

SADHU VASWANI MISSION'S
ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]

Ph./Fax : 26124846 E-mail : info@stmirascollegepune.edu.in

NAAC 3rd Cycle - A grade

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2022-23/2

01.06.2022

CIRCULAR


The Department of Physical Education of our college is Celebrating **75th years of India's Independence "Azadi ka Amrit Mahotsav"**. On the occasion of **World Bicycle Day 2022** the college is conducting "**World Bicycle Day Ride**" from 3rd June 2022 to 9th June 2022 which will be virtual Ride.

Rules of the Event:

1. This is a virtual ride event, and you can ride at the venue of your choice anywhere in the world indoor/outdoor.
2. Riders can record their ride using a mobile phone with apps like Strava, Map My Ride, Cycling Bike Tracker, etc.
3. You will be provided with the link once you register yourself on WhatsApp Group. And can record your activity and share us via- Google form.
4. Data will be submitted once your activity is completed.
5. **Categories : *Cycling* : 03KM, 05 KM, 10 KM, 15 KM.**
6. A participant can ride from *3rd June to 09th June* at any time.
7. Riders will receive the certificate mentioning the actual distance covered by them.
8. Please ensure that you are riding the distance chosen by you.
9. **Click 2-3 Images or shot video** of your ride and submit them on a google form.
10. Ride data can be submitted **Before 9th June before 11:00 pm hrs** post that no more ride data will be accepted.
11. Only a single entry from one participant will be allowed.
12. A link to download the E-Certificate will be shared after verification of activity within 3-5 working days.

Google Form link:

<https://forms.gle/xn1jJv6q5zLfvAeW9>


Ms. Ekta Jadhav
Director of Physical Education




Dr Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University
3rd June, World Bicycle Day
3rd June, 2022 to 9th June, 2022
Department of Physical Education
Report

On the occasion of World Bicycle Day the department of Physical education celebrated **World Bicycle Day Ride 2022** in virtually mode due to the final exams from 3rd June, 2022 to 9th June 2022. To create awareness of Health and Fitness among the students and staff members. The total 10 students actively participated in the event.

The theme of the World Bicycle Day Ride was "Four wheel move the body, two wheels move the soul". These kind of physical activities improves the immune system, stamina, strength, balance, and coordination which help in physical, mental, social and emotional wellbeing. This event was virtual ride event, the students have to download the any one fitness app and they have to ride bicycle at any place nearby their home (outdoor/ indoor). They have to measure their ride on mobile app and send the screen shots of mobile app of distance covered and take photos while cycling. The categories were 3 km, 05 km, 10km and 15km. the students can participate in any one category.

This program was coordinated by Mrs. Ekta Jadhav, Director of Physical Education and Mrs. Suvama Deolankar, Sports Teacher and Vice-principal of Junior College.



