

**SPORTS**  
**DEPARTMENT:**  
**REPORT (2019-20)**

After a successful year, full of activities in 2018-19, it was now the time to elect a new front-runner for the sports department in Sophia College Autonomous for the session 2019-20. The sports club is the biggest club in college with maximum number of members. It is directly under the Sports Department and is headed by the students - secretary and executives, while guided by the teacher in-charges.

The elections for the place of the Sports Department took place in March 2019 marking the beginning of a new year for the sports department in college. **Anushka Lakhotia (TYBA)** was voted for as the new sports secretary for the session 2019-20. She is a national basketball player and has represented the college in various other sports as well. Her moto for this year's planned activities for the club was "*Victory is in the quality of competition, not the score.*"

The new academic session began in June 2019, where all the clubs were asked to put up an interesting presentation regarding their club activities for the new crowd to join in. This event, called GLIMPSES, marks the beginning for all clubs to appoint their executives as well as have as many members as possible to increase the student engagement in college happenings. The club had over **440 members** this year out of which the maximum were from the Junior College while Senior College has a fair amount of enrollment.

The first event of the academic year 2019-2020 held by the Sports Department was the International Yoga Day celebrated on the 21<sup>st</sup> of June 2019. It was a successful event organized by the Department of Sports, in the Multipurpose Hall, with much encouragement from our Principal, Dr. Sr. Ananda Amritmahal and the Faculty of the Sports Department.

The event began with our principal, Dr. Sr. Ananda Amritmahal who enumerated on the importance of Yoga Day and how it rejuvenates an individual's mental health, confidence and helps to develop a personality of a leader in students.

An esteemed Yoga trainer, Mrs. Anjali Joglekar, with 45 years of experience in Yoga instruction, and her two students conducted two consecutive Yoga sessions with the junior college and senior college students. Approximately, 350 students participated in this two hour event and learnt various postures, breathing techniques and exercises in Yoga.

Apart from that, the students were also educated about the notion of Yoga and how International Yoga Day came into being, through previously followed Indian traditions. Mrs. Anjali Joglekar explained how the International Yoga Day was established in India by our Honorable Prime Minister Shri Narendra Modi, in Delhi, in 2015. She used a PPT enabled presentation provided by the Government of India called The Margdarshak Pustika, to provide information about the benefits of various Yoga postures, which motivated the students to perform it much better, and with the right attitude.

The students seemed to be extremely joyous, curious and willing to learn and experience the different postures throughout the event. Plans are being made to have at least one yoga session each semester next year.



While June was a college activity event month, July was filled with try-outs for students who were willing to participate or explore their talents in badminton, basketball, football and other sports. The department prepares itself for the year long run for university, open tournaments and fests to send forth whoever is willing to explore their competences as a sports person. This includes rigorous practice hours after the college timings and training from expert and proficient coaches called in on campus daily for the rest of the session.

While that happened from time to time, the 73<sup>rd</sup> Independence Day of India on 15<sup>th</sup> August, 2019, was celebrated with as much joy and cheerfulness as it has always been. With college decorated by the Sports Department with eco- friendly ornamental cloth decorations, cardboard cut outs of slogans and lively tricolored ribbons, the day began with students assembling to the Triangular Terrace.

The gathering of 300 encompassing students, teachers and staff was addressed by our beloved principle Dr. (Sr) Ananda Amritmahal who spoke about the ways we can show patriotism by also conserving our environment which is a pressing need today. With gratitude, the students then sang a couple of patriotic songs in order to enthuse the students. After this, the principal then hoisted the flag which was followed by singing of the national anthem.

The students were then asked to head to the canteen extension and given snacks to prepare and refuel themselves for the march afterwards. A few students volunteered to hold posters while a few held our college banner and *the tiranga* and accompanied by the sports in-charges and local police, two-fifty students and fifty teachers and staff of Sophia College marched towards August Kranti Maidan marking the 23<sup>rd</sup> year of Peace March by Sophia College. With extreme enthusiasm, the students started chanting slogans and singing while marching towards August Kranti Maidan.

On reaching the venue, our principle and staff then paid tribute to the martyrs of our nation by offering a small bouquet and singing the national anthem with joy in our hearts. The students then took pictures on the location as mementos for their journey on this Independence Day.

