

**5.3.2 Average number of sports and cultural programs in which students of the Institution participated during last five years (organised by the institution/other institutions)**

**2019-20**

<b>Date of event/activity (DD-MM-YYYY)</b>	<b>Name of the event/activity</b>	<b>Name of the organising institution</b>	<b>Name of the student participated</b>
21-06-2019	Celebration of International Yoga Day	B. M. Ruia Girls' College	1. Chaudhari Usha 2. Chauhan Sanu 3. Gaud Ritu Kumari
15-08-2019	Independence Day	B. M. Ruia Girls' College	1. Shukla Nidhi 2. Yadav Anjali 3. Gupta Sushma 4. Jain Poonam Kumari
29-08-2019	Live Telecast of Hon. Prime Minister's Narendra Modi's Fit India Pledge	B. M. Ruia Girls' College	1. Gupta Pratima 2. Gupta Shrishti 3. Mali Badami Kumari 1 4. Pardeshi
05-09-2019	Teachers Day Celebrations	B. M. Ruia Girls' College	1. Jain Khushbu 2. Kothari Jigal 3. Mali Divya 4. Manorama 5. Mukhiya
18-09-2019	Regional Sndt Yuva Mahotsav	SNDT Women's University	1. Swami Sneha 2. Tripathi Harshita 3. Upadhayay Ganga
26-09- 2019 - 27-09-2019	Students participated in the Youth Festival - Regional SNDT Yuva Mahotsav Organised	SNDT Women's University	1.Rani Singh 2.Shanu Chauhan 3.Janvi Gupta 4.Sanjana Jaiswar 5.Chandra

07-12-2019	Annual Sports Day on 07-12-2019	B. M. Ruia Girls' College	1. Agarwal Priyanka 2. Akhade Harshali 3. Ansar Uzma
13-12-19 to 14-12-2019	Shrimati Sumita Devi Shrikant Dalmia Nirjhar Inter-Collegiate Festival	B. M. Ruia Girls' College	1. Shukla Sneha 2. Guriya Ramniwas 3. Sharma Manisha 4. Jain Ruchita 5. Patel Shashi
08-01-2020	Miss Yashasvini Contest	B. M. Ruia Girls' College	1. Giri Sakhi 2. Gupta Pratima 3. Gupta Shrishti 4. Parmar Madhuri 5. Patel Akanshaben
10-01-2020	Ras-Phuhar – Annual Day on 10th January, 2020	B. M. Ruia Girls' College	1. Godhikia Dipti 2. Guduri Susmitha 3. Gunti Laxmi
16-01-2020	Shri Ramprasad Poddar Bhajan Competition was organised on 16th	B. M. Ruia Girls' College	1. Shelar Gauri 2. Shete Sushma 3. Shetty Karisna 4. Shinde Namrata 5. Shinde Savali
17-01-2020	Self-composed Poetry Recitation Competition was organised on 17th	B. M. Ruia Girls' College	1. Ambre Rupali 2. Chaurasia Kajal 3. Chaurasia Kajal 4. Dahiya Pooja 5. Gambhva
09-02-2020	Minithon Road Race by SNDT Women's University at Juhu Campus on	SNDT Women's University	1. Singh Vidyakumari 2. Suthar Kavita 3. Fatima Muhammad
07-03-2020	Special Chess and Rubik's Cube Training Session on 07-03- 2020	B. M. Ruia Girls' College	1. Ruksar Fatma 2. Sayyed Kahkasha 3. Shekh Shazda 4. Shukla Nirali
07-03-2020	Prize Distribution Ceremony	B. M. Ruia Girls' College	1. Kannaujiya Sejal 2. Khan Anjum 3. Pandey Simta 4. Sahu Kajal 5. Sharma Manisha

# 2020-21 (Lockdown - Online Mode)

## Sending Sample List of Names

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
17-06-2020	National Level Quiz Competition on the occasion on International Yoga Week	B. M. Ruia Girls' College	1. Dr. Vishal Bhardwaj 2. Dr. Rekha Shelar 3. Dr. Seema Sharma 4. Dr. Kavita Patil
18-06-2020	National Webinar on "Supercharge Your Life"	Cultural Committee, Sports Committee and NSS Unit, under the aegis of Internal Quality Assurance	1. Dr. Nooruzia Qazi 2. Dr Hemlata Masiwal 3. Farheen
19-06-2020	Inter-Collegiate Surya Namaskar Competition	B. M. Ruia Girls' College	1.Dimpal Kumari 2.Sharma Chandani 3.Patel Leela Kumari 4.Gupta Pooja
20-06-2020	National Webinar on Fitness For All	Cultural Committee, Sports Committee and NSS Unit, under the aegis of Internal Quality Assurance	1. Arun P 2. Vitkar Lata Sunil 3. Shubhangi Kishor Salunkhe 4. Dr. Monali Amol
21-06-2020	National Webinar on Building Up Strength And Immunity Through YOGA To Fight With COVID-19	Cultural Committee, Sports Committee and NSS Unit, under the aegis of Internal Quality Assurance	1.Dr. Nooruzia Qazi 2.Dr Hemlata Masiwal 3.Arun P
26-06-2020	National Webinar on Restoring Synergy of Mind, Body and Soul with Homeopathy	IQAC, Dept. of Commerce and Dept. of Sociology, B. M. Ruia Girls' College & SDIMS in	1.Dr. Nooruzia Qazi 2.Dr Hemlata Masiwal 3.P.Arun 4.Namrata Sachdeva
24-07-2020	GURU PURNIMA CELEBRATIONS	B. M. Ruia Girls' College	1.Sharma Manisha 2.Sharma Shalu 3.Dimpal Kumari 4.Komal 5.Pawar Aarti

15-08-2020	Independence Day Celebration to commemorate our freedom fighters, warriors and Patriots	B. M. Ruia Girls' College	1.Sharma Manisha 2.Sharma Shalu 3.Dimpal Kumari 4.Komal 5.Pawar Aarti
12 September 2020	Online 'Hindi Saptah' Antakshari Pratiyogita (Hindi Kavitaon Per Aadharit)	B. M. Ruia Girls' College	1. Nidhi Shukla 2. Shehreen Ansari
26-01-2021	National Quiz on Indian Art, Culture and Heritage “Incredible India अतुल्य भारत”	Cultural Committee in association with Internal Quality Assurance Cell (IOAC) of Marwadi	1. Dr. Nooruzia Qazi 2. Shruti Ranade 3. Nancy Pujara 4. Mansuri Zeba
17-05-2021	National Webinar on "Role of Extension Activities and Sports"	Student Welfare Committee in association with Internal Quality Assurance Cell	1. Swati Vaidya 2. Nooruzia Qazi 3. Dr Beenu Singh 4. Pallavi Jaywant Gaikwad

## 2021-22 (Lockdown - Online Mode) Sending Sample List of Names

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
21-6-2021	INTERNATIONAL YOGA DAY	B. M. Ruia Girls' College	1. Anamika 2. Astha Maurya, VCW, BHU 3. Kunika Mankar 4. Pooja
21-6-2021	National Level Workshop titled "Yoga at home and Yoga with Family"	B. M. Ruia Girls' College	1. Anamika 2. Astha Maurya, VCW, BHU 3. Kunika Mankar 4. Pooja
24-07-2021	GURU PURNIMA	B. M. Ruia Girls' College	1.Pushpa Kanojiya 2.Anchal Kanojiya 3.Sarita Kanojia 4.Pranjal Kamble 5.Disha Kakade



