



SPORTS

PHOTO GALLERY

2020-21

- National Level Inter-Collegiate Surya Namaskar Competition on the occasion on International Yoga Day, 19th June, 2020

Marwadi Sammelan's
B. M. Ruia Girls' College
 NAAC Accredited B+Grade
 and
Sitaram Deora Institute of Management Studies
 Affiliated to S.N.D.T Women's University, Mumbai
 11, Krishna Kunj, Sir Vachha Gandhi Road, Gamdevi, Grant Road West, Mumbai- 400007

On the Occasion of International Yoga Day
 Cultural Committee, Sports Committee and N.S.S Unit Under the Aegis of IQAC Presents
"National Intercollegiate Surya Namaskar Competition"
On 19th June 2020

Rules for the Participants

1. Participants must register themselves filling up correct details in a google form.
2. Uploading a valid Identity Card is mandatory.
3. Partakers must record themselves performing Surya Namaskar on 12 counts with Mantra recitation on each count.
4. The link of google drive where the video is uploaded (with necessary access permission) should be submitted in a registration form.
5. The video is expected to be in a mp4 format and of maximum 3 minutes.
6. All the participants will be provided with e-certificates.
7. The winners will be awarded an e-certificate of the competition.

The Last Date of Submission: 21st June 2020 - 11.30 pm
Link for Registration: <https://forms.gle/wVWiV2ZRacEi6HhL7>

- **National Webinar on “Role of Extension Activities and Sports”, 17th May, 2021**

The collage consists of six screenshots from a Google Meet session. The top-left screenshot shows the B.M. RUIA GIRLS' COLLEGE banner and the webinar title 'Role of Extension Activities and Sports'. The top-middle screenshot shows a slide titled 'International Background' with a diagram of 'Four Pillars of Learning' and a list of skills. The top-right screenshot shows a participant's video feed. The middle-left screenshot shows a slide titled 'What is HDI?' with a bar chart and text about India's 133rd rank. The middle-right screenshot shows a participant's video feed. The bottom-left screenshot shows a participant's video feed. The bottom-right screenshot shows a slide titled 'Q & A Session' with the college banner and webinar details.