



Report

Sports Activities

Academic Year 2022-23

1. National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day, June 21, 2022

Sports Committee in association with the Internal Quality Assurance Cell organised National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day on June 21, 2022. 257 participants from various states attempted the quiz and received an e-certificate. Among 257 participants 44 students from B. M. Ruia Girls’ College participated in the quiz.

2. Hike to Garbett Plateau (Matheran), July 21, 2022

The Department of Physical Education of S.N.D.T Women’s University, Mumbai organised A Hike to Garbett Plateau (Matheran). 34 students of B. M. Ruia Girls’ College, Mumbai participated in the hike. Mr. Ramlakhan Pal, Assistant Professor of Hindi, and a Member of the Sports Committee 2021-22 accompanied the students on the hike.



3. 'SNDT Run for Empowerment': Minithon Road Race 2022-23, August 14, 2022

The Department of Physical Education of S.N.D.T Women's University, Mumbai organised 'SNDT Run for Empowerment- Minithon Road Race 2022-23' on the S.N.D.T Juhu Campus Playground on Sunday, August, 14, 2022 from 7.00 am to 10.30 am under *Azadi ka Amrit Mahotsav*. 16 students of B. M. Ruia Girls' College, Mumbai, participated in the Minithon Road Race.

The Minithon Run started from the S.N.D.T. Women's University Juhu Ground Campus area and moved through Relief Road, Daulat Nagar Bus Depot and came back to Juhu Campus. The students ran for 5 km and the teachers for 3 km. The dress code for students and teachers was white and blue respectively.

Dr. Beenu Singh, Assistant Professor of Economics, Member-Sports Committee 2022-23, accompanied the students for the race at the venue.



4. A National Level Guest Lecture on "Developing Sports Culture in India: Prospects and Challenges" on the occasion of National Sports Day on August 29, 2022

The Sports Committee in association with the Internal Quality Assurance Cell (IQAC) organised A National Level Guest Lecture on "Developing Sports Culture in India: Prospects and Challenges" on the occasion of National Sports Day, on August 29, 2022, from 11.30 am onwards on the google meet platform. The Resource Person was Dr. Manju Singh, Head and Associate Professor, Department of Commerce, Shyama Prasad Mukherjee PG College, (A constituent college of the University of Allahabad), Prayagraj, UP, India. Dr. Kavita Patil, Assistant Professor of English and an In-Charge of the Sports Committee 2022-23 delivered the welcome address. Dr. Beenu Singh, Assistant Professor of Economics and a member of the Sports Committee introduced the resource person by highlighting the Resource Person's achievements.

In her address, Dr. Manju Singh explicated that with the stalwarts of Sports and Academia agreeing on the fact that sports complement academics, India would observe growth in more employable citizens with inclusion values. Sports being a “Healer and Unifier” would help in analytical thinking as well as boost memory by increasing concentration. She said that it is one thing to play and lose, but sports teach us that success and failure are parts of life and what is more important is to pick yourself up, dust yourself off and go on to play again and again with a renewed zeal. She mentioned that sports are the true remedy for releasing stress among students.

The resource person’s address was followed by the question-answer session. Dr. Beenu Singh proposed A Formal Vote of Thanks. 69 participants and 5 teachers from various states of India attended the guest lecture and received e-certificates. Among the 69 participants 12 students from B. M. Ruia Girls’ College attended the guest lecture.



- **Annual Sports Day, 23rd December, 2022**

The Sports Committee of the college organised an Annual Sports Day on December 23, 2022, from 10.00 am onwards on the college premises and on Trikon Maidan of Brihanmumbai Municipal Corporation. The following Outdoor/Indoor Games and Literary Competitions were conducted:

5. 100 mtr running

The 100 mtr running was organised on Trikon Maidan at 10.00 am. 17 students participated in the run out of which 3 students secured I, II, and III place.

6. 200 mtr running

The 200 mtr running was organised on Trikon Maidan at 11.00 am.

6 students participated in the run out of which 1 student secured I place.

7. Carrom

The Carrom Competition was organised in the Library- Downstairs at 10.00 am

11 teams consisting of 2 students each participated in the competition out of which 3 teams secured I, II and III place.

8. Chess

The Chess Competition was organised in the Library- Upstairs at 11.00 am.

8 students participated in the competition out of which 2 students secured I and II place.

9. Essay Writing:

Topic for Essay Writing- English- India's Achievements in Sports at Global Level

Hindi- वैश्विक स्तर पर खेलों में भारत के बढ़ते कदम

Marathi- जागतिक पातळीवर क्रीडाक्षेत्रात भारताची विजयपताका

The Essay Writing Competition was organised in Room No. 04 at 11.00 am.

3 students participated in the competition.

Prize Winners

Sr. No	Competition	Prize	Names of the Prize Winners
1.	100 mtr running	I	Purohit Vaidehi (B.A III)
		II	Solanki Sakshi (B.Com III)
		III	Singh Kushi (B.Com I)
2.	200 mtr running	I	Purohit Vaidehi (B.A III)
3.	Carrom	I	Jain Komal (B.Com I) and Kanaujia Kritika (B.M.S I)
		II	Chauhan Priya (B.Com II) and Parmar Isha (B.M.S I)
		III	Yadav Anusha and Dalvi Nikita (B.Com I)
4.	Chess	I	Lakum Bhumika (B.M.S I)



10. Carrom Competition of Faculties

The Carrom Competition was organised in the Library- Downstairs at 2.00 pm.

6 teams consisting of 2 faculties each participated in the competition out of which 2 teams secured I and II place.

Carrom (Faculty)	I	Dr. Santosh Kaul Kak (Principal) Mr. Ramlakhan Pal from the (Dept. of Hindi)
	II	Dr. Sunita Mishra (Dept. of Hindi) Dr. Kashyap Ganatra (Dept. of Commerce)



11. A National Level Online Quiz Competition on “Pocket Dynamo: Khashaba Dadasaheb Jadhav”, January 15, 2023

The Sports Committee in association with the Internal Quality Assurance Cell conducted A National Level Online Quiz Competition on “Pocket Dynamo: Khashaba Dadasaheb Jadhav” on the occasion of Khashaba Jadhav’s (The first athlete from independent India to win an individual medal in the Olympics) 97th birth anniversary under *Azadi ka Amrit Mahotsava: Achievements @75* on January 15, 2023. 86 participants from various states attempted the quiz and

received an e-certificate. 67 students from B. M. Ruia Girls' College participated in the quiz.

12. Sports Adventure Camp, Ratnagiri, February 28 to March 2, 2023

8 students from B.Com I Class of the college joined the 'Sports Adventure Camp 2023, at Ratnagiri' organised by the Department of Physical Education, S.N.D.T Women's University, Mumbai from February 28 to March 2, 2023. 52 students from 14 colleges affiliated to S.N.D.T Women's University participated in the Sports Adventure Camp. The students participated in adventures like Commando Bridge, Tent Pitching, Rappelling, Climbing and Ladder Climbing, Trekking and River Crossing. All the prizes were bagged by the students of B. M. Ruia Girls' College. The students Won 1st Prize in the categories of Discipline, Motivation, Leadership, Supporting and Helping Everyone. Moreover, Shraddha Joshi won the best leader prize.

