



## Report Sports Activities 2025-26

### 1. Monsoon Trek to Karnala Fort, Panvel, Raigad, 25th July 2025

The Department of Sports and Physical Education, S.N.D.T. Women's University, Mumbai, organised a Monsoon Trek to Karnala Fort Peak Point (1,500 feet high), Panvel, Raigad, on 25th July 2025. A total of 12 students and 1 faculty member successfully completed the trek. Dr. Kavita Patil, Sports Committee Incharge, accompanied the students and guided them throughout the activity. The trek offered students a memorable experience of adventure, physical endurance, and team spirit in the monsoon season.

The primary objective of organising the trek was to promote physical fitness, outdoor learning, and experiential education among students. The activity aimed to encourage endurance, resilience, and mental strength while strengthening a spirit of cooperation and leadership. Such nature-based activities help students develop confidence, adaptability, and awareness about environmental conservation, along with physical well-being.

The trek commenced in the early morning with basic instructions regarding safety measures, trekking discipline, and environmental responsibility. Participants were briefed about the route, precautions to be taken during the monsoon season, and the importance of teamwork. Under the guidance of Dr. Kavita Patil, the group proceeded towards Karnala Fort Peak Point, navigating rocky paths, forest trails, and steep inclines.

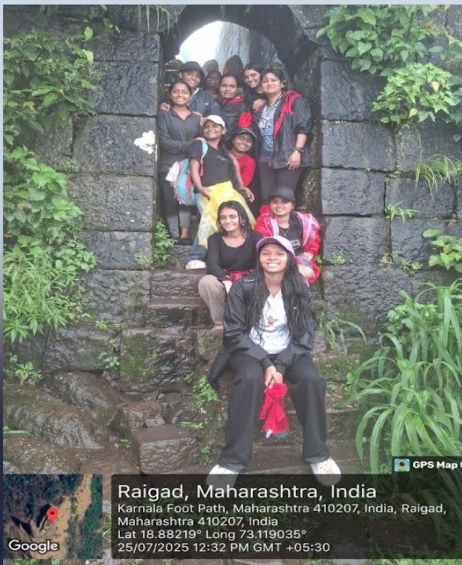
The monsoon weather added both excitement and challenge to the trek. The lush greenery, fresh air, and scenic beauty of the Karnala region provided an enriching natural experience. Students demonstrated determination and coordination while climbing the 1,500-foot-high peak. Throughout the journey,

they supported one another, thereby strengthening bonds of friendship and cooperation.

The trek not only tested the physical stamina of the participants but also enhanced their mental alertness and problem-solving abilities. It served as an opportunity for students to step outside the classroom environment and engage in active learning through real-life experiences. The activity also helped them understand the importance of maintaining fitness and leading a healthy lifestyle. The trek concluded successfully with all participants reaching the peak and returning safely. The event proved to be adventurous, refreshing, and highly motivating for the students. Overall, the Monsoon Trek was a valuable initiative that promoted fitness, confidence, and team spirit while creating lasting memories for everyone involved.



GPS Map Ca



Raigad, Maharashtra, India  
 Karnala Foot Path, Maharashtra 410207, India, Raigad,  
 Maharashtra 410207, India  
 Lat: 18.88215° Long 73.119035°  
 25/07/2025 12:32 PM GMT +05:30



## Fit India Week, Annual Sports Meet, 2025

The Sports Committee, in association with the IQAC, organised Fit India Week, Annual Sports Meet, 2025 from 8th – 12th December, 2025 successfully and received a certificate from the Ministry of Sports and Youth Affairs, Government of India.

The objective of organising the Fit India Week was to create awareness about the importance of physical fitness, mental well-being, and healthy lifestyle practices among students and staff. The week-long programme aimed to encourage regular exercise, sports participation, and holistic wellness through a series of engaging and competitive activities. Each day was dedicated to a specific event focusing on fitness, awareness, and sportsmanship.

Fit India Week, Annual Sports Meet, 2025, was successfully conducted with active participation from students across all departments. The series of activities effectively promoted fitness awareness, mental well-being, and sports culture within the campus. The programme encouraged students to adopt healthy habits and actively engage in physical activities beyond academics.

The certification received from the Ministry of Sports and Youth Affairs, Government of India, stands as a testament to the institution's commitment towards supporting a healthy and active student community. The event proved to be enriching, educational, and motivating for all participants.



MARWADI SAMMELAN'S

### B. M. RUIA GIRLS' COLLEGE

NAAC Accredited B+ (4<sup>th</sup> Cycle)  
 Maharshi Karve Best College Award 2022-23  
 Affiliated to S.N.D.T. Women's University, Mumbai  
 11, Krishna Kunj, Vachha Gandhi Road, Gamdevi, Grant Road (West), Mumbai- 400007.  
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## Sports Committee

In association with IQAC Celebrates

# Fit India Week

## Annual Sports Meet, 2025

8th to 12th December, 2025





1. 8th December- Fitness Pledge by Students and Faculties
2. 9th December- Fitness Assessment through Fit India Mobile App
3. 10th December- A National Level Quiz on "Holistic Wellness and Active Living"
4. 11th December- Carrom Competition
5. 12th December- Poster Making Competition on 'Fit India Movement'

**Dr. Santosh Kaul Kak**  
Principal (In-charge)



## 2. Day 1 – 8th December

### Fitness Pledge

### No. of participants – 70

The inaugural day began with the Fitness Pledge promising to maintain physical fitness, practise regular exercise, and motivate others to lead an active lifestyle. The pledge activity instilled a sense of responsibility and commitment towards personal health. It also created enthusiasm among students to actively participate in the upcoming events of the week. The event witnessed the participation of 70 students, making the opening day highly encouraging and energetic.



