



Rizvi Education Society's  
**RIZVI COLLEGE**  
**OF ARTS, SCIENCE & COMMERCE**

RIZVI EDUCATION COMPLEX, OFF. CARTER ROAD, BANDRA (WEST) MUMBAI - 400050  
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10<sup>th</sup> June 2022

**NOTICE**  
**(Degree/Junior)**

Our College believes, supports and promotes the Saquib Rizvi Memorial Marathon being organized by Help Yourself Foundation on 19<sup>th</sup> June 2022. As a part of promotion of this event, a new Anthem has been launched by our Management. This song is titled as JAZBA and is sung by renowned singer Mr Anish Mathew. It will be used henceforth during our promotional activities.

As a part of promotion, a few fitness activities and challenges are being organized for the students by the Cultural Committee to motivate and encourage them towards adopting a healthy lifestyle. The activities are as follows:

	ACTIVITY	DAY
1.	Fitness Challenge (1 min Plank, 1 min Push-up, 1 min Squat, 1 min AMRAP)	Monday, 13 <sup>th</sup> June 2022
2.	Photography Challenge	Saturday, 11 <sup>th</sup> June 2022
3.	Rap and Reel Competition	Tuesday, 14 <sup>th</sup> June 2022

Students of all classes are encouraged to participate in these activities in huge numbers. Details of these activities and links will be circulated along with this notice in all official class Whatsapp groups. The best video, rap reel and photo will be uploaded on our social media. Winners of challenges stand to win exciting prizes.

**DR.(MRS.) ANJUM ARA AHMAD**  
**PRINCIPAL I/C**