



MARWADI SAMMELAN'S

B.M.RUIA GIRLS' COLLEGE

NAAC Accredited B+ 3rd Cycle
&
SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES

Affiliated to S.N.D.T. Women's University, Mumbai

11, Krishna Kunj, Vachha Gandhi Road, Gamdevi, Grant Road (West), Mumbai- 400007.
Tel : 022 23808130, E mail : bmruia@yahoo.com, Web : bmgirlscollege.com



Report Sports Activities 2020-21

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

An Inter-Collegiate Surya Namaskar Competition on the occasion of International Yoga Week by the Sports Committee on 19th June, 2022. Participants were to upload their videos for the competition. 14 students participated in the competition.


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On the Occasion of International Yoga Day
Cultural Committee, Sports Committee and N.S.S Unit Under the Aegis of IQAIC 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**

Student Welfare Committee in association with Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan’s B. M. Ruia Girls’ College and Sitaram Deora Institute of Management Studies Affiliated to S.N.D.T. Women’s University, Mumbai, organised Day 9 of National Webinar Series on “National Education Policy 2020: Prospects and Challenges in Higher Education”, on May 17, 2021, from 11.30 am onwards, entitled “Role of Extension Activities and Sports.”

This webinar series aims to bring out a synthesis among connoisseurs across diverse disciplines in Social Sciences and Humanities to develop a vibrant understanding of National Education Policy 2020 and its possible influence on the Higher Education Establishments in India.

The eminent resource persons of the Day 9 Webinar were Dr. Nishan Singh Deol, Professor and Head, Department of Physical Education, Punjabi University, Patiala, Punjab and Dr. Atul Salunkhe, State Liaison Officer, Officer on Special Duty, NSS Cell, Higher and Technical Education Department, Mantralaya, Mumbai.

The webinar was inaugurated with the welcome address delivered by Dr. Kashyap Ganatra, Assistant Professor of Commerce. In his welcome address, he stated that the need to integrate Extension Activities and Sports in education is well recognized in New Education Policy, 2020 as it serves to foster holistic development by promoting the physical and psychological wellbeing of the learners. This was followed by College Prayer sung by Ms. Shruti Ranade, Associate Professor of Psychology, the Counsellor of College Counselling Cell ‘Mantrana’ and an In-charge of Cultural Activities, in her melodious voice. The prayer was followed by SNTD Women’s University song.

Day 9 of the National Webinar Series was compered by Dr Kashyap Ganatra. He illuminated that Extension Activities and Sports are a very good way

for students to relate and learn various aspects of life. In this way the concepts become relevant and the overall communication becomes meaningful. There are students with different abilities and strengths. Therefore, it is a very good idea to give students options to choose what they feel they want to do. Extension activities like Cultural Events, Physical Education, NSS, NCC, Sports, etc. are very important for both physical and mental health. They help in developing skills such as self-initiative, self-direction, self-discipline, self-responsibility, collaboration, teamwork, leadership quality, citizenship, etc. They also contribute to enhancing the aesthetic, artistic, historical, intellectual and socio-cultural development of the students. As NEP notes Sports integration learning will be undertaken in classroom transactions to help students adopt fitness as a lifelong attitude and to achieve related life skills along with the level of fitness and its emphasis on the 'Fit India Movement.'

Dr. Kashyap's welcome address was followed by the Principal, Dr. Santosh Kaul Kak's address. In her Bi-lingual (English and Hindi) address she rigorously expounded that the NEP 2020 includes several key points that are instrumental for the holistic development of the child. She expressed her worry over the news of suicides of the students after the results of every board and competitive examinations and stated that most importantly dealing with failure is an imperative life skill that builds self-belief and mental strength. Sports and other extension activities are team-based activities that inculcate comradery and team spirit. Underlining the importance of integrated development of learners, Governor Manoj Sinha while addressing the Governor's conference on NEP suggested that extra-curricular activities such as NSS, NCC, Sports, Music, etc. need to be made part of the curriculum and students should be given credit for participating in these activities. She added that Honourable Education Minister Shri. Pokhariyal ji has highlighted that the Ministry of Youth Affairs and Sports has a superpower of self-motivated youth of India associated with various youth programmes. Youth, as NEP minutes can contribute significantly in creating

awareness about NEP 2020 at the grass-root level. The ambassadors of NEP 2020 hope that the volunteers from NSS, NCC and coordinators of ‘Unnat Bharat Abhiyan’ will play a crucial role in the successful implementation of NEP 2020. She also added that the graded study of Sports and Sports specialized subjects at the Higher Education Level will significantly enhance the professionalism of our institutions and will facilitate our quest for international success and becoming Vishwaguru again. Most importantly it would help change the traditional mindset of academicians, families, students in a meaningful way and we would finally stop saying what we have been listening to since childhood “Kheloge, Kudoge Banoge Kharab, Padhoge, Likhoge Banoge Nawab.”

