



SPORTS DEPARTMENT: REPORT (2018-19)



SPORTS EXECUTIVES 2018-19

1. Aradhya Singh - TYBA (Sports Secretary)
2. Rujuta Chavan - TYBA
3. Anushka Lakhotia – SYBA
4. Vedika Sharma - SYBA
5. Ashwini Bhuta – SYBA
6. Anoushka Thakkar - SYBA
7. Sreedevi Laxman – SYBA
8. Nikita Matthew – SYBMM
9. Stuti Saha- SYBA
9. Sumiran Parmar – FYBA
10. Sharanya Shetty - FYBA
11. Vidhi Daga – FYBA
12. Deshna Gala - SYJC
13. Ekta Satra – SYJC

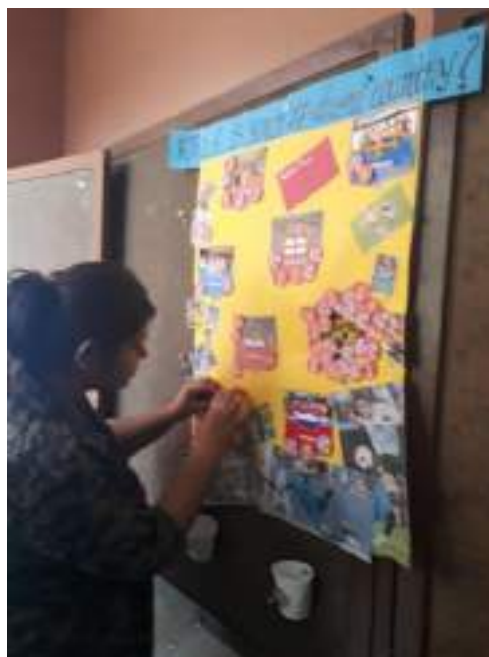
No. of Members - 246

YOGA DAY

The Sports Department of Sophia College started the year with celebration of National Yoga Day celebrated on 21st June 2018. Not only did the students participate, but even the staff joined in the event. The trained instructor taught yoga exercise to keep the body fit and relaxation technique to calm the mind. Importance of yoga for all was also highlighted in the session.

FIFA BOARD

The year 2018 marked the 21st FIFA World Cup held in Russia. With the excitement for the same going all round the world, the Department put up an interactive FIFA Board (which is your #dusri country?) where the students could tell their favourite teams for the year. The most voted country, France also went on the win the title. To encourage and facilitate conversation among the football enthusiasts, a whatsapp group was also created.



INDEPENDENCE DAY- PEACH MARCH

. Independence Day celebration was also organized in honor of the nation. Flag hoisting was followed by patriotic songs and a speech by Principal to highlight the importance of the day and the changing nature of fight for freedom.

The department also organised a peace rally to August Kranti Maidan with large participation from the college students. A small prayer for held as to pay respect to the freedom fighters before the walk back to college where all the students and staff were provided with snacks.



NATIONAL SPORTS DAY

National Sports Day is celebrated on 29th August, birth anniversary of legendary hockey player, Dhyan Chand. To celebrate National Sports Day and welcome the youngest students of the college, the FYJCs a treasure hunt was organised for them. Teams of three were given a series of tasks to be completed within a time limited. The tasks involved physical activity, interacting with strangers and a lot of running around the campus. The event was thoroughly enjoyed by the participants.



FENCING TOURNAMENT

The department of sports organised Inter College University Fencing Tournament for the second time this year on 17th December 2018. Fencers from 20 colleges of Mumbai University participated in the tournament. All three events of fencing i.e. Foil Epee and Sabre were organised for both men and women. The tournament witnessed high level of competition in order to win a medal and qualify for All India Fencing Tournament held in Amritsar. Six students from the college participated and three students qualified for All India.



SPORTS DAY

January was a fairly busy month for our department due to our flagship event, Sports Day. The heats and the finals took place on 23rd January from 8 am to 5 pm and the event took place at the Mumbai University Ground in Marine Lines. A range of athletic events were covered including Track Events, Jump, Throws and Relay races. The teachers and the College Union Committee engaged in a friendly game of tug-of-war. The audience was impressed by the march past routine of members of all the departments. Some of the top sportswomen including the eight nationalists from our college took up the role of torch bearers for the event. The day ended with the Prize Distribution Ceremony and the felicitation of our students who excelled in various sports events at different platforms.