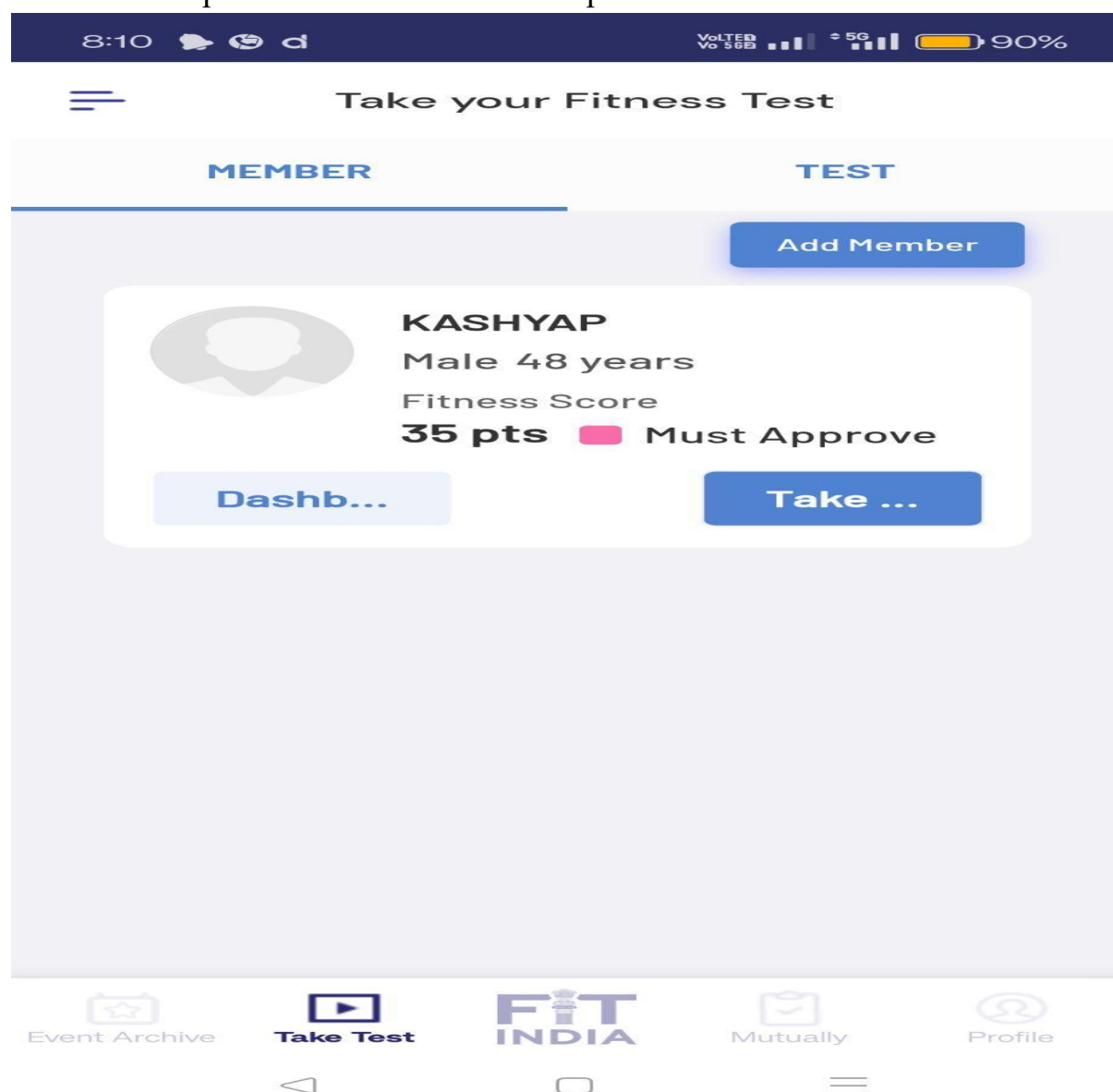
### 3. Day 2 – 9th December

#### Fitness Assessment through the Fit India Mobile App

##### No. of participants – 21

On the second day, a Fitness Assessment programme was conducted using the Fit India Mobile App. Participants were guided on how to download and use the application to assess their physical fitness levels. Various parameters such as flexibility, strength, endurance, and body mass index were measured through simple exercises and self-evaluation techniques.

This activity enabled students to understand their current fitness status scientifically and encouraged them to set personal fitness goals. The assessment promoted awareness about regular monitoring of health and motivated participants to improve their lifestyle habits. A total of 21 students and 1 faculty member took part in this informative and practical session.





#### 4. Day 3 – 10th December

“Holistic Wellness and Active Living” – National Level Quiz

No. of participants – 108

The third day featured a National Level Quiz competition titled "Holistic Wellness and Active Living." The quiz aimed to enhance knowledge about health, nutrition, mental wellness, yoga, sports, and general fitness awareness. The activity not only tested the knowledge of participants but also educated them about the importance of maintaining balance between physical and mental

health. With 108 participants, the event received an overwhelming response and strengthened healthy academic competition.



## 5. Day 4 – 11th December

### Carrom Competition

No. of participants – 46

The fourth day was dedicated to indoor sports with the organisation of a Carrom Competition. The event provided a platform for students to showcase their concentration, strategy, and coordination skills. Matches were conducted in knockout rounds, ensuring fair play and active engagement among the participants.

The competition promoted sportsmanship, patience, and team spirit while offering a refreshing recreational experience. The atmosphere remained lively throughout the day as students cheered for their peers. A total of 46 participants took part in the event.

### Prizes

#### I Prize

1. Bhumi Kadam (B.Com II)
2. Shravani Takale (B.Com II)

#### II Prize

1. Isha Shelar (B.A III)
2. Neha Choubey (B.Com III)

#### III Prize

1. Nidhi Shah (B.Com III)
2. Saniya Shah (B.Com III)

### Consolation Prize

1. Pooja Rathod (B.A I)
2. Mansi Gupta (B.A I)

All winners were appreciated for their excellent performance and sportsmanship. E-certificates were issued to encourage their continued participation in sports activities.