The Principal’s address was followed by the First Session. The Resource Person of the first session Dr. Nishan Singh Deol, Professor and Head, Department of Physical Education, Punjabi University, Patiala, Punjab, in his bilingual address (English and Hindi) entitled “National Education Policy 2020 and Sports” quoted Mahatma Gandhi at the outset: “Education is the all-round drawing out of best in the child and man- body, mind and spirit.” Followed by screening a scene from the film ‘3 Idiots’ to point out the importance of avoiding the rat race of marks and giving a thought to learning something new. According to him, our citizens live in a voluntary ignorance and reek of cowardice and therefore, India is 133rd amongst the 195 countries in the world in the context of the Human Development Index. He continued by focusing on the Four Pillars of Learning including ‘Learning to Know, Learning to Live Together, Learn to Be, Learn to do’ which aim at making learners academically, socially and emotionally competent. Evolution of National Education Policies in India in 1968, 1986, 1992, 2005, 2016, 2017, showcases the transition and focus areas of each policy considering the necessity of inclusivity of all sections of society. In the case of School Education, the NEP 2020 proposes to focus upon Early childhood education, Foundational Literacy and Numeracy, Curriculum and Pedagogy, Universal Access, Equitable and Inclusive Education, Teachers and School

Governance while in Higher Education three types of Institutions are based on a difference in focus in which all will be of high quality: 1. Focus on World Class Research, 2. Focus on high-quality teaching across disciplines, 3. Focus on high-quality teaching and additional focus will be on High-Quality Liberal Education. He emphasized that the energized, engaged, and capable faculty is the need of an hour and National Research Foundation will help faculty to undertake quality research. He stressed the importance of flexibility in choosing the vocational courses and Indian languages which would result in the holistic development of the learners. He quoted from a recent paper in a medical journal which suggests that doctors should replace teachers and force students in 20 minutes exercise a day would definitely change the present scenario “Physical Education Down, Obesity Up” to “Physical Education Up, Obesity Down.” In his view, the issues of physical education are National Policies and Practices, The Curriculum and the Resources. He further stated that even at the school level there is a National Policy of physical education but the laws are not followed, the programme is not properly carried out, lack of infrastructure and lack of time for teaching cause the students to lose interest in physical education and therefore, there is a need of physical literacy which would effect into children being physically active and making healthy choices. While concluding his address he listed the dos and don'ts for the parents and teachers which will help in enhancing physical literacy in society.

The Resource Person of the Second Session, Dr. Atul Salunkhe, State Liaison Officer, Officer on Special Duty, NSS Cell, Higher and Technical Education Department, Mantralaya, Mumbai at the outset of his bilingual address (English and Hindi) entitled “Role of Extension Activities in National Education Policy 2020” specified the fact that India has a long tradition of holistic and multidisciplinary learning at the universities, schools and colleges. Earlier, universities like Takshashila and Nalanda combined various subjects in the syllabus. The ancient literary work such as Banbhatta in his “Kadambari”

describes a good education as a piece of knowledge as the art which is called as 64 arts that includes singing, painting, chemistry, carpentry, medicine, soft skills etc. We need to focus on how students get integrated with humanities, passion for the nation, creativity, innovations, critical thinking, problem-solving ability, communication skills, etc. and here extension activities play an important role. He cited a few examples of path-breaking personalities who are the products of Maharashtra NSS including the former Vice-Chancellor of University of Mumbai Dr. Rajan Velukar, Shweta Umbare, a second winner of National Youth Parliament of the year 2019-20, Dr. Sanjay Chakane, the Principal of Indapur College whose college has produced sanitiser and distributed it among the needy, Mr. Popatrao Pawar, a Padmashri Awardee, a Sarpanch of the Ideal Village Hiwarebazar, and Dr. Sayali Kamat, a student from Dental College who won the National Summer Internship Programme. Other examples he cited were Nilima Mishra, one of the volunteers of NSS who has won the Ramon Magsaysay Award for her work in the field of Self-Help Groups and Mallinath Kalshetty, IAS Officer while working as a District Collector at Nandurbar, succeeded in making all the schools tobacco-free. He underlined the need for college and extension activities which the parents and students have realized greatly in the Pandemic situation as the parents are unable to handle their pupils at home. He explicated on the role and significance of extension activities conducted through NSS, NCC, Sports, Nature Club, Debating and Elocution Competitions, Theatre Clubs, etc. and described various objectives of integrating extra-curricular activities in the education system which range from cultural integration, building social skills, building a resume, earning career experience. He enumerated the benefits of extra-curricular activities together with learning new skills, boosting academic performance, improving time management, impressing universities. The most popular extracurricular activities in his view are Sports Teams, Part Time Job or Volunteering, Student Body Positions, Writing/Student Journalism, Culture-based Clubs, The Arts etc. While concluding his glimpses he clarified the FAQs

