

Annual Report

Sophia College Sports Club: A Year of Thrilling Adventures and Triumphs

The Sports club is the biggest club in college with a maximum number of members. It comes directly under the Sports Department and is headed by the students - secretary and executives, while guided by the teachers in-charge.

The elections for the place of the Sports Club Secretary took place in February 2023 marking the beginning of a new year for the sports department in college. **Divya Keni (SYBA)** was voted as the new sports secretary for the session 2023-2024. She is a state level table tennis player and has represented the college in various other sports.

This year, Sophia College Sports Club successfully fulfilled its mission of providing an excellent space for both sports enthusiasts and non-sports individuals. Through a series of well-executed events, the club created an inclusive environment that catered to diverse interests.

The club organised sports tournaments, ensuring a platform for athletes to showcase their skills. Simultaneously, they introduced recreational activities like fun games and outdoor social events, engaging non-sports participants in a welcoming atmosphere. The integration of these varied events contributed to the overall success of our club's goal to foster a vibrant and inclusive community.

The new academic session began in June 2023, where all the clubs were asked to put up an interesting presentation regarding their club activities to ensure maximum participation from the upcoming batch of students. 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 **800 members** this year out of which the majority was from Junior College while Senior College had a fair amount of enrolment.

The first event of the academic year 2023-2024 held by the Sports Department was the International Yoga Day celebrated on the 21st of June 2023. It was a successful event organised

by the Department of Sports, in the Multipurpose Hall, with much encouragement from our Principal, Dr. Anagha Tendulkar and the Faculty of the Sports Department.

Title of the Activity/Event: 77th Independence Day Celebration

Date: 15th August, 2023

Name of the Resource Person/Organisation: N/A

Number of Participants: 80+

Venue: Soophia College Campus, August Kranti Maidan.

Detailed Description of The Activity/Event:

Sophia College's 77th Independence Day celebration on August 15, 2023, was a poignant tribute to India's freedom struggle. The day commenced with a solemn flag hoisting ceremony led by the college principal, instilling a sense of unity and pride as the national anthem echoed through the campus. Cultural performances by NSS students followed, featuring patriotic songs that resonated with themes of diversity and India's rich heritage. A significant highlight was the "Peace March" from Sophia College to August Kranti Maidan, a historic site associated with the Quit India Movement, symbolising solidarity and remembrance of sacrifices. The culmination at August Kranti Maidan and subsequent refreshments provided a platform for attendees to engage in conversations, deepening community bonds. The event, with its blend of tradition and culture, left a lasting impact, fostering a profound sense of patriotism and reinforcing the collective responsibility of upholding the nation's values. The celebration successfully captured the essence of Independence Day, honouring the sacrifices made by freedom fighters and uniting the college community in reflection and gratitude.

Title of the Activity/Event: Secret Waterfall Trek

Date: 27th August, 2023

Name of the Resource Person/Organisation: Backpackers India

Number of Participants: 104

Venue: Bhira, Maharashtra

Detailed Description of The Activity/Event:

In the heart of nature, Sophia Trekkers embarked on a captivating journey to a secluded waterfall near Bhira. Over 100 students explored a quaint village, strengthening bonds and embracing local culture. The trek culminated in a refreshing dip in the waters of the secret waterfall, leaving them with memories of fun and accomplishment.

Title of the Activity/Event: Mumbai University Intercollegiate Women's Football Tournament

Date: 17- 18th September, 2023

Name of the Resource Person/Organisation: N/A

Number of Participants: N/A

Venue: D.G. Ruparel College

Detailed Description of The Activity/Event:

Sophia College hosted an exhilarating football tournament, showcasing the talents of athletes from 10 colleges. Despite finishing in 4th place, Sophia's team exhibited exceptional skills. Selected students earned the opportunity for further trials, highlighting the success and recognition of Sophia College in sports.

Title of the Activity/Event: Mumbai University Intercollegiate Fencing Tournament

Date: 4 December, 2023

Name of the Resource Person/Organisation: N/A

Number of Participants: N/A

Venue: MPH, Sophia College

Detailed Description of The Activity/Event:

The Department of Physical Education and Sports along with their executives orchestrated a successful intercollegiate Fencing Competition at Sophia College. From determining competition formats to managing logistics and volunteer coordination, the event showcased talent, sportsmanship, and a dedication to promoting fencing within the zone.



