

Annual Sports Club Report 2020-2021

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 sports club works under the Sports Department which is headed by students and guided by our teachers in-charge, specifically Mrs Shruti Waydande Kadam. This year, despite the obvious restriction on the opportunities to play sports, the club adopted online platforms to encourage fitness in various forms.

The new academic session began in August 2020 with the **celebration of Independence Day**, which took place in collaboration with the NSS unit of Sophia College, in the form of various competitions. **Inter-collegiate** competitions for **Slogan-writing, Poster making** as well as a Quiz were conducted for a span of three days from 12-15th August. The spirit of patriotism was portrayed through the various submissions that were received. On 15th August, a webinar was conducted on the topic – “The Armed Forces – An Insight” in collaboration with NSS Unit and University of Mumbai via YouTube Live. The event began with an address by the Principal Dr Sr Aananda Amritamahar, followed by the speakers, Col H. S. Grewal and Capt. Dr Suresh K. Vanjari, who have a vast experience of serving for thirty-two years in the Indian Army. There were about 320 students participating and interacting actively.

Within a few days, the club commenced its activities with an Instagram Live which was in adaptation to the constraints of the lockdown. The theme focussed on the effect of COVID-19 on Sports and careers in the field of sports management. The talk was hosted by Jessica Lobo, a Senior Executive and featured Anushka Hirwani.

The National Sports Day, held on August 29, is celebrated to commemorate the birth anniversary of hockey legend Dhyan Chand Singh. The department organised a quiz titled, “Quiz for the Sports Whiz” to test the students’ knowledge and also sincerely honour the Indian Sports Legacy. The quiz included a plethora of questions, via Google Form, ranging from trivia about football, cricket, basketball, Bollywood movies based on sports and other fun trivia.

After the successful event of GLIMPSES and the massive response received from the new batch of first-year students, the Sports Department was

delighted to conduct an online orientation to increase awareness about the various activities and procedures of the department. The meeting was conducted via Zoom on Sunday, 20th September at 5:00pm.

The club aimed to lay emphasis on the importance of leading a healthy lifestyle that involves destressing from regular hectic routines and this was achieved on 23rd September which is celebrated as National Fitness Day. The Sports Club collaborated with the World Music and Dance Club (WMDC) to organize a Zumba workshop by Mrs Payal Ranjan.

The club seeks to introduce new forms of fitness and this was fulfilled by a workshop on Tabata, a high-intensity interval training. This took place on the 24th of October, Saturday for over 45mins by fitness and wellness coach, Tarini Tripathi, who is also an ex Sophia student.

The month of November began with activities revolving around the much-awaited IPL i.e., Indian Premier League. In order to showcase the club's support for the game being conducted during the pandemic, the Sports Club organized an 'Ultimate IPL quiz', via Instagram stories, testing the knowledge of those following the tournament. The following week, daily polls were posted on Instagram asking students to predict winners of all qualifying matches. On the occasion of the finals on 10th November, the club enabled students to show support for their team by posting individual stories consisting of a picture of them wearing team jerseys or showing their plans for the evening of the finale.

On 27th November 2020, a beginners Hatha Yoga workshop was organized by the Sports Club in collaboration with Bharatiya Sanskritik Parishad. It was conducted by Ritcha Roy, a passionate yoga teacher from Australia. She showcased postures focusing on back flexibility and various types of upper and lower body stretches. She also talked about the benefits of Hatha yoga specifically for women and its effects on hormonal balance.

The Sports Club organised a 'Mat Pilates Workout' session on the 22nd December in association of Moushu's Pilates. The guest trainers were Laila Ali and Saumya Joshi. Saumya introduced the class to the basics of Pilates and its advantages which was followed by Laila, who conducted the workout by demonstrating various postures and stretches. The workout turned out to be a refreshing end to the year of 2020 and has definitely helped students resolve to stay fit during the next year. , giving them a great opportunity to interact with students from various streams of college.

Every year the Sports Department looks forward to its flagship event which is the Sports Day. This year due to the pandemic, this annual tradition had to be improvised to fit the online platform. This took place in the form of what was called the 'Ultimate Fitness Challenge. The challenge aimed to test students' physical endurance and strength through a set of tasks which ranged from intense exercises, yoga poses to fun activities including bottle flips. The submission-based event took place on 16-17th February and received around 90 registrations, from junior and senior college. The first place was given to Team 1 and the runners up to Team 10 after careful consideration. The winning team received gifts in the form of E-coupons from the two gift sponsors namely, ScentKraft and Dazzle Moon. The challenge was received with much enthusiasm and gave students a great opportunity to interact with students from various streams of college online.

In an age where crimes against women are rampant, the Sports Club considered it fit to organize a self-defence workshop in collaboration with MUNSophical headed by the eminent Sharif Bapu on 13th March, 2021 at 6:30 pm. Mr Sharif Bapu, is the President of MMA India and heads the Academy of Self Defence. An informative session demonstrating various protective manoeuvres that can be practised in public spaces including how to assemble a DIY safety kit.

The Sports Club along with the Placement Cell organized a Career Connections talk on 15th March. The talk was based on the topic of various job opportunities that are available for individuals who are interested in making a career in the field of sports. This was hosted by the CEO of Sporjo, Mr. Srinivvasan. . The talk was brief yet effective and was divided into 3 sections. The first being the scope and opportunities, the second the process of applying and the third the benefits and how the company can help the students.

The last official event was a Yoga session on 24th March which was associated with Nikaya Yoga Studio. The guest instructor was Sanjana Luniya, a Hatha Yoga teacher and practitioner since 2013. The various stretching postures and breathing techniques left the students feeling refreshed and rejuvenated.

Overall, the Sports Club and Department succeeded in achieving its goal of increasing participation and encouraging fitness, even through the online platform. The members of the club showed constant enthusiasm and interest

in various events and activities held. The club looks forward to a new year of improving physical and mental well-being through its various engagements.