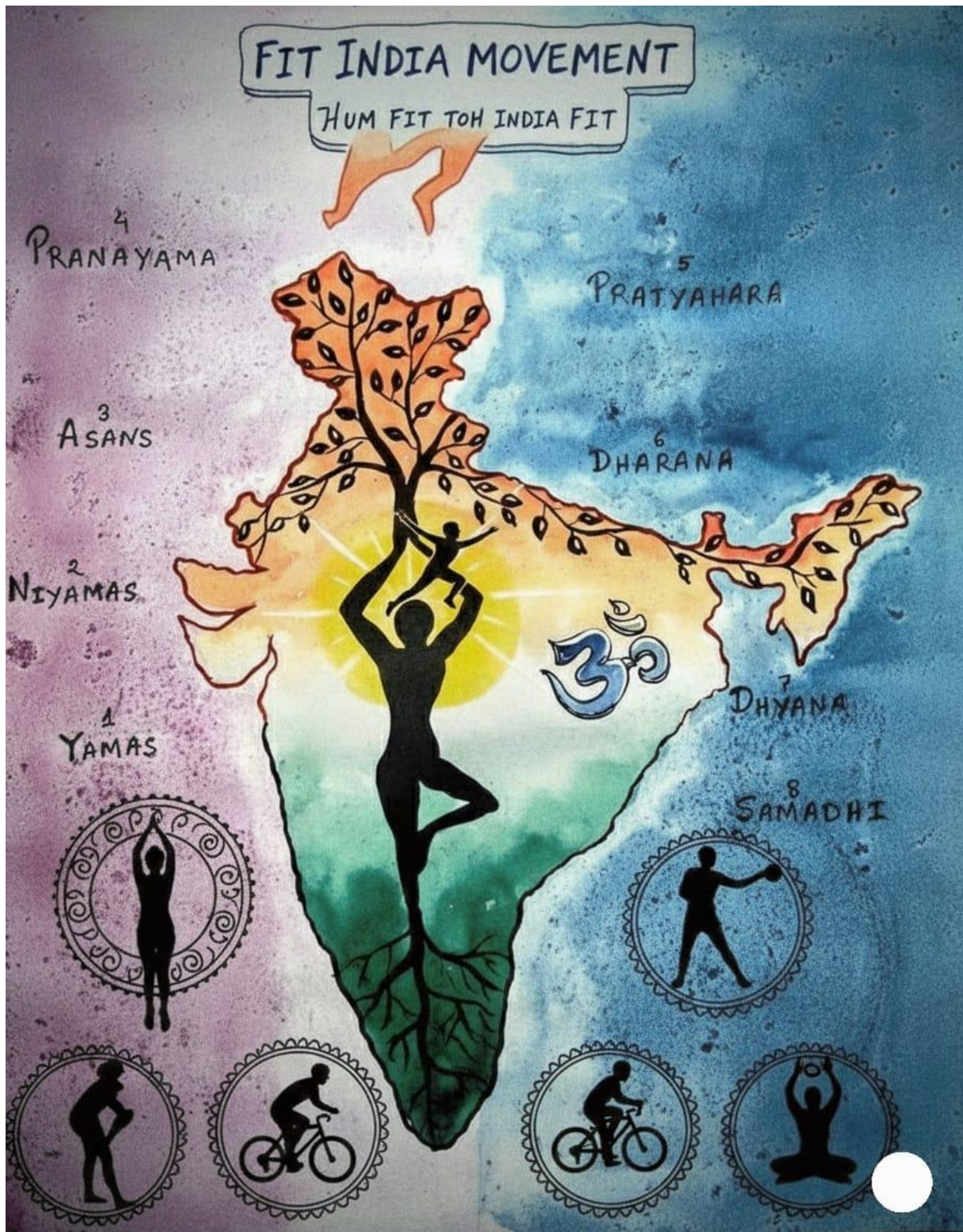
## 6. Day 5 – 12th December, 2025

### Poster Making Competition on Fit India Movement

**No. of Participants – 08**

The concluding day featured a Poster Making Competition based on the theme Fit India Movement. Participants creatively expressed their ideas about health, fitness, yoga, sports, and active living through artistic posters. The activity aimed to spread awareness about the importance of staying fit through visual communication.

Students used innovative slogans, illustrations, and messages to promote healthy lifestyle practices. The posters reflected creativity, originality, and social awareness. A total of 08 participants showcased their talents and contributed meaningfully to the campaign.



Name: Bhavika Prajapat

Class: S.Y.BCOM

College: B.M Ruia Girls' College





## 7. Registration of Players on Bharat Sports Portal

As per the letter received from the Department of Physical Education and Sports, S.N.D.T Women's University, Mumbai, regarding the registration of the sports persons and designating a Coordinator for the registration process of students' names on Bharat Sports Portal of Raj Bhavan for the development and promotion of sports in Maharashtra, the details of Dr. Kavita Patil, Assistant Professor of English and Sports Incharge, were submitted as a Registration Coordinator. She coordinated the registration of 82 student-players at the college. Out of 80 players total of 55 athletes and 27 non-athletes registered on the portal.

docs.google.com/spreadsheets/d/14DtqUO81JHoWM2T7bbuPoxVOCrRbSztW/edit?gid=1840008046&gid=1840008046

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Current Status of Registration on Bharat Portal

Name of the College: B. M. Ruia Girls' College, Mumbai

Date: 16/02/2026

Sr. No.	Total Number of Students in College	Number of Students Registered on Bharat Portal	Percentage of Registrations	Total Athletes in College (Target Group)	Athletes Registered on Bharat Portal	Percentage of Athletes Registered	Total Number of Students Non Athletes	Total Number of Students Non Athletes Registered on Bharat Portal	Target Period to Complete Registration
			4(Col3/Col 2*100)			7 (Col 6/Col 5*100)			
1	310	82	26.45%	90	55	61%	220	27	16/02/2026
2									
3									
4									
5									

bharatsports.org/college/dashboard

B.M. Ruia Girls' College, Mumbai  
pri\*\*\*\*\*.com

### Dashboard

Total Users Count

↑ 82

Total Male User

↑ 0

Total Female User

↑ 80

No.	Caste Name	User Count

- Dashboard
- Users Manager
- Post Manager
- Videos
- Hashtags
- Groups
- Sports Teams
- Sport Events
- Categories
- Injured Players

← → ↻ bharatsports.org/college/usermanager

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**Users Manager**

PROFILE	NAME	EMAIL	COLLEGE	MOBILE	POSTS	REGISTERED ON	ACTION
	Shayana Ayub Khan	saimakhan67345@gmail.com	B.M. Ruia Girls' College, Mumbai	8104839971	0	Registered on February 17, 2026	<a href="#">See Posts</a>
	PRATIKSHA ANAND JADHAV	jadhavpratiksha331@gmail.com	B.M. Ruia Girls' College, Mumbai	8976483277	0	Registered on February 16, 2026	<a href="#">See Posts</a>
	Bhavna Parasmal Choudhary	bhavnachoudhary939@gmail.com	B.M. Ruia Girls' College, Mumbai	9892732213	0	Registered on February 13, 2026	<a href="#">See Posts</a>
	Anjali Rakesh Raut	anjalirautakesh@gmail.com	B.M. Ruia Girls' College, Mumbai	9875512289	0	Registered on February 13, 2026	<a href="#">See Posts</a>
	Mariyamshafaq Sultan Shaikh	shaikhmariyamshafaq@gmail.com	B.M. Ruia Girls' College, Mumbai	9820802171	0	Registered on February 13, 2026	<a href="#">See Posts</a>
	Devangshi Dilip Manik	devangshi170405@gmail.com	B.M. Ruia Girls' College, Mumbai	9136041914	0	Registered on February 12, 2026	<a href="#">See Posts</a>
	Akshita Anandprakash Sharma	akshita9869@gmail.com	B.M. Ruia Girls' College, Mumbai	8263978927	0	Registered on February 12, 2026	<a href="#">See Posts</a>
	Rasika Sunil Pawar	rasikapawar16042005@gmail.com	B.M. Ruia Girls' College, Mumbai	8692957227	0	Registered on February 12, 2026	<a href="#">See Posts</a>
	Bhoomi Mahesh	bhoomithodu@email.com	B.M. Ruia Girls'	8828764603	0	Registered on	<a href="#">See</a>