NIKE FITNESS SESSIONS

The Nike Run Club organised Fitness Sessions organised 5 sessions in our college this semester. All the sessions included not just the involvement of physical strength but also mental presence. We were trained by two amazing trainers Pooja Shah and Mohammad Umar. Nike shoes were also made available to students at the time of practice. The fitness workshop was more about believing being fit and making the best of all we had. From runs, planks, games to relays we had a lot events which once again helped us learn the power of a team and the power of motivation.



HIGHLIGHTS OF ACHIEVEMENTS

Students who participated in Nationals this year are as follows-

- **Grishma Ashar – TYBA (Psychology)**

Represented the University of Mumbai and secured second place in the All India Chess Competition held in Haryana

- **Anoushka Thakkar- SYBA**

Represented the University of Mumbai and secured third place in West Zone Football Competition held in Gwalior, MP 2018-19 and was selected for All India Football Competition.

She also participated in the Indian women's league 2018

- **Vishakha Deshpande –FYBMM**

Represented University of Mumbai and secured second place in All India basketball competition.

- **Stuti Saha – SYBA**

Represented University of Mumbai and secured second place in All India fencing competition held in GNDU University, Amritsar, Punjab.

- **Nikita Mathew –SYBMM**

Represented the University of Mumbai in the All India Fencing Competition held in GNDU University, Amritsar, Punjab.

- **Aradhya Singh – TYBA (Psychology)**

Represented the University of Mumbai in the All India Fencing Competition held in GNDU University, Amritsar, Punjab.

- **Zia Moulavi – SYJC**

Represented Mumbai District in DSO Maharashtra state Karate competition held in Baramati, Pune and secured third place winning the bronze medal.

Represented Mumbai district in DSO Maharashtra Ball badminton competition held in New Mumbai and the team secured the third place on the division level

Represented Sophia College in DSO Inter collegiate Badminton competition with the team reached the semi-final round

- **Ayesha Sayed – FYJC**

Represented Mumbai District in DSO Maharashtra State Boxing Competition held in Dharavi Sports Complex, Mumabi and reached the semi-final round.

- **Neeyadi Lobo – FYJC**

Represented Mumbai District in DSO Maharashtra State Athletics (shot put) competition held in Satara District.

Participated in five district state competition in javelin throw and discus throw and secured first place



Volleyball team (right) stood second and Ball Badminton team(right stood second in the District level tournament.)



REPORT SUMMARY

The year started off with students coming in to participate enthusiastically on 21st June, 2018 to celebrate the yoga day with the staff and other members of the college. 300 students joined the Gymnasium participated actively in all its events.

Walkathon was organised by government of Maharashtra and Mumbai Police for the awareness of Traffic rules and air pollution, students along with teachers joined them for the same.



Students and teachers participated in the Walkathon.

Badminton try-outs took place for the students of senior and junior college. The senior college team qualified for the quarter finals with their outrageous performance.

Independence Day celebration was also organized in honor of the nation and the flag hoisting session followed, after with our principal and teachers inspired us with their few words on patriotism. The department also organised a peace rally to August Kranti Maidan with a large participation from the college students.



Sports department organized a fun Sports treasure hunt for FYJCs across the college campus with clues providing them knowledge about famous sports personalities in India. Dodge Ball event was organised for the college students and the members made their own teams and participate for the same. The Department in collaboration with Backpackers India also organised treks and River Rafting.



Students at Kolad for Trekking.

This year also, with the University fencing tournament being held on campus, we received a lot of participation from across the University of Mumbai. Three of our students also got selected for the All-India Fencing Tournament.



Students along with coach at the All India Fencing Tournament, GNDU University, Amritsar.

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Felicitation of National Level Players on Sports Day



Sports Day at University Ground

The Department also got into collaboration with Nike Run Club and organized free Fitness sessions. Under the professional trainer the participants learned the right way of exercising and developed a regularity for the same.



This year has been an extremely fruitful year for us. We have seen an enormous wave of participation and success. We are optimistic about our future developments and are hopeful about our upcoming projects in the next year.

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GrishmaAshar at the chess tournament.

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Zia (in red) during the boxing bout

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