Mrs. Ekta Jadhav
Director of Physical Education



Dr. Jaya Rajagopalan
Principal in charge
St. Mira's College for Girls

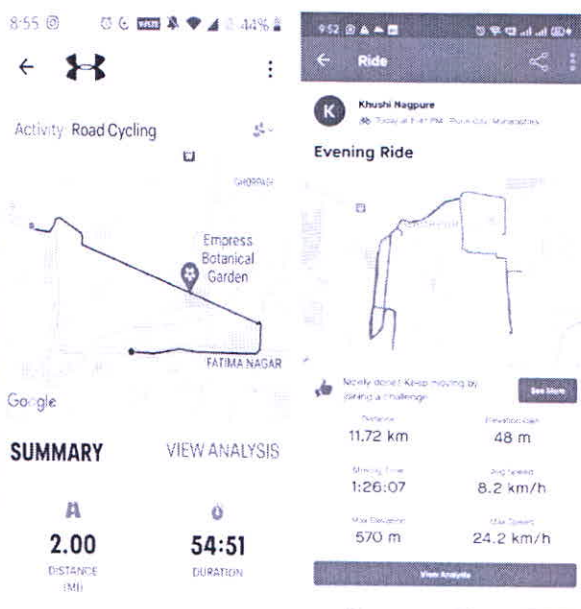
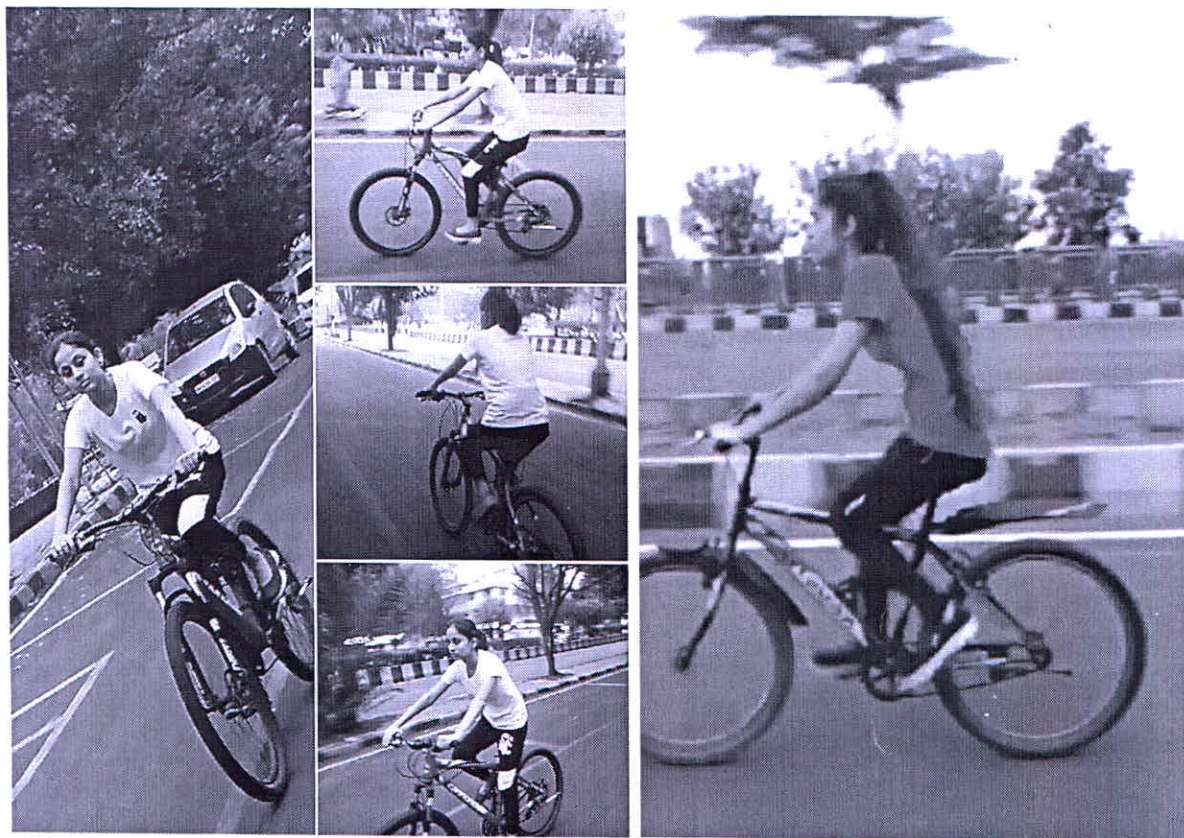
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3rd June, World Bicycle Day

3rd June, 2022 to 9th June, 2022

Department of Physical Education

Photos



Ekta

Mrs. Ekta Jadhav
Director of Physical Education



Jaya

Dr Jaya Rajagopalan
Principal Incharge
St. Mira's College for Girls

CANCELLATION UNDERTAKING

APPLICATION FORM NO. : _____

NAME: _____

DATE OF ADMISSION: _____

ROUND: 1 / 2 / 3

Respected Madam/Sir,

I have secured admission in another college through waiting list. I would like to cancel my admission in your college and request you to return my original L.C. and other documents. I am also aware that I am cancelling my admission through my own free will and would not hold any one responsible for it. I will also lose claim for getting re-admission in your college. I have received all my original documents in good condition.

DATE: _____

PLACE: _____

Signature of Student

Signature of Parent

Vice-Principal
(JUNIOR COLLEGE)

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3rd June, World Bicycle Day
From 3rd June, 2022 to 9th June, 2022
Department of Physical Education
Attendance Sheet

Sr. No	Time and Date	Email Adress	Name	Roll no.	Distance	Link
1	6-5-2022 8:59:54	marzia78617@gmail.com	Marzia Haji	3462	3 km	https://drive.google.com/open?id=112b-9x6RPP6-6x37zo-rrko4q6rwU2Jz
2	6-6-2022 8:51:30	sbsnwc15124@gmail.com	Pooja bharat singh	5111	5 km	https://drive.google.com/open?id=1RHfVcRvABVvkbZ_FPMleineTELeqLlv
3	6-6-2022 19:10:13	khushinagpure123@gmail.com	Khushi Nagpure	5422	10 km	https://drive.google.com/open?id=1JwZAw8YbSSIQ_a04OcgEuOkTpVOiF93u
4	6-7-2022 22:53:57	lavanyashinde005@gmail.com	Lavanya Vikas Shinde	2083	15 km	https://drive.google.com/open?id=1SUulsBmbYy0v8CnQUs0DH4KBQZSnM5gB
5	6-7-2022 22:58:42	anusrade1@gmail.com	Anushka Sarde	4251	15 km	https://drive.google.com/open?id=1uDu2c7lvkm0kMzKBUm2-34PmRmpJOiPS
6	6-8-2022 7:45:58	kashvig2014@gmail.com	Kashvi B Gandhi	5204	5 km	https://drive.google.com/open?id=1pZsn1ldBY2uNgj1uG2HD8FImN7_NkW7J
7	6-8-2022 20:53:14	lakshika.thawani21@stmirascollegepune.edu.in	Lakshika Thawani	2417	15 km	https://drive.google.com/open?id=1zlymD2d9k-6BzJmcUTUaBpba6t3G8RVV
8	6-9-2022 8:55:53	srushti.agrawal26@gmail.com	Srushti Govind Agrawal	22126	5 km	https://drive.google.com/open?id=1cJ25njo6S6MUSiyQqUXN5jq6xjm3Hi3v
9	6-9-2022 20:22:20	antara.prabhu21@stmirascollegepune.edu.in	Antara Sushant Prabhu	2411	10 km	https://drive.google.com/open?id=1P2BI-21vs05MRpMiA6_n_pU8ldzLjAG
10	6-9-2022 9:22:20	dikshadumal1910@gmail.com	Diksha Dhumal	2265	5km	https://drive.google.com/open?id=112b-9x6RPP6-6x37zo-rrko4q6rwU2Jz