This event was also covered by the Radio jockeys of Radio Mirchi, Jituraj, who later interviewed our Principal and the Sports Executives on the agenda of this event. With this we discovered what “independence” means to our students and what changes has the teachers and staff seen from the beginning to the end of this ongoing celebration of 23 years.

That this event has been going on since the 50<sup>th</sup> Independence Day and we cannot wait to complete a jubilee.



After the Independence Day celebration, keeping the proceedings on and the crowd hooked, the department organized for a five day, Self Defense Workshop which was successfully conducted from the 19<sup>th</sup> to the 23<sup>rd</sup> of August, 2019. The department received over 300 registrations, and two sessions were conducted separately on every day to accommodate all the students. The workshop was a successful one only because of the support of Dr. (Sr.) Ananda Amrithmahal and the other helping staff of Sophia College that ensured the presence of every equipment, from mics to the mats.

We had five trainers who trained the girls of both Junior and Senior College. The session started with basic warm up, carried forward with punches. The intensity of the activities increased day by day. The participants of the workshop were then taught different types of kicks that they can use at the time of need. These activities not only helped the students to learn about self-defence but also helped the participants be more flexible and open about their own selves.

The session then progressed to learning weak target points in a human body. Different types of attacking situations were demonstrated by the trainers, which the participants tried to practice with their respective partners. Different situations were thought of, by both the trainers and participants and different techniques of dealing with offenders were shown and practised. The last session was the most intensive session as it involved participants who were put in a situation and were locked (points), the participants were expected to use all their expertise and show the other participants and trainers about how they would deal in different situations.

All the participants attending the workshop had different takeaways and the session helped them know about how different situations can be handled by them individually. The participants were even shown tactics to deal with gangs, all by themselves.

The trainers also enjoyed the session that they conducted and the kind of support they received from the college. For each session two executives were present to help them with everything they needed. Their coach Mr. Bhaskar Karekar, who is a renowned Shivaji Chhatrapati awardee also joined us on the last day of the session (23<sup>rd</sup> of August) and was impressed to see the takeaway that the students and the techniques they learnt in just five days. They also learnt the philosophy of how Self Defence is not about being strong or technical but being patient at the right time.





August was fairly a busy month for the department and to mark the ending of this eventful month there is no better way that to celebrate the National Sports Day of India on the 29<sup>th</sup> of August, 2019 commemorating the birth of one of the most significant sports person in the history of Sports, Major Dhyan Chand, former player of the Indian Hockey Team. This day is often regarded to rejoice the sportsman spirit of every Indian.

This year, as our beloved Prime Minister launched the first *Fit India Abhiyan*, the Sports Department of Sophia College commenced the day with different activities associated with fitness. A lot of students engaged in Yoga exercises conducted in the Multipurpose Hall. While the gym trainers guided students interested in working out in the Gymnasium. A live screening of the FIT INDIA pledge was also conducted for the students and staff members of the college.

The Sports Department of Sophia College also incorporated a fun activity to begin with called "The Sophia Circuit Race". The motto of this was not to win or lose but to know that fitness is not just a word; it is a key requirement of a healthy and happy life. We had a very enthusiastic set of students and staff who participated in this race which involved a series of physical, motor and mental abilities. The executives decided to make teams on the spot for participants of different classes to come together and make efforts together as a team. The level of sportsman spirit was high throughout and was thoroughly enjoyed by all the students. The department's executives were also actively involved and encouraged the students to finish the run and not give up at any point of the race, which none of them surprisingly did and with determination every member of the team finished the race, a race to fitness.



While August was an eventful month, September was fairly silent due to the semester end exams. However even during the exams the degree college Hockey team qualified till the quarter finals and Erika Barnes and Palakjeet Kaur were selected for Inter University trials. Erika was then shortlisted to represent University of Mumbai in Jaipur, Rajasthan, from 7<sup>th</sup> to 16<sup>th</sup> November. The college was on break till November 17<sup>th</sup>.





After the long semester end break, The Sports Department and the Sports Club of Sophia College (Autonomous) organized an event in collaboration with the University of Mumbai, namely, Maha Walkathon 2019 conducted by the Department of MMVD (Transport) and PWD - Government of Maharashtra. The Maha Walkathon took place on Saturday, 30<sup>th</sup> November 2019. The event aimed to spread awareness on Road Safety - No Honking - Responsible Driving.

The walkathon involved a 2 km walk beginning and ending in our campus i.e. Sophia Main Gate- Mahalakshmi temple- Peddar road- Sophia College. There were around 600 students from over 15 courses which includes both junior and senior college. The event commenced at 8:00 am and went on till 9:00 am.

The students were encouraged to make posters based on the theme of 'Road Safety' which were held for display during the walkathon. The event required the students to adhere to the dress code of white shirts, track pants and shoes. The group of 600 students included students from junior college, the science department, the arts department and polytechnic. They proceeded through the walkathon strictly in two files guided by the sports executives at regular intervals. Some members of the teaching staff accompanied the executives in guiding the students. The class representatives aided the department by keeping record of the number of students present per class. A few volunteered to record the event through photography and videography. The event commenced and came to an end as scheduled.

Maha Walkathon 2019 on 30<sup>th</sup> November kick-started the sports week of Sophia College, thus marking the beginning of the much-awaited sports spirit adopted for the Annual Sports day. We hope to continue this event and hope for greater participation through the years.

The sports department headed by the sports secretary, Anushka Lakhotia along with sports executives worked together in organizing and bringing the walkathon into effect. Maha Walkathon 2019 would have impossible without the support and guidance given to the sports department by the principal of Sophia College (Autonomous), Dr. Sr. Ananda who graciously permitted us to conduct this event. The traffic department of Tardeo granted permission to use the footpath on Peddar road for the purpose of the walkathon.





*(Sports secretary and the executive team after Maha walk-a-thon event)*

The month of December has always been an eventful month for the Sports club due to the flagship event, SPORTS DAY. But this year, in order to inculcate new activities and enable maximum student participation, the department revived their SPORTS WEEK to literally “up their game”. This revival was a new initiative taken by the department to engage maximum college crowd and encourage them to participate and explore their talents.

The week was kick- started by the Maha Walk-a-thon conducted on the previous dates. Then the entire intra-collegiate action-packed week was held from 2<sup>nd</sup> till the 6<sup>th</sup> of December every day after lectures. Teams of students as well as staff stayed back after 2 pm to either participate or motivate their friends and colleagues.

There were various outdoor sports organized and executed by the executive committee like football, throw-ball, volleyball, dodgeball and indoor games like carom and chess too. The first day was organized in order to have knock out matches between each class participating. Dodgeball was organized in the central lawn and simultaneously, throw-ball was organized on the volleyball court. Over 18 teams participated in both and qualified to the next round. Finally, 4 teams were selected for the final round to be held on the 5<sup>th</sup> of December. The second day was for enthusiastic football players. Over 10 teams performed extremely well in the first round after which 4 teams qualified to the semi-finals. The third day was a busy day for all the winning teams because of the finale rounds. After sitting in the sun for hours and participating in various rounds, top three teams for each sport were finally announced and the winners.

The Secretary and the club executives worked extremely hard to encourage participation throughout college. Although people were a bit hesitant to participate. The Executive team took help from the College Union Committee where the Class Representatives worked hand in hand with the club to form teams for each class. The executives mentored each class team separately and showed them tactics to win the sport. Not only this, the executives handled the events meticulously by dividing themselves into subgroups and holding refer ship positions throughout these 3 days. They also encouraged people continuously to do their best. The overall participation was around 100 students and teachers through-out these three days. These hours were spent profitably on health, communication, and towards forming new relationships and memories which is what the Organizing committee expected.

Results were as follows-

Position	Football	Throwball	Dodgeball
I	TY	SYBA	FYJC A
II	SYJC	FYJC A	FYJC C



As December approached, the Sophia College Sports Department amped up the preparations to organize one of the biggest events of the year - Sports Day. Held at the University Sports

Pavilion, events were held simultaneously for both Junior and Senior College students as well as staff. The track events ranged from the 100m to the 800m and the field events included the shot put, discus and javelin throws as well as long jump and high jump.

A week of frantic activity which included sports matches (football and throw ball) as well as students hanging up posters, collecting names and marching around campus followed, and this led to the final event on 6<sup>th</sup> December, 2019. Heats and eliminations were scheduled for the preceding day. 5<sup>th</sup> December started with the finals of the 800m, a race designed to test both endurance and speed. This was followed by semifinals and in some cases, because of the high turnout. The participants in the 100m, 200m and 400m were extremely enthusiastic and motivated in spite of running multiple races.

The next day the air was charged with anticipation and the stands were packed with around 800 spectators and around 2 p.m the march past kicked off the Sports Day. Contingents from all three years of B.A, BMM, Bsc-IT and B.Sc displayed their rhythm and coordination as they circled the ground to the beat of the college band with the Student Body President, Medhavi Chaturvedi and Sports Secretary, Anushka Lakhotia marching in front of all the squads. Some of the top sportswomen from our college also took up the role of torch bearers for the event.

Our principal, Dr. Sister Ananda Amritmahal then hoisted the college flag and declared the sports meet open. The next few hours saw a flurry of activity. Track and field finals saw fierce but healthy competition and the spirit of sportsmanship filled the ground. Interwoven with these, were the games for the staff and the audience involving colorful props and lots of laughter.

The day ended with the much-awaited prize distribution ceremony. It was a celebratory occasion for everyone. Prize winners were given certificates and medals whereas individual trophies were handed over to the individual champions of senior and junior college. After some more celebration and some impromptu picture taking, a sweaty and exhausted but exhilarated troupe made their way back to college. The memories created were worth the sore limbs.

Of course, all of this was meticulously photographed by a team of talented photographers led by Khushi Desai who toiled away in the sun to capture the most memorable moments.







While this ongoing event was for college students, on a broader level, students were simultaneously participating at the university level football and basketball competitions held at university ground, sports pavilion and Mumbai University, Kalina campus respectively. The football team qualified till the semifinals and grabbed the third position at University of Mumbai held tournament while the basketball team were the topmost team in their pool. **Gabrielle Soans** of TYBMM further qualified for the trials and went on to represent the University of Mumbai in the inter university tournament held in Jabalpur, Madhya Pradesh, whereas **Vishakha Deshpande** went to represent the same in Gwalior and Solapur, Madhya Pradesh.



On the 18th of December, the Sports Department along with the Sports Club at Sophia College held a major event under the **University of Mumbai, namely, Intercollegiate Fencing competition**. This event started at 8.30 followed by an opening ceremony by our college principle Sister Ananda and selectors of fencing from the Mumbai University accompanied by Ms. Kulkarni. A short speech was given to all the participants to wish them luck by our



Principle, Sports Secretary and Mumbai University selectors with a brief talk on the history and fraternity of fencing in Mumbai.

Various college students from all over and around Mumbai had taken part, under the 3 categories of Saber, Foil and Epee. This was further divided into boys and girls which had at least ten participants in each group. These knock-out matches went on for at least fifteen minutes each, after which players were selected for their next battles based on their points. There were two matches happening at one time in our own college's Multi-Purpose Hall. Participants competed for the first, second and third place through a round of quarters, semis and finals each. Our college has over 6 participants, 2 in each event. The event went on all day, with a short lunch break for participants and coaches present there. After all the matches came to an end, prizes were distributed to the winning. Participants and participation certificates were distributed. The event was then called to an end by 6.30pm in Multipurpose Hall.

**Nikita Mathew, Stuti Saha and Sreedevi Laxman** tactfully made their way to the Inter University Tournament representing the University of Mumbai in Amritsar in January, 2020.



The last official event of the Sports club and the department of the college was a Zumba Workshop held on 30<sup>th</sup> January, 2020. This event was held by Mrs. Pooja Kansara, a professional Zumba trainer, for the college students in the A.V. Hall from 2-3 PM. Almost 20 Junior and Degree college students showed up for the action-packed powerful Zumba session for an hour and the trainer was later felicitated with a memento from the Sports Department after her motivating speech.

**Stuti Saha was further selected for the Khelo India tournament which was held in Kalinga Institute of Information Technology, Bhubaneswar, Odisha from 21<sup>st</sup> till the 24<sup>th</sup> of February, 2020. This was the first ever held Khelo India Inter University Games 2020. The event was held on a very large scale with utmost grandness and magnificence.**



Our teacher in-charge Ms. Shruti Waydande Kadam (Shiv Chhatrapati Sports Awardee) was also nominated as a coach of Khelo India Inter University Fencing Men and Women team by the University of Mumbai.

(Handing over – what was conveyed with what anticipation, what is the plan.)