

Mallakhamb Federation of USA



<http://mallakhambinusa.org/>

November 2020



26th October 2020 - The Prime Minister of India Shri Narendra Modi mentioned MFU in his address to the nation on the radio show - Mann Ki baat. He appreciated the efforts of the Patankar couple for helping spread the message of fitness to the american youth and beyond through the practise of the ancient Indian sport of Mallakhamb .

<https://youtu.be/cqviMoHlhhM>



26th October to 15th November 2020 - We conducted Sewa Diwali this year to collect food donations for local pantries that are struggling to feed the needy during these trying times. We collected over 600 pounds of non perishable food items through donations from our participants and their families, supporters and well wishers and donated it to local food pantries at St. Paul's church in Edison and Hands of Hope, also in Edison NJ.



25th October 2020 - We conducted our annual evaluation day on the 25th October. It was a well organized event attended by various dignitaries. Hon Consul General of India in NY, Shri. Randhir Jaiswal along with his officers, Shri. Nitin Vyas of World Vegan Vision as well as Mr. Bhadra Butala from the Gandhian Society were in attendance. Our media partner, TV Asia also provided coverage to the event.

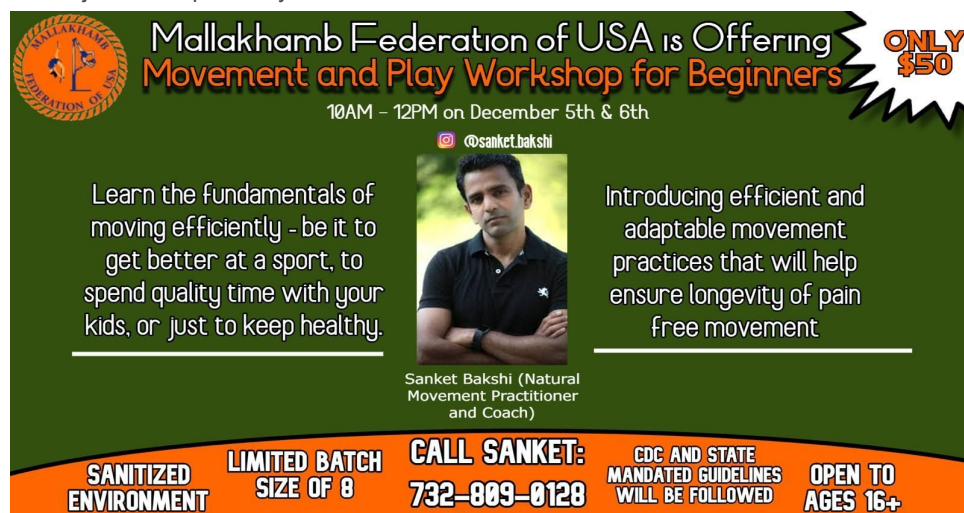
July 2020 - We introduced a new offering this year in July 2020 at our Edison studio facility - Aerial silk with coach Doug Young who has over 25 years of experience in circus arts. The first batch of 5 kids are showing tremendous interest and progress thanks to their dedication and the coaches efforts

Action	Course Name	Description	Center	Batch	Time	Coach Name	Intake
Registration	Mallakhamb - Competitive Mallakhamb (Sunday 2pm)	Sundays - 2pm to 4pm, Competitive Mallakhamb by Coach Jay Atta and Ashish Patel	New Jersey	11/30/2020 To 06/29/2021	14:00 - 16:00	Jay Atta, Ashish Patel	20
Registration	Mallakhamb - Competitive Mallakhamb (Sunday 4pm)	Sundays - 4pm to 6pm - by Coach Chinmay Patankar and Pradnya Patankar	New Jersey	11/30/2020 To 06/29/2021	16:00 - 18:00	Chinmay Patankar, Pradnya Patankar	20
Registration	Mallakhamb - Aerial Silks	Mondays - 5pm to 6pm	New Jersey	11/04/2020 To 05/31/2021	17:00 - 18:00	Doug Young	20
Registration	Mallakhamb - Competitive Mallakhamb (Friday)	Fridays - 6pm to 8pm, Competitive Mallakhamb by Coach Chinmay Patankar, Mandar Patil and Deepali Patil	New Jersey	11/30/2020 To 06/29/2021	18:00 - 20:00	Chinmay Patankar, Mandar Patil, Deepali Patil	20
Registration	Mallakhamb - Online Fitness coaching	Weekdays Monday to Friday 6 - 7 pm	New Jersey	11/30/2020 To 06/29/2021	18:00 - 19:00	Online Trainer	20
Registration	Mallakhamb - Recreational Mallakhamb by Coach Sanket Bakshi	Tuesdays - 6pm to 8pm	New Jersey	11/01/2020 To 02/28/2021	18:00 - 20:00	Sanket Bakshi	20

30th November 2020 - We have added a new branch to our Banyan Tree by adding an online offering to kids who could not come to our centers during the pandemic. Coach Kshitee now offers an online fitness session to kids every weekday evening between 6:00 and 7:00 pm EST.

13th November 2020 - We also supported small vendors in this pandemic by renting our facilities at a nominal charge and promoting their products in our group. The Diwali sale was one of our successful events of this year.

Coming up, December 5th and 6th 2020 - Coach Sanket will be introducing a workshop for Natural movements. This will include the fundamentals of moving efficiently - be it to get better at a sport, to spend quality time with your kids or just to keep healthy.




Mallakhamb Federation of USA is Offering
Movement and Play Workshop for Beginners **ONLY \$50**

10AM - 12PM on December 5th & 6th

@sanket.bakshi

Learn the fundamentals of moving efficiently - be it to get better at a sport, to spend quality time with your kids, or just to keep healthy.



Introducing efficient and adaptable movement practices that will help ensure longevity of pain free movement

Sanket Bakshi (Natural Movement Practitioner and Coach)

SANITIZED ENVIRONMENT **LIMITED BATCH SIZE OF 8** **CALL SANKET: 732-809-0128** **CDC AND STATE MANDATED GUIDELINES WILL BE FOLLOWED** **OPEN TO AGES 16+**

Coming up, November 30th 2020 - Coach Kshitee will be offering a free trial group fitness session to adults online for the entire week starting November 30th

Our Corporate Office

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