

SPORTS CLUB 2022-23

The Sports Club is one of the biggest clubs in Sophia College. This year we had plenty to do as this was the first academic year in session offline after the pandemic. Initially, we started with a collaboration with the sports department on the occasion of International Yoga Day on June 21, 2022, exclusively for our Sophia college students. The event was hosted by Kaivalyadhama Institute of Yoga, Lonavala, who have been spreading awareness about the importance of yoga, and why it should be practiced not only by the youth but also by the middle-aged population and the elderly too. On 14 July, 2022, the Sports Club in collaboration with the Bhartiya Sanskritik Parishad, held one of the most awaited and exciting event which makes your every muscle move; 'Zumba' - a fusion of aerobic fitness and various dance styles, is a whole-body workout which has both physical and mental health benefits. Over the past two years, people's inactivity has led to various health issues. This session helped the participants expand their area of physical fitness which they not only enjoyed, but also understood the importance of physical health.

In the 75th year of Independence, the Sports Department in collaboration with NSS organized the Peace March to August Kranti Maidan from Sophia College. There were approximately 500-600 students, inclusive of the faculty members. The event began from 8:00 AM onwards, with the recitation of the National Anthem, a speech by our principal, and Lawani. The event ended by 10:30 AM. On the occasion of the 75th year of Azadi ka Amrit Mahotsav, The Sports Club of Sophia College in collaboration with Backpackers India Group organized a trek to Sondai Fort. There were 73 students along with 4 staff members. The participants boarded their buses from Dadar and Borivali. Breakfast was provided to everyone on the journey to Sondai Fort. The trek started at 10:30 a.m. from the base camp to the top of Sondai Fort. After a two-hour-long trek, we took a one-hour break for sightseeing and started our journey back at 1:30 p.m. We reached base camp at 2:30 p.m. The team had lunch and boarded their buses back. After an eventful day, the team reached back around 9:30 p.m. The trek was very adventurous and most of them completed the trek. It was a very enriching and insightful experience for all the students.

In September our sports club collaborated with ISM globe and held an engaging and fun session in the AV hall in collaboration with Kaleidoscope and the Sports club. As an institute of sports management, they held an hour-long session that educated the participants about different career

opportunities in sports management. They kept the audience engaged by keeping fun activities with gifts and freebies as rewards. It was compulsory for the Kaleidoscope workforce to attend the session. There were around 100 students present and the session went on from 1:30 to 2:30. The workshop ended with a fun and exciting activity involving a team effort and was a huge success all around. With all the events, the sports club was also busy with intercollegiate sports events as well.

Our college got the chance to hold the table tennis intercollegiate tournament in University Pavilion, Marine Lines. The other sports events followed, among which in Swimming Iqra Shaikh was selected to represent the University of Mumbai in University games. Our students showed great interest, enthusiasm and performance in tennis, squash, shooting, basketball, football, athletics and many more where they represented the college at the zonal level.

To keep up the spirit of sports right before our flagship event we restarted with sports week, where we introduced games such as Lagori, Throwball, Skipping Relay and Langdi to relive our childhood memories. The sports day is a 2 day event, On the day of Heats, there were two sorts of events, field and track. Field events like shot put, javelin throw, discus throw, long jump, and high jump were played, whose winners were chosen on the spot. There were track events like 100m, 200m, 400m, and 800m, in which 8 finalists were chosen for 100m and 200m, whilst 400m and 800m winners were chosen on the spot. There was tug-o-war as well.

On the sports day 2nd of December, the ground was flooded with our esteemed principal, the sports department staff, teachers, participants, executives, volunteers, and the audience.

The day began with felicitations and the March Past, in which all departments and classes participated, followed by the Torch Run, and Oath by the Club Secretaries, Ananyaa Singh and Aayushree Sarma. Then, the track events (100m and 200m) began and winners were chosen. Additionally, one fancy relay in which participants had to balance the tennis ball on a racquet while bouncing; one normal 4x100 relay and 100m run; and a book balance race 4x50m was held for the teachers. CUC and staff tug-o-war was held too. Niraja Nabar and the photosoc contributed through their skillful photography, throughout the event. Later in the evening, the distribution of medals, trophies, and awards to students was done. Gifts distribution to the

winning classes of the Sports Week also took place. Lastly, the day came to an end by reciting the National Anthem, pictures, and celebrations!

After sports day the sports club and the department had one more important event to organize, the intercollegiate and inter zonal fencing tournament which was held in Sophia college.

This was the last event marking the end of this session and bringing the energy for new beginnings.

ISM Globe:



Independence Day:





Fencing Tournament:



Sports week:



Sports day:



Inter college Table tennis tournament:



Inter college Swimming tournament:

