



Report Sports Activities 2023-24

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

The Internal Quality Assurance Cell of the college organised A National Level Faculty Development Programme on “Yoga for Well- being” from 19th June to 24th June 2023 in which Sports Committee organised first session on ‘Healthy Lifestyle’ on the occasion of International Yoga Day to mark the theme of International Yoga Day 2023 - *Yoga for Vasudhaiva Kutumbakam* on Monday, June 19, 2023, from 10.30 am to 12.30 pm.

The Resource Person was Ms. Meena Suryavanshi, Yoga Teacher, SVT College of Home Science, Juhu Tara Road, Mumbai, Maharashtra, India. She covered prayer-Gayatri Mantra, warm up exercises, and gave demonstration of *kapalbhati*- to avoid cold and viral fever, *bhramari pranayama*, *bhasrika locking system pranayama*, *makarasan*, *naukasan*, *dhanurasan*, and *shavasana*.

29 participants on google meet and around 25 on offline mode attended the session in Ram Prasad Poddar Auditorium of the college. Overall, 54 participants attended the session.



2. National Level Faculty Development Programme on 'Yoga for Well-being', June 19 to 24, 2023 on the occasion of International Yoga Day, 21st June, 2023

Session 4- 22nd June, 2023, 'Yoga: A Holistic Approach to Health and Well-being'

The Internal Quality Assurance Cell of the college organised A National Level Faculty Development Programme on "Yoga for Well-being" from 19th June to 24th June 2023 in which the Sports Committee organised a session on "Yoga: A Holistic Approach to Health and Well-being" on the occasion of International Yoga Day to mark the theme of International Yoga Day 2023 - 'Yoga for Vasundhaiva Kutumbakam' on Thursday, June 22, 2023, from 10.30 am to 12.30 pm.

The Resource Person was Dr. Jyoti Chufal, Yoga Expert and Assistant Professor, Department of Yoga, Indira Priyadarshini Government Girls' PG College of Commerce, Haldwani, Nainital, Uttarakhand, India. In her tactical and theory session, firstly she covered various *asanas*, *mudras*, and *pranayam* starting with *omkar* and *Gayatri Mantra* followed by the cleansing process called *jalniti* and explained do's and don'ts of various *asanas*. She also explained the types and benefits of *asanas* and how yoga is a way to achieve holistic health and well-being. 52 participants attended the session in hybrid mode.



3. Swayamsidhha, 20th July, 2023

'Rajmata Jijau Girls Self-defence Training Programme' was organised by the Government of Maharashtra to prioritise the safety of women from 3rd July, 2023 onwards to mark Shri. Chhatrapati Shivaji Maharaj's 350th coronation year. On this occasion, 3 lakh, 50 thousand girls were given self-defence training in the state. With the help of Women and Child Development Department and all universities and NGOs in the state, a three-day training programme was started. S.N.D.T Women's University, Mumbai organised the programme on 20th July, 2023 to boost the morale of the girls. Also, on the topic of 'Technology and Threats to Women and Girls', cyber cell expert officer guidance and self-defense training was also provided. 26 students from B. M. Ruia Girls' College, Mumbai attended the training programme.



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

The Sports Committee in association with the Internal Quality Assurance Cell organised A National Workshop on "Kho Kho Workout and Endurance Building" on the occasion of National Sports Day, on 29th August, 2023, from 4.30 pm onwards on the Google Meet Platform. 47 participants from various states of the country attended the workshop and were provided with an e-certificate.

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



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

The Department of Sports and Physical Education, S.N.D.T Women's University, Mumbai, organised a 'Special Yoga Workshop' on 12th and 13th September, 2023, at the Badminton Court on the Churchgate Campus for students to help them improve their performance in Yoga. 6 students from B. M. Ruia Girls' College, Mumbai, participated in the workshop, learnt, and performed Stretching Exercises, 5 Compulsory Asanas, 9 Optional Asanas and Suryanamaskara as a requirement for Intercollegiate Competition. The students also participated in Demo Competition conducted in the end of the workshop. Overall, 53 students from 13 colleges participated in the workshop. Dr. Kavita Patil, Assistant Professor

of English and Incharge of Sports Committee accompanied the students as a Faculty Incharge.



- **‘Fit India Week 2023, ‘फिटनेस का डोज़, आधा घंटा रोज़’, Annual Sports Meet from 11th December to 15th December, 2023**

Sports Committee in association IQAC organised ‘Fit India Week 2023, ‘फिटनेस का डोज़, आधा घंटा रोज़’, Annual Sports Meet from 11th December to 15th December, 2023 successfully in which 294 participants from various states of the country participated and obtained e-certificates. Sports Committee received the Certificate of Recognition from the Ministry of Youth Affairs and Sports, Government of India for successfully organising the week. The week included the following activities:

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)

Sports Committee in association with IQAC organised an Online Practical Session on 'Yoga and Meditation' on 15th December, 2023. 37 participants attended the session on Google meet platform. The Resource Person was Mr. Sagar Shitkar, International Gold Medallist, Visiting Faculty, K. J. Somaiya Institute of Dharma Studies, Vidya Vihar East, Mumbai, Maharashtra.





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

12 students of B.M.Ruia Girls' College, Mumbai participated in the traditional game 'Tug of War' on 3rd February, 2024 at Jambhori Maidan, Worli under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024 organised by the Government of Maharashtra in association with Krida Bharati between 26th January to 20th February, 2024. The students from B.A I, B.A III, and B.Com I participated in Tug of War and won the Semi-final match of the Mumbai City 2 division.



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

9 students of B.M.Ruia Girls' College, Mumbai, participated in the traditional game 'Rope Skipping' on 8th February, 2024 at Jagannath Shankar Sheth School, Grant Road, under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024, Mumbai City 2 division, organised by the Government of Maharashtra in association with Krida Bharati between 26th January to 20th February, 2024. The following students won prizes:

1. I Prize- Swati Prajapati (B.A III)
2. III Prize- Niharika Oza (B.Com I)
3. III Prize- Pooja Prajapati (B.Com I)



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

7 students from B.Com I and B.Com II Classes of B. M. Ruia Girls' college joined the 'Adventure Sports Camp and 5 km Mini Marathon 2024,' at Shrivardhan, Raigad organised by the Department of Physical Education and Sports, S.N.D.T Women's University, Mumbai from 3rd to 5th March, 2024. The students ran and completed a 5 km mini marathon on 4th March and participated in adventures like Rappelling and Climbing. Sania Pandirkar from B.Com I won 1st Prize in Rappelling and Climbing. The students learnt a lot of leadership qualities and various adventures.