regarding the extracurricular and extension activities and elucidated the Role and Impact of NSS in the present Covid-19 Pandemic counting raising awareness, communicating accurate information, countering rumours, providing needed services, liaising with the government during an emergency, planning an action for the Pandemic situation, mask making, helping in community kitchens, police mitra, blood donation, making sanitisers etc.

The First Resource Person was introduced by Dr. Usha Kiran Tiwari, Head and Assistant Professor, Department of Sociology and NSS Programme Officer and the Second Resource Person was introduced by Dr. Hemlata Masiwal, Assistant Professor of Sociology specifying their expertise and notable contribution to academics.

Question and Answer Session was conducted by Ms. Swati Vaidya, Head and Assistant Professor, Department of Economics, RUSA Coordinator and M.A Economics Programme Coordinator. This session was based on wide-ranging questions of participants posted in the chat boxes of Google Meet and YouTube Live Streaming, addressed to the Resource Persons.

Live feedback on the webinar was provided by Dr. Anita Singh, Assistant Professor, Department of Sports and Physical Education, Gopichand Arya Mahila College, Abhor, Punjab.

A formal Vote of Thanks was proposed by Ms. Swati Vaidya.

At the end of the webinar, everyone rose as the 'National Anthem' was played. The Feedback Link was provided after National Anthem in the chat boxes of Google Meet and YouTube Live Streaming and the e-certificates of the participants were emailed to them.

Around 200 National and International participants made this webinar a huge success.

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 11, Krishna Kunj, Vashi (Central) Road, Ghansoli (East) Road, Mumbai 400007
 Tel: 022-25881122 Email: bmruia@bmruia.com
 Website: www.bmruiacollege.org

National Webinar Series on National Education Policy 2020: Prospects and Challenges in Higher Education
 Student Welfare Committee in Association with Internal Quality Assurance Cell organizes
Webinar Series Day 9
Role of Extension Activities and Sports
 17th May, 2021 at 11:30 am.

Webinar Series Day 9
Role of Extension Activities and Sports
 May 17, 2021 at 11:30 am.
NATIONAL EDUCATION POLICY 2020

Role of Extension Activities and Sports
EXTENSION ACTIVITIES
 NCC SPORTS NSS
 Cultural Activities
 Capacity Building Student Welfare
 Empowering Teaching and Learning
National Education Policy 2020

Role of Extension Activities in National Education Policy 2020

Resource Person:
Dr. Atul H. Salunke
 State Liaison Officer,
 Officer on Special Duty, NCC Cell,
 Higher and Technical Education Department,
 Mumbai



Resource Person:
Dr. Nishan Singh Deol
 Professor & Head,
 Department of Physical Education,
 Punjab University, Patiala.



Adv. Roshni Vyas
 President
 Marwadi Sammelan

Shrikant Dalma
 Chairman, B. M. Ruia Girls' College
 Trustee, Marwadi Sammelan

Suresh Deora
 Hon. Secretary
 Marwadi Sammelan

The webinar series aims to bring out a synthesis among experts across different disciplines in Social Sciences and Humanities to develop an understanding of National Education Policy 2020. This series would provide a platform for dialogue and understanding of the possible impact of National Education Policy 2020, in the short term and in the long term, on the Higher Education Institutions (HEIs) in India, considering the interdisciplinary nature of the topic, this series shall be useful to study members across Social Sciences, Humanities and Management Sciences.