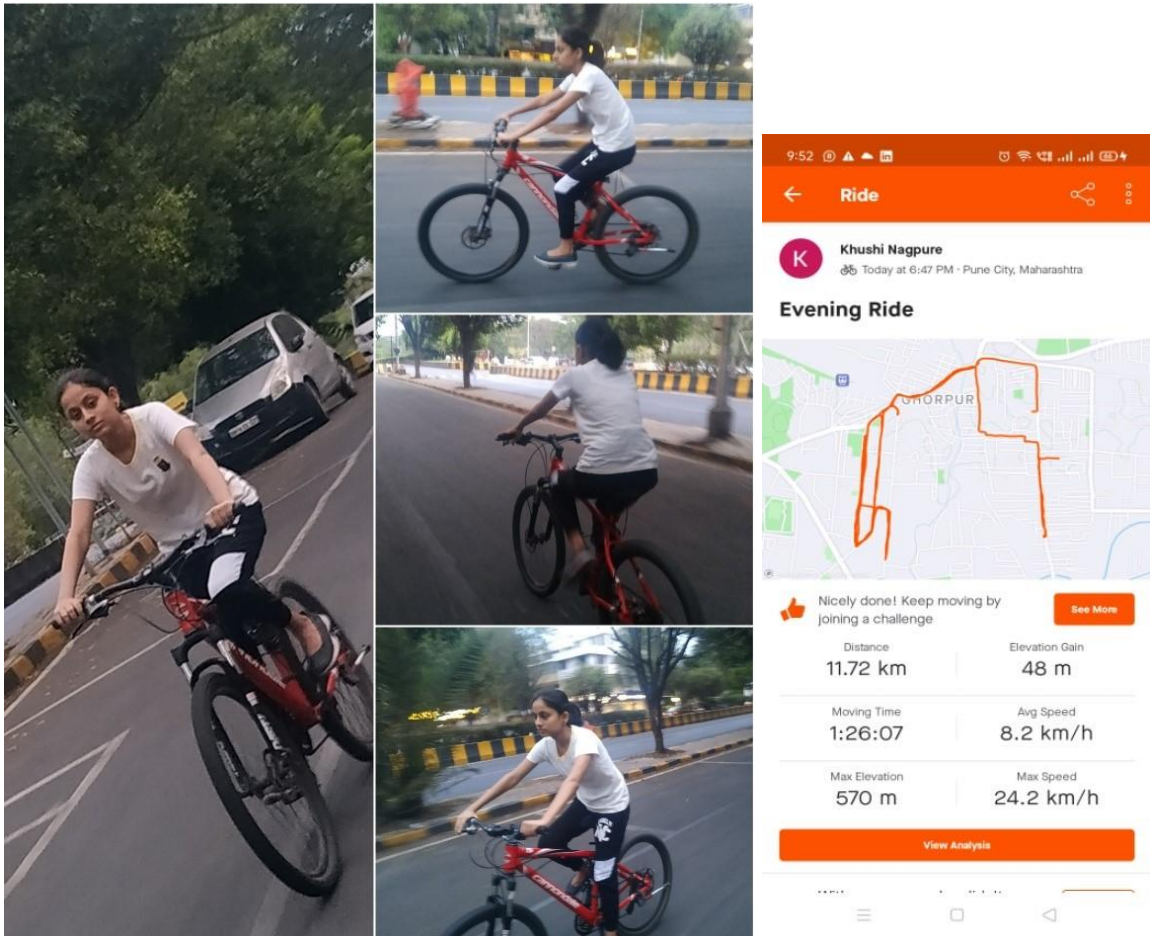
Ejadhar
 Mrs. Ekta Jadhav
 Director of Physical Education



Jayant
 Principal Incharge
 St. Mira's College for Girls

St. Mira's College For Girls, Pune
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World Bicycle Day 2022



Principal Incharge
St. Mira's College for Girls, Pune.