06-09-2021	Thank A Teacher" event on the occasion of Teachers Day (5th Sep)	B. M. Ruia Girls' College	1.Chaudhari Nirmakumari 2.Singh Rupamkumari 3.Pal Jyoti
22-12-2021	Webinar on "Self Care and Mental Health"	B. M. Ruia Girls' College	1.Sahani Vandana 2.Chaudhary Rinki 3.Chaurasiya Antima 4.Rohele Aneksha
26-01-2022	REPUBLIC DAY CELEBRATION	B. M. Ruia Girls' College	1.Rajbhar Janhvi 2.Mhetre Vaishnavi 3.Singh Prachi 4.Tiwari Nidhi 5.Shaikh Sofia
26-01-2022	National Quiz "नेताजी" was organised in the remembrance of 123rd Birth	B. M. Ruia Girls' College	1.Kusuma Dabali 2.Janvi Gupta 3.Anushka Dudhawade 4.Aachal Chaurasia
05-02-2022	SARASWATI POOJA	B. M. Ruia Girls' College	1.Prajapati Swati 2.Pandey Laxmi 3.Saroj Kusum 4.Koyari Soni 5.Pal Jvotsana
17-02-2022	SMT. SUMITA SHRIKANT DALMIA INTERCOLLEGIATE COMPETITION	B. M. Ruia Girls' College	1.Kajal Tripathi 2.Aayushi Dixit 3.Harshita Jadhav 4.Varsha Jangir 5.Pramiksha Mohite
23-03-2022	SHRI. RAMPRASAD PODDAR INTERCOLLEGIATE BHAJAN	B. M. Ruia Girls' College	1.Solanki Aarti 2.Koyari Soni 3.Patel Leela 4.Patel Leela 5.Darade Sonali

**2022-23**

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated

21-06-2022	National E-Quiz on “Yoga for Humanity”	B. M. Ruia Girls' College	1. Bagretha Swati 2. Diwan Maryam 3. Jadhav Sneha 4. Kajania Sonam 5. Latnekar Shreeva
13-07-2022	Guru Purnima Utsav	B. M. Ruia Girls' College	1. Bagretha Swati 2. Diwan Maryam 3. Jadhav Sneha 4. Kajania Sonam 5. Latnekar Shreeva
21-07-2022	Hike to Garbett Plateau (Matheran)	B. M. Ruia Girls' College	1. Singh Kushal 2. Mhashilkar Tanvi 3. Shaikh Safiya 4. Kujur Anamika 5. Lagishetv
01-08-2022	Talent Show- 'Abhivyakti'	B. M. Ruia Girls' College	1. Ahire Divya 2. Wagh Mittal 3. Walikar Vaishali 4. Nikita Jawaharlal 5. Udeshi Pragati
06-08-2022	Visit to Mani Bhawan on 'Hiroshima Massacre Day'	B. M. Ruia Girls' College	1. Patel Ramilaben 2. Dave Muskan 3. Shaikh Aaesha 4. Jain Sakshi 5. Sahani Sandhya
09-08-2022	‘Celebrating True Freedom'	B. M. Ruia Girls' College	1. Mishra Nikitakumari 2. Nagarkar Shraddha 3. Nikam Achal
14-08-2022	SNDT Run for Empowerment': Minithon Road Race	SNDT Women's University	1. Bhoier Gauri 2. Dudhawade Anushka 3. Jain Shruti 4. Khan Mahek
15-08-2022	Independence Day Celebration: 'Azadi Ka Amrit Mahotsav'	B. M. Ruia Girls' College	1. Sakpal Siddhi 2. Mahind Pooja 3. Padma Nandini 4. Kanaujiya
20-08-2022	One Day Workshop on 'Folk Dance'	B. M. Ruia Girls' College	1. Boricha Mitali 2. Dudhawade Anushka 3. Kanojia Aashita 4. Lokhande Mitali