Title of the Activity/Event: Sports Week

Date: 19th- 22nd December, 2023

Name of the Resource Person/Organisation: N/A

Number of Participants: N/A

Venue: MPH, Volleyball Court, Basketball Court

Detailed Description of The Activity/Event:

The month of December has always been an eventful month for the Sports club due to the flagship event, SPORTS DAY.

The entire intra-collegiate action-packed Sports week was held from 19th till the 22nd of December every day after lectures. Teams of students as well as staff stayed back after 1:30 pm to either participate or motivate their friends and colleagues.

The event featured diverse sports, fostering camaraderie and healthy competition. Participants showcased athletic prowess, emphasising sportsmanship, teamwork, and wellness through inclusive activities and fitness sessions. The week successfully promoted a vibrant sports culture within the student community.

The week-long event featured intense badminton and carrom competitions specifically for staff members, promoting recreational activities. The thrilling Tug of War and Kho Kho matches brought an element of fierce competition, fostering teamwork and strategic thinking among participants. Throwball added a dynamic and energetic team sport to the mix, creating an exciting atmosphere. The inclusion of "Dog and the Bone" injected a playful and spirited element, showcasing the club's commitment to diverse and enjoyable activities for all participants throughout the week.

Tug of War was organised on the volleyball court and simultaneously, throw-ball was organised on the Basketball court. Over 15 teams participated in both and qualified to the next round. A

surprise event organised this year was the ‘staff v/s students volleyball match’ which gathered a cheery crowd to support their favourites.

The Secretary and the club executives worked extremely hard to encourage participation throughout college. 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 handled the events meticulously by dividing themselves into subgroups and holding referee ship positions throughout these 4 days. They also encouraged people continuously to do their best. The overall participation was around 100 students and teachers through-out these four 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 | Circle Kho-Kho | Throwball | Dog and the bone |
|----------|----------------|-------------|------------------|
| I | FYBScIT | FYJC Arts B | FYJC Sci A |
| II | FYBA | SYBA | MSc |



Title of the Activity/Event: Annual Sports Day

Date: 5th January, 2024

Name of the Resource Person/Organisation: N/A

Number of Participants: N/A

Venue: University of Mumbai Sports Pavilion

Detailed Description of The Activity/Event:

The much-anticipated “Annual Sports Day” unfolded on 5th January 2024 with great enthusiasm and energy. The event commenced with a spectacular torch run, setting the stage for a day filled with sportsmanship, camaraderie, and thrilling competitions.

The Principal officially inaugurated the event, delivering an inspiring opening speech, encouraging students to showcase their talents and engage in healthy competition which was followed by the flag hoisting ceremony, reinforcing the sense of unity and pride among the participants.

A colourful and spirited march past consisting of 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, Shreya Singh and Sports Secretary, Divya Keni marching in front of all the squads. Each participating team displayed impeccable discipline and unity. The rhythmic sound of drums and lively cheers echoed across the grounds as students proudly represented their respective classes, creating a vibrant atmosphere.

The day featured a variety of events, including the 100m, 200m and 400m races as well as the exhilarating relay races for students and faculty members. These events not only tested the participants’ speed and agility but also ignited a competitive spirit that permeated the entire event. A unique highlight was the staff fancy relay, adding a delightful touch of humor and camaraderie.

Tensions ran high during the thrilling Tug of War competitions. The battle between SYBA and FYBA students and the Staff versus CUC showcased not only physical strength but also strategic teamwork. The cheers from the sidelines echoed the intensity of these contests, creating an electric atmosphere.

The hard work and dedication of the participants were duly rewarded during the prize distribution ceremony. Winners across various categories received medals and certificates, encouraging them to continue excelling in sports.

The Annual Sports Day concluded with a memorable closing ceremony along with the national anthem. The day's achievements were celebrated, marking the end of a day filled with sportsmanship and memorable moments. Of course, all of this was meticulously photographed by a team of talented photographers led by Ashmika Rajendran who toiled away in the sun to capture the most memorable moments.

The Annual Sports Day was a resounding success, fostering a sense of unity, pride, and healthy competition among students. The event not only showcased athletic prowess but also emphasised the significance of sports in promoting physical fitness, teamwork, and character building. It will undoubtedly be remembered as a day that brought the college together in the spirit of sportsmanship and celebration.