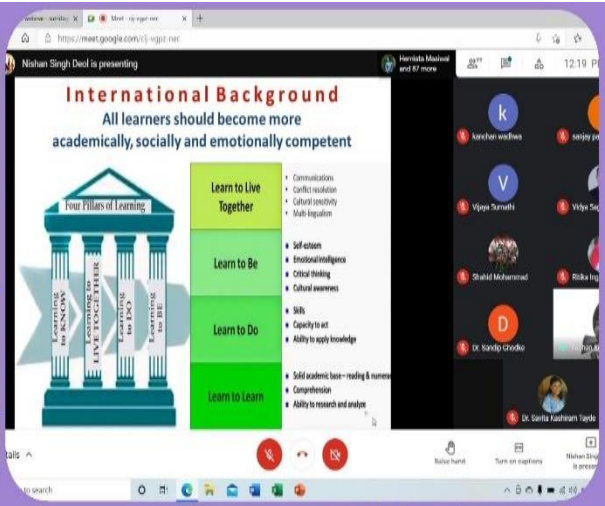
Registration Form - Day 9 <https://forms.gle/4Z7u6oe97296G6d>

Nishan Singh Deol is presenting

International Background
 All learners should become more academically, socially and emotionally competent

Four Pillars of Learning

- Learn to Live Together**
 - Communication
 - Cultural interaction
 - Cultural sensitivity
 - Multi-lingualism
- Learn to Be**
 - Self-esteem
 - Emotional intelligence
 - Critical thinking
 - Cultural awareness
- Learn to Do**
 - Skills
 - Quality to act
 - Ability to apply knowledge
- Learn to Learn**
 - Self academic base - reading & research
 - Comprehension
 - Ability to research and analyze



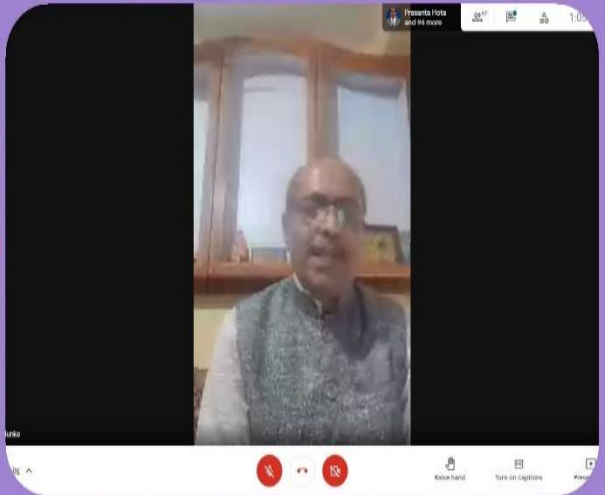
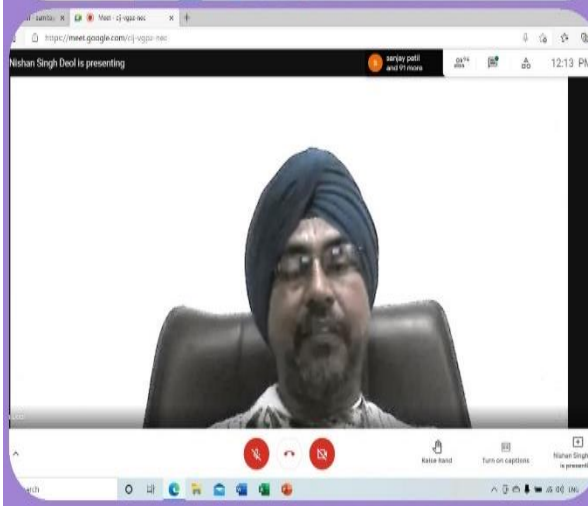
Nishan Singh Deol is presenting

What is HDI?

Life Expectancy at Birth | **Average Education Levels** | **Standard of Living (GNI/capita PPP)**

As per the list published in 2016, India stands at **133rd** place amongst 195 countries, in **Human Development Index**

China is at 90th,
 Sri Lanka 104th,
 Iran at 84th,
 Egypt at 116th,
 & Congo at 130th.

DMRUIA GIRLS COLLEGE is presenting

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Q & A Session
 National Webinar Series
 National Education Policy 2020: Prospects and Challenges in Higher Education
 "Role of Extension Activities and Sports"
 Organized by
 Student Welfare Committee in association with Internal Quality Assurance Cell
 Day 9 - May 17, 2021

Resource Person
Dr. Atul Salunke
 Principal
 IES Dr. C.D. Deobhaskar Government and
 J.C. Tushankar College, Bala, Rajgadh,
 B.S. and O.S. Government of Maharashtra

Resource Person
Dr. Nishan Singh Deol
 Professor & Head
 Department of Physical Education,
 Punjab University, Patiala

