



MARWADI SAMMELAN'S

B.M.RUIA GIRLS' COLLEGE

NAAC Accredited B+ 3rd Cycle
Maharshi Karve Best College Award 2022-23

SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES

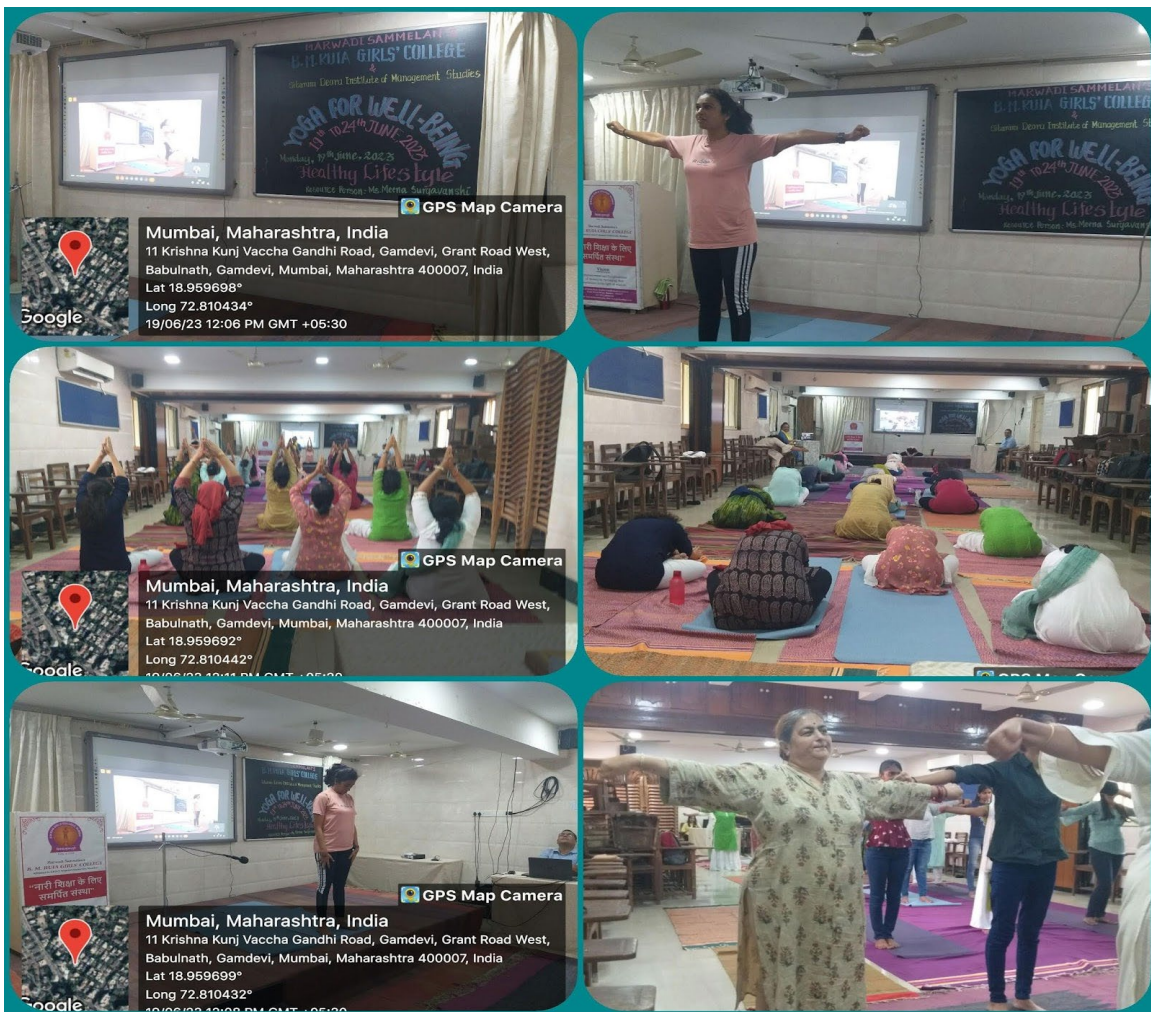
Affiliated to S.N.D.T. Women's University, Mumbai
11, Krishna Kunj, Vachha Gandhi Road, Gamdevi, Grant Road (West), Mumbai - 400007
Tel : 022 23808130, E mail : bmruiya@yahoo.com, Web : bmgirlscollege.com



Photo Gallery Sports Activities 2023-24

1. National Level Faculty Development Programme, June 19 to 24, 2023 on the occasion of International Yoga Day June 21, 2023

Session 1- June 19, 2023



**2. National Level Faculty Development Programme on 'Yoga for Well-being', June 19 to 24, 2023 on the occasion of International Yoga Day June 21, 2023
Session 4- June 22, 2023, 'Yog: A Holistic Approach to Health and Well-being'**



3. Swayamsidhha, 20th July, 2023



4. A National Workshop on "Kho Kho Workout and Endurance Building", 29th August, 2023 on the occasion of National Sports Day

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 Affiliated to S.N.D.T. Women's University, Mumbai
 H. Keshavnagar, Swaticha Chincholi Road, Candolim, Group Road (West), Silvassa - 400007.
 Cell: 022-22801010, E-mail: bmruiacollege@yahoo.com, Website: www.bmruiacollege.com

Sports Committee
 In association with Internal Quality Assurance Cell organises
A National Workshop on
'Kho Kho Workout and Endurance Building'
 Tuesday, August 29, 2023, 4.30 pm

Resource Person
Mr. Chandan Singh, (M.A., M.P.Ed)
 State Level Kho Kho Player,
 PHE (Sports Teacher),
 Doon Public School,
 Haldwani, Nainital, Uttarakhand.

Warming up : 15-20 minutes

1. Perform light stretching
2. Jog around the Kho-Kho court for 6-7 rounds
3. Start free hand exercises from neck to toe or from toe to neck
4. Exercise should be done
5. Neck rotation, Neck up-down, sideward bend, half rotation
6. Hands alternate raising, arm rotation, sideward, upward
7. Wrist up-down, rotation.
8. Trunk Twisting by swinging arms- left/ right.
9. Trunk bending forward-backward, sideward bending.

4. Deceptive Kho : Kho to deceive defender by different body movement.

INCORRECT **CORRECT** **INCORRECT**

RING GAME: Defender runs in the shape of a ring (Oval shape) by making use of four squares.

"Dusse namme - after defender crosses a central line 'Dusse behrudandale and perspective attacker'"

5. Special Yoga Workshop, 12th and 13th September, 2023



- 'Fit India Week 2023, फिटनेस का डोज़, आधा घंटा रोज', Annual Sports Meet from 11th December to 15th December, 2023

6. 1. 11th December, 2023
Fitness Assessment through Fit India Mobile App
(No. of Participants- 16)
7. 2. 12th December, 2023
Fitness Pledge by Students and Faculties
(No. of Participants- 70)
8. 3. 13th December, 2023
Importance of Fitness - A National Level E- Quiz
(No. of Participants- 100)
9. 4. 14th December, 2023
Poster Making Competition
(No. of Participants- 08)
10. 5. 15th December, 2023
Online Practical Session on Yoga and Meditation
(No. of Participants- 37)



Dr. Kavita Patil (Presenting)

B.M.RUIA GIRLS' COLLEGE
 MARWADI SAMMELAN'S
 SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES
 FIT INDIA
 Sports Committee
 In association with Internal Quality Assurance Cell Celebrates
Fit India Week 2023
 'फिटनेस का डोज़, आधा घंटा रोज़'
Annual Sports Meet
A Session on Yoga and Meditation
 15th December, 2023
 Resource Person
Mr. Sagar Shitkar,
 International Gold Medalist,
 Visiting Faculty,
 K. J. Somaiya Institute of Dharma Studies,
 Mumbai, Maharashtra.

17:34 | cog-tlif-wch

Sagar Shitkar

Dr. Usha Kiran Tiwari
 Vaishnavi Mhetre
 28 others

Sagar Shitkar

iswar
 Vaishnavi Mhetre
 ANJALI RAUT
 Beenu Singh
 Nisha Bagretha
 25 others

Nikita Rajpurohit
 Nisha Bagretha
 Dr. Usha Kiran Tiwari
 22 others

Nikita Rajpurohit
 Nisha Bagretha
 Dr. Usha Kiran Tiwari
 22 others

Dr. Kavita Patil

Sagar Shitkar

ANJALI RAUT
 Nikita Rajpurohit
 Beenu Singh
 Nisha Bagretha
 Nirma Raj Purohit
 Nikal Mandai
 Shrawani Penkar
 Narti Chaurasiya
 KADISHI GUPTA
 Varsha Patel
 Kavita Sharma
 Isha Shekar
 Dr. Usha Kiran Tiwari
 20 others

11. 'Tug of War' on 3rd February, 2024 at Jambhori Maidan, Worli under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024



12. 'Rope Skipping', 8th February, 2024 at Jagannath Shankar Sheth School, Grant Road, under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024



Mumbai, Maharashtra, India
Nana Chowk, Frere Bridge, Grant Road West, Shapur Baug, Grant Road, Mumbai, Maharashtra 400007, India
Lat 18.961805°
Long 72.814803°
08/02/24 01:53 PM GMT +05:30



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Mumbai, Maharashtra, India
65, Sleater Rd, near Prabha Classes, Marg, Grant Road West, Grant Road (W), Grant F
400007, India
Lat 18.96229°
Long 72.814742°
08/02/24 01:58 PM GMT +05:30

13. Adventure Camp and Mini Marathon, Shreevardhan, Raigad, 3rd to 5th March, 2024