29-08-2022	National Level Guest Lecture on "Developing Sports Culture in India: Prospects and	B. M. Ruia Girls' College	1.Mishra Annu 2.Salunkhe Divya 3.Kanojiya Aanchal 4.Bagretha Kumari 5.Manisha Babulal
08-09-2022	Workshop on Acting	B. M. Ruia Girls' College	1.Singh Sakshi 2.Shaikh Aaesha 3.Salunkhe Divya 4.Tiwari Nidhi 5.Kaiania Sonam
22-09-2022 & 23-09-2022	S.N.D.T Women's University Regional Youth Festival - Folk Dance, One Act Play, Skit and Street Play	SNDT Women's University	1.Ayushi Sharma 2.Prachi Singh 3.Nidhi Tiwari 4.Varsha Ghelot 5.Poonam Praiapati
30-09-2022	SNDT Regional Youth Festival	SNDT Women's University	1. Sejal Shukla 2. Laiba Sheikh 3. Shraddha Joshi 4. Kiran Chaurasiya 5. Privanka Praiapati
23-12-2022	Annual Sports Day	B. M. Ruia Girls' College	1. Prajapati Poonam 2. Singh Sakshi 3. Mishra Aanchal 4. Yadav Ritika
06-01-2023	Yashaswini 2022-23	B. M. Ruia Girls' College	1.Ahire Divya 2. Dahiya Heena 3.Gantelor Aarti 4.Katta Ramiya
15-01-2023	National Level Online Quiz Competition on "Pocket Dynamo: Khashaba Dadasaheb	B. M. Ruia Girls' College	1. Pendhari Sushanti 2. Mallah Nisha 3. Choudhary Rekha
20-01-2023	Ras-Phuhar- Annual Day Celebration	B. M. Ruia Girls' College	1. Prajapati Priyanka 2. Ayushi Sharma 3. Shaikh Aamna 4. Tiwari Nidhi 5. Kiran Chaurasiya
27-02-2023 & 28-02-2023	Smt. Sumita Shrikant Dalmia Inter-collegiate Nirjhar Competition	B. M. Ruia Girls' College	1. Kajal Tripathi 2. Aayushi Dixit 3. Harshita Jadhav 4. Varsha Jangir 5. Pramiksha

27-01-2023	Saraswati Pooja	B. M. Ruia Girls' College	1.Rai Riya 2.Nirmal Pallavi 3.Sharma Manju 4.Prajapati Poonam 5.Singh Sakshi
03-02-2023	Bhajan Competition	B. M. Ruia Girls' College	1.Apange Sayali 2.Walika Vaishali 3.Nikita Jawaharlal 4.Swami Sneha 5.Thakur Ambika
27-02-2023	Marathi Bhasha Divas	B. M. Ruia Girls' College	1. Patel Ramilaben 2. Dave Muskan 3. Shaikh Aaesha 4. Jain Sakshi 5. Sahani Sandhya
28-02-2023 to 02-03-2023	Sports Adventure Camp, Ratnagiri	SNDT Women's University	1.Pandey Ankita 2.Rajpurohit Tanisha 3.Bingi Ritisha 4.Jain Divyanshi 5.Kumavat
01-03-2023 to 03-03-2023	Tejaswini 2022-23	SNDT Women's University	1.Kannojiya Anjali 2.Sarate Bhagyashree

## 2023-2024

Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
19-06-2023	National Level Faculty Development Programme, June 19 to 24, 2023 on the occasion of	B. M. Ruia Girls' College	1.Lata Kumari Danaram 2.Sharma Akshita 3.Singh Anjali 4.Nishad Ritu
22-06-2023, 'Yoga: A Holistic Approach to Health and Well-being'	National Level Faculty Development Programme on 'Yoga for Well-being', June 19 to 24, 2023 on the	B. M. Ruia Girls' College	1. Rathod Ratna 2. Gupta Kashish 3. Gupta Sadhana 4. Gupta Shweta 5. Suthar Kusum

03-07-2023	Gurupurnima Program	B. M. Ruia Girls' College	1. Mandal Manisha 2. Pardeshi Sachi 3. Rawat Karishma
04 & 5th August, 2023	A Two Day Orientation Workshop For Yuva Mohotsav Held At SNDT Churchgate	SNDT Womens' University	1. Kusum Suthar 2. Neha Sheikh 3. Mansi Purohit 4. Sneha Pandey 5. Muskan Jaiswal
20-07-2023	Swayamsidha	B. M. Ruia Girls' College	1. Anushka Dhotre 2. Sakshi Durgavale 3. Shruti Jain 4. Tanisha Rainpurohit
22-08-2023	Workshop On "Folk Dances Of India"	B. M. Ruia Girls' College	1. Priyanka Rai 2. Swati Prajapati 3. Muskan Jaiswal 4. Anita Sen 5. Sakshi Singh
23-08-2023	Workshop On "Theatre Activities"	B. M. Ruia Girls' College	1. Kusum Suthar 2. Neha Sheikh 3. Mansi Purohit 4. Sneha Pandey 5. Muskan Jaiswal
25-08-2023	Talent Show Abhiyakti	B. M. Ruia Girls' College	1. Kharate Pranjal 2. Jaiswal Jyoti 3. Shaikh Sofia 4. Koyari Soni 5. Rajbhar Neetam
29-08-2023	A National Workshop on "Kho Kho Workout and Endurance Building on the	B. M. Ruia Girls' College	Akshita Anandprakash Sharma 47
			Kajal Singh
			Sejal Shukla

