing a woman in a red sari presenting a certificate and medal to a woman in a white shirt. The background features a banner for 'RUN BHOOMI' and Rai University logos. A GPS overlay at the bottom shows the location as Ahmedabad, Gujarat, India, with coordinates and a speed of 14.87 km/h.</p>		 <p>A photograph showing two men presenting a certificate and medal to a man in a white shirt. The background features a banner for 'RUN BHOOMI' and Rai University logos. A GPS overlay at the bottom shows the location as Ahmedabad, Gujarat, India, with coordinates and a speed of 14.87 km/h.</p>	
Medals and Certificate given by Dr.Dhanya.J.S		Medals and Certificate given by Mr. Sanjeev Bharadwaj & Mr. Kamlesh Patel.	
1) Samiksha Ingole	Gold	1) Parth Barad	Gold
2) Virwa Thakor	Silver	2) Bhagwan Chauhan	Silver
3) Divisha Panchani	Bronze	3) Arjun Patel	Bronze

❖ **RUN BHOOMI CHAMP'S:**



