

Photo Gallery

Sports Activities

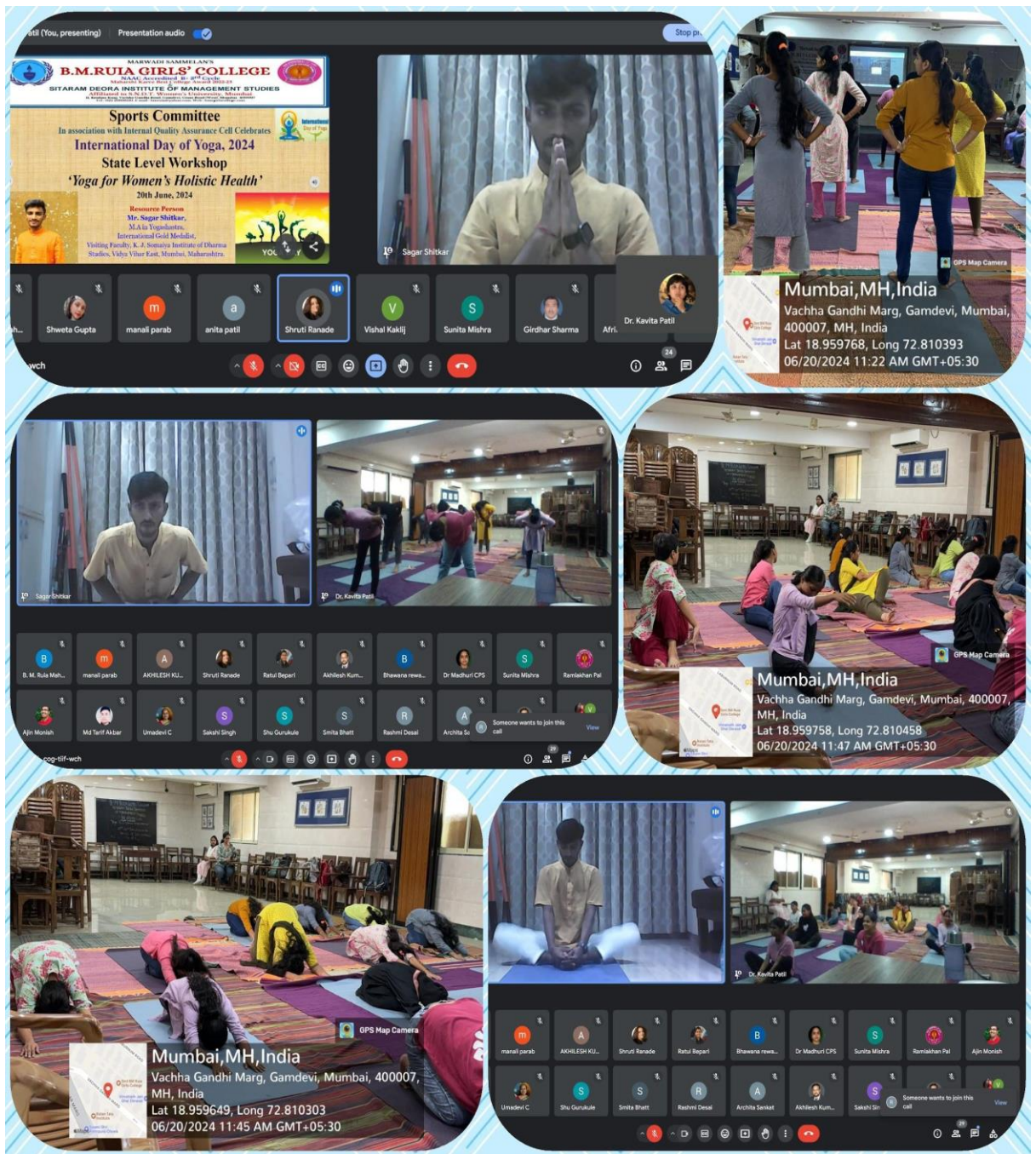
2024-25

1. State-Level Workshop on 'Yoga for Women's Holistic Health'

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 : bmruiia@yahoo.com, Web : bmrirlscollege.com

Sports Committee
In association with Internal Quality Assurance Cell Celebrates
International Day of Yoga, 2024
State Level Workshop
'Yoga for Women's Holistic Health'
20th June, 2024

Resource Person
Mr. Sagar Shitkar,
M.A in Yogashastra,
International Gold Medalist,
Visiting Faculty, K. J. Somaiya Institute of Dharma
Studies, Vidya Vihar East, Mumbai, Maharashtra.



2. Yoga by the Bay' at Marine Drive






3. 'Yoga Workshop'






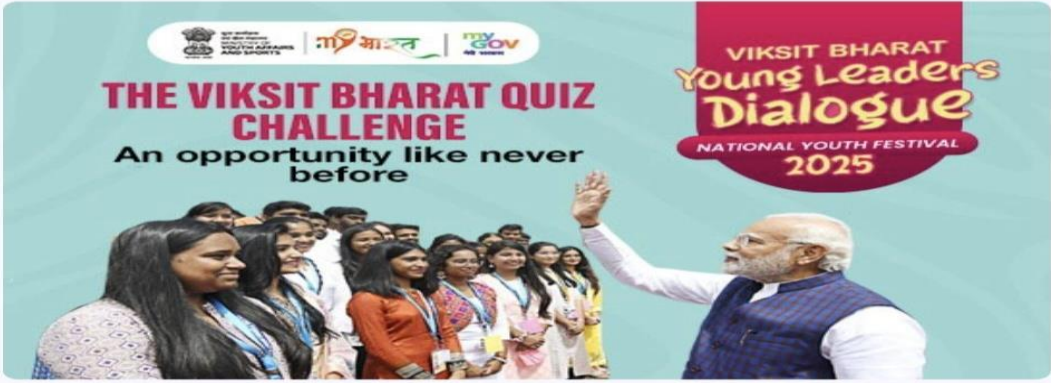
4. Workshop on 'Indian Women towards Sports Empowerment', 29th August, 2024



5. Viksit Bharat Quiz, 9th December, 2024







THE VIKSIT BHARAT QUIZ CHALLENGE (ENGLISH)

From


Nov 25, 2024

To

Dec 10, 2024

10 Questions

300 sec Duration



Cash Prize

[Participate](#)

6. Fit India Week 2024, 16th to 20th December 2024



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Sports Committee

In association with Internal Quality Assurance Cell Celebrates

Fit India Week

Annual Sports Meet, 2024





16th - 20th December, 2024



1. 16th December- Fitness Assessment through Fit India Mobile App
2. 17th December- Fitness Pledge by Students and Faculties
3. 18th December- A National Level Quiz on Yoga and Fitness
4. 19th December- Carrom Competition
5. 20th December- Poster Making Competition

Dr. Santosh Kaul Kak
Principal







CERTIFICATE OF RECOGNITION


Congratulations to

B.M. RUIA GIRLS' COLLEGE, MUMBAI


For successfully organising the

FIT INDIA WEEK 2024




Ms. Amar Jyoti
Director (Khelo India)

#FitIndia #FIW2024

 Organise an Event My Events My Event Pics

My Events

Fit India Week 2024



Fit India Week 2024

Participants : 323

Organisation name : B.M. Ruia Girls' College,
Mumbai

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ADD EVENT PICTURES & VIDEOS

7. Carrom Competition, 19th December, 2024