			Wagh Mittal Nitin
			Qureshi Khushbu
			Nisha Bagretha
			Varsha Rajpurohit
			Khushboo Mallesha
			Diksha Ajay Singh
12th and 13th September, 2023	Special Yoga Workshop	B. M. Ruia Girls' College	Pawan Rajpurohit
			Shivani Rajput
			Pooja Rajpurohit

			Nitu Choudhury
			Varsha Rajpurohit
			Preeti Purohit
15th & 16th September, 2023	Regional Yuva Mohotsav	SNDT Womens' University	1.Sejal Shukla 2.Nargis Shaikh 3.Swati Prajapati 4.Poonam Prajapati
6-10-2023	SNDT WOMEN'S UNIVERSITY Yuva Mohotsav Grand Finale	SNDT Womens' University	1.Priyanka Devasi 2.Roshani Jaiswal 3.Bhakti Kumar 4.Nirmal Sarvaiya 5.Priyanka Patel
11-12-2023	Fitness Assessment through Fit India Mobile App	B. M. Ruia Girls' College	1.Aditi Ankush Thube 2.Ritu Nishad 3.Priyanka Verma 4.Kashish Gupta
12-12-2023	Fitness Pledge by Students and Faculties	B. M. Ruia Girls' College	Sarvaiya Nirali Ramesh
			Disha Basraj Sanali
			Taslim Shaikh

			Ankita Raval
			Aditi Ankush Thube
			Janhavi Rahul Zalte
			Shaikh Aqsa Sameer
			Sapna Ramchandra Yadav
			Aditi Wadkar
			Anam Shaikh
			Rituja Santosh Tambe
			Sah Rani Ramdev



			Nikita Walodra
			Kajal Solanki
			Shaikh Sana Firdos
			Romy Marjit
			Manvi Waghela
			Neha Maqsood Kazi
			Ratna Devram Rathod
			Priyanka Verma
			Kashish Gupta

			Priti Subhash Jaiswal
			Komal Ranjeet Saini
			Santa Choudhary
			Isha Shelar
			Santa Choudhary
			Anjali Raut
			Aditi Umesh Gohil
			Nishad Ritu
			Nishad Ritu

			Akshita Sharma
			Ritu Nishad
			Jaiswar Nandini Sahadeo
			Udeshi Pragati Sanjaybhai
			Dipika Ramesh Suthar
			Mansi Purohit
			Khushboo Mallesha
			Prajapati Pooja Khublal
			Prajapati Pooja Khublal

			Aastha Santosh Mishra
			Rupali Narmula
			Sajitha Satyanarayan Katkuri
			Sunsara Nusrat Fatema Mustaq Ali
			Sakeeya Shaikh Istiyak Ahmed
			Sakshi Harish Singh
			Poonam Prajapati
13-12-2023	Importance of Fitness - A National Level E-Quiz	B. M. Ruia Girls' College	Vaishnavi Mhetre
			Dimple Nimbaram Dewasi

			Janhavi Rahul Zalte
			Santa Choudhary
			Rituja Santosh Tambe
			Khushboo Mallesha
			Sah Rani Ramdev
			Mansi Purohit
			Nirma Gavraram Purohit
			Oza Niharika Kirankumar
			Akshita Sharma

			Aamirah Umer Gopalani
			Aarti Purohit
			Nikita Kumari Mishra
			Sejal Shukla
			Isha Shelar
			Sajitha Satyanarayan Katkuri
			Prajapat Saubhag Chenaram
			Neha Maqsood Kazi
			Laxmi Choudhary

			Romy Marjit
			Manvi Waghela
			Rituja Santosh Tambe
			Swati Prajapati
			Taslim Shaikh
			Nikita Walodra
			Disha Basraj Sanali
			Shweta Chandra Bhan Gupta
			Udeshi Pragati Sanjaybhai

			Misbah Parvez Malim
			Anjali Raut
			Ankita Raval
			Manisha Shyamrathi Jaiswar
			Hina Mansuri Firoz
			Shweta Chandra Bhan Gupta
			Manasvi Anna Phadtare
			Komal Ranjeet Saini
			Manisha Mandal



			Shifa Asif Baig
			Bhagyashree Shankar Sarate
			Aditi Umesh Gohil
			Sakeeya Sekih Istiyar Ahmed
			Sakshi Harish Singh
14-12-2023	Poster Making Competition	B. M. Ruia Girls' College	Nikita Rajpurohit
			Nirma Gavraram Purohit
			Disha basraj sanali
			Vaishnavi mhetre

			Oza niharika Kirankumar
			Komal Ranjeet Saini
			Sneha abhay Narayan yadav
			Misbah Malim
			Niral Sarvaiya
15-12-2023	Online Practical Session on Yoga and Meditation	B. M. Ruia Girls' College	Vaishnavi Mhetre
			Mahek Ahmed Khan
			Misbah Malim
			Shravani Haresh Penkar

			Saniya Santosh pandirkar
			Isha shelar
			Santa choudhary
			Nirma Gavaram Purohit
			Sakeeya Shaikh Istiyak Ahmed
			Anjali Raut
			Shrawani Prashant Panchal
			Manisha Kumari Singh
			Barot Pragati amrutbhai

			Kashish gupta
			Komal Ranjeet Saini
			Disha basraj sanali
			Kavita Sharma
			Nirma kumari
			Shweta Gupta
			Khushi Sharma
			Nisha Sunil bagretha
			Gunjan Jaiswar

			Nikita Rajpurohit
			Manisha shyamrathi jaiswar
			Dewasi vimla ranaram
			Manasvi Anna Phadtare
			Aarti Kamal bihari Chaurasiya
			Nandini Ranjeet pasi
			Saniya Imtiyaz Shaikh
			Sakshi Harish Singh
15-01-2024	YASHASWINI Competition	B. M. Ruia Girls' College	1.Shelar Isha 2.Jaiswar Khushboo 3.Mishra Aanchal 4.Singh Sakshi 5.Mhetre Vaishnavi

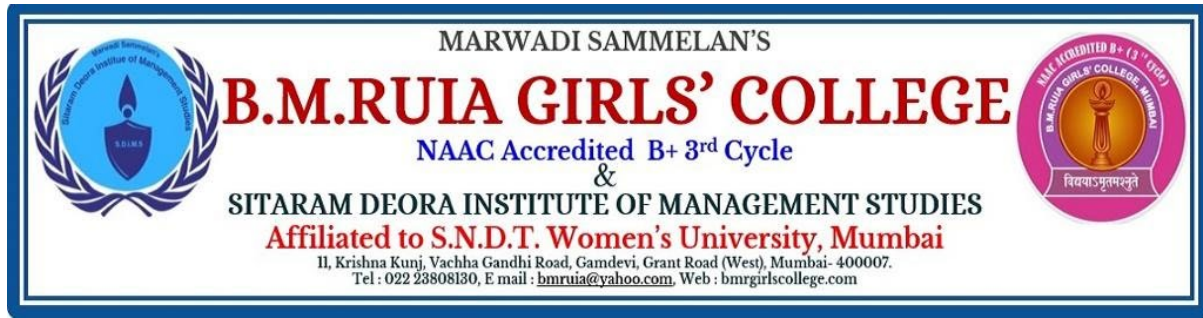
19-01-2024	Annual Function RASPHUAAR	B. M. Ruia Girls' College	1. Sejal Shukla 2. Nargis Shaikh 3. Swati Prajapati 4. Poonam Prajapati
2nd & 3rd February, 2024	Smt.Sumita Shrikant Dalmia Intercollegiate Competition 'NIRJHAR'	B. M. Ruia Girls' College	Sample List - 1.Sakshi Singh 2. Bhakti Kumar 3. Nirmal Sarvaiva
03-02-2024	'Tug of War' under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha. 2024	B. M. Ruia Girls' College	Swati Prajapati
			Vaishanvi Mehtre
			Anjali Raut
			Mansi Purohit
			Ratna Rathod
			Arati Sharma
			Akshita Anandprakash Sharma

			Kashish Gupta
			Pooja Prajapati
			Swapnali Nikam
			Disha Sanali
			Priyanka Verma
			Niral Sarvaiya
			Sneha Pandey
			Sakeeya Shaikh
08-02-2024	Rope Skipping' under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024	B. M. Ruia Girls' College	Swati Prajapati

			Anjali Raut
			Mansi Purohit
			Arati Sharma
			Kashish Gupta
			Disha Sanali
			Niharika Oza
			Pooja Prajapati
			Sneha Pandey
			Sana Firdos Shaikh



09-02-2024	Intercollegiate Bhajan Competition	B. M. Ruia Girls' College	1. Divya Rajak 2. Kajal Jha 3. Ajay Akash Ojha 4. Mandira Shri 5. Dharmi Patasi
3rd to 5th March, 2024	Adventure Sports Camp and Mini Marathon, Shrivardhan, Raigad	SNDT Women' University	Vrinshali Dinesh Chaurasia
			Sakshi Krishna Khedekar
			Saniya Santosh Pandirkar
			Shraddha Mohan Joshi
			Nandini Ranjeet Pasi
			Sonam Parath Kajania
			Anushka Deepak Dudhawade



## CULTURAL COMMITTEE REPORTS

YEAR: 2019-20

### INTERNATIOAL YOGA DAY 21st JUNE 2019



## **CULTURAL COMMITTEE REPORTS**

**YEAR: 2019-20**



### **INDEPENDENCE DAY- 15<sup>TH</sup> AUGUST 2019**

Independence Day was celebrated at Smt B.M Ruia Mahila Mahavidyalaya on 15<sup>th</sup> August 2019 to mark the 73<sup>rd</sup> year of freedom from the British rule. On this patriotic occasion students presented a colourful programme.

Following members of Marwadi Sammelan were present.

1. President of Marwadi Sammelan Advocate Shree Shushil Vyas.
2. Secretary Marwadi Sammelan Shree Suresh Deora
3. Trustee, Marwadi Sammelan, Shree Kashinath Deora
4. Convenor Of SDIMS Shree Vijay Shinghal
5. Member of Marwadi Sammelan Shree Shailesh Dalmia.



## CULTURAL COMMITTEE REPORTS

YEAR: 2019-20

The celebrations started off with the National Flag being hoisted by Shree Kashinath Deora, Trustee, Marwadi Sammelan in the presence of all the management members of Marwadi Sammelan, Principal, Faculty members, nonteaching staffs and students.

Principal of the college Dr. Ms Santosh Kaul led the class representatives in the oath taking ceremony. An effort was made to reaffirm the basic ideals and values that led India into freedom through the grand celebration of various cultural events like patriotic songs and dances by both Junior and senior college students; this was hosted by the teachers of Junior college Mrs Ajitha Gopinath and Mrs .Sapna Bhambri.

President of Marwadi Sammelan Adv. Shri Sushilkumar Vyas in his address appreciated the efforts of the faculties and students for presenting the programme with a true patriotic spirit. He urged the students to strive to be better citizens as they carry out their duties and responsibilities for a better future of our nation.

The celebrations concluded with Mrs. Kshama Tamhankar, Vice Principal Jr.College proposing a vote of thanks to the faculty and students for their contribution towards making the programme a great success.



## **CULTURAL COMMITTEE REPORTS**

**YEAR: 2019-20**



### **REGIONAL SNDT YUVA MAHOTSAV 18 th Sep 2019 , Grand Finale 26 th& 27 th Sep 2019**

The Annual Regional SNDT Yuva Mahotsav was held on 18<sup>th</sup> September 2019 at SNDT Churchgate hosted by SNDT College of Arts and SCB College of Commerce and Science for Women. 35 students participated in various events like Fine Arts, Literary, Folk Dance, Theatre event like Street Play.

The Annual Grand Finale of Yuva Mahotsav was held at SNDT, Churchgate on 26<sup>th</sup> September and 27<sup>th</sup> September hosted by SNDT College of Arts and SCB College of Commerce and Science for Women. The students who won in the regional level round participated in the various events they qualified. Folk Dance team won 3<sup>rd</sup> prize in the grand finale. Nirali Shukla, TYBA Hindi won 1<sup>st</sup> prize in Hindi Essay Writing Competition and Uma Chauhan, TYBA Hindi won 3<sup>rd</sup> prize in Hindi Essay Writing Competition.



## CULTURAL COMMITTEE REPORTS

YEAR: 2019-20



## **CULTURAL COMMITTEE REPORTS**

**YEAR: 2019-20**



### **TEACHERS DAY CELEBRATIONS – 5 th September 2019**

The Annual teacher's day celebration was held in the college auditorium on 5 th September. It was well attended by all the faculty members and non teaching Staffs of the college.

The students performed various dances, songs. The teachers were gifted card made by students.



## **CULTURAL COMMITTEE REPORTS**

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### **‘NIRJHAR’ INTER COLLEGIATE FEST- 13 th and 14 th December 2019**

Intercollegiate Competition “NIRJHAR 2019-20” was organised on 13.12.19 and 14.12.2019. Various events in different categories such as fine arts, music,dance, literary ,fashion show & indoor sports were organised in this two day intercollegiate festival.

Around 518 students from 33 different colleges in Mumbai & Thane participated in this fest.Smt. B. M. Ruia Girls’College was awarded with the “Best College of Nirjhar Trophy” and M.D College, Parel was awarded with the “Best Student of Nirjhar Trophy”.

The Prize Distribution Ceremony was chaired by Advocate Sushil Vyas, (President Marwadi Sammelan), Shri Shrikant Dalmia,Trusty of Marwadi Sammelam and Convenor of B.M Ruia Girls’ College was the chief guest of the Prize Distribution Ceremony. Shri Shailesh Dalmia, Member of Marwadi Sammelan graced the occasion by his presence.

The Prize Distribution Ceremony started with the lighting of lamp by the honourable dignitaries which was followed by Saraswati Vandana by Smt. Shruti Ranade. Principal Dr Santosh Kaul Kak delivered the keynote address. The chief guest addressed the audience and Presidential address was by advocate Shri Sushil Vyas. He motivated the students ,a wished them for a good



## **CULTURAL COMMITTEE REPORTS**

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future and he also wished Nirjhar to be more large in scale in the coming years so that it can be organised in Sammukhanand hall. Winners of various events were awarded with the prizes. The ceremony was anchored by Smt. Ajitha Gopinath and Smt Manju Yadav .Vote of Thanks was proposed by smt Kshama Tamhankar, Vice Principal of Junior College.



## **CULTURAL COMMITTEE REPORTS**

**YEAR: 2019-20**



### **MISS YASHSWINI CONTEST -8<sup>th</sup> JANUARY 2020.**

The Annual Miss Yashswini Contest was held in the college on 8 th January 2020 at college auditorium. This contest provides a platform for students to exhibit their talents and discover their hidden potential as they compete with other students to win the Miss Yashswini crown.12 applications were received from the students of B.M.Ruia Girls'College and one application received from SDIMS.

Final Result is as follows-

2<sup>nd</sup> Runner Up-Ms.Anshu Yadav

1<sup>st</sup> Runner Up- Ms Uma Chauhan

Miss Yashaswini- Ms. Nirali Shukla



## CULTURAL COMMITTEE REPORTS

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## **CULTURAL COMMITTEE REPORTS**

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### **ANNUAL DAY CELEBRATIONS 'RUS PHUAR' -10TH JANUARY