

Sports Department Website Report

The Sports Club is one of the oldest and largest clubs in Sophia College. The club acts as a medium to introduce students to sports and various fitness forms. The club recognizes talent in sports and trains students to improve their athletic skills. The theme of the club is to provide opportunities to improve physical fitness and health. The club organizes a wide spectrum of events on campus some of which include yoga, self-defense and zumba workshops, sports-based quizzes, talks on nutrition and sports management and friendly matches in Badminton, Basketball, Football and other sports. Through team activities and competitions, we aim to create a culture of sports and inculcate in the students, a spirit of sportsmanship.

The sports club comes directly under the Sports Department and is headed by the students - secretary and executives, while guided by the teachers in-charge. The department is responsible for participation of both junior and senior college students in sports at grass-root level as well as at Inter-university sports tournaments leading to participation in District and State level tournaments.

The flagship event of the department is the Sports Day i.e., a day dedicated to sports and fitness-based competitions including track events ranging from 100m to the 800m and field events like shot put, discus and javelin throw.

The Gymnasium is an additional facility, included in the Sports Department, which is available to students of both Junior and Senior College. With the aid of our Gym-instructors, students are given access to various sorts of equipment and training in the Gymnasium.

2018-19



(Nike Run Club Fitness Camp)



(Inter-University Fencing Competition)

2019-20



(Self-Defence Workshop)

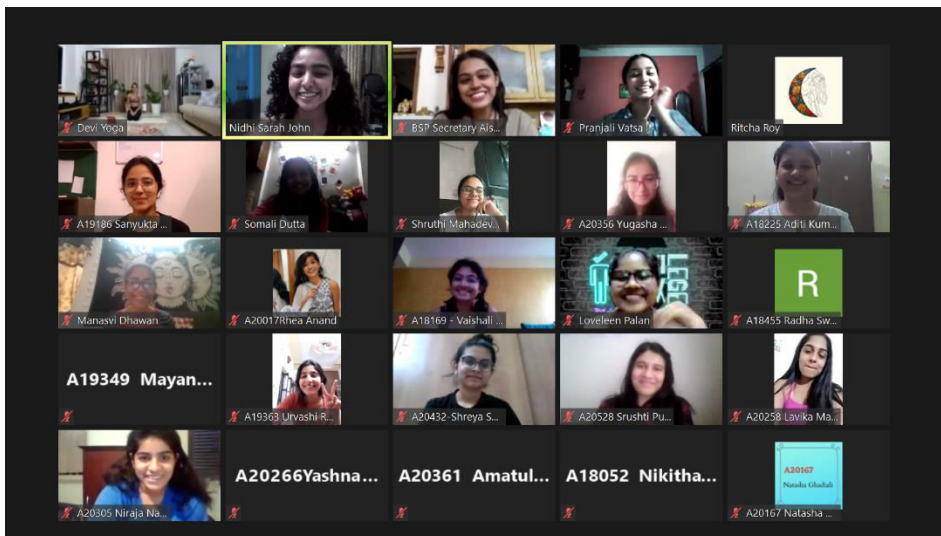


(Sports Day)

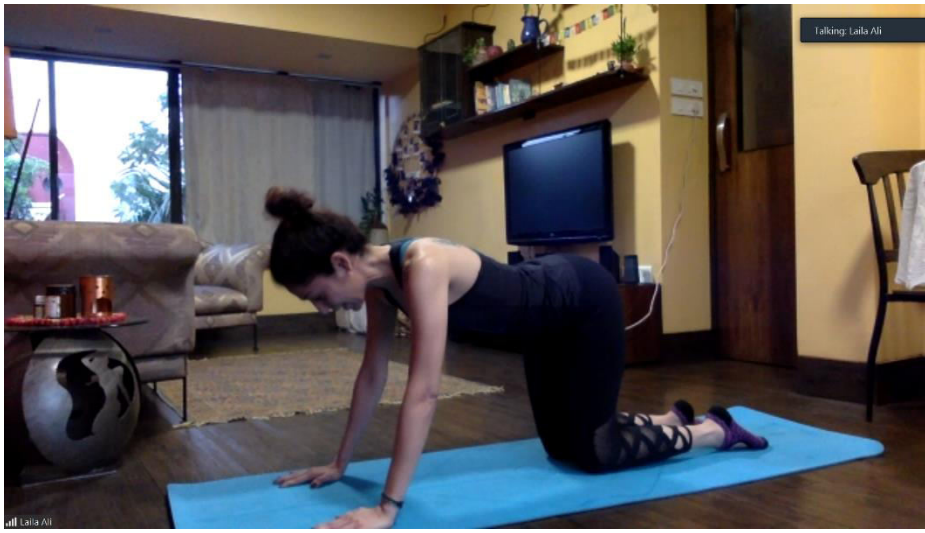


(Football team)

2020-21



(Hatha Yoga Workshop)



(Online Pilates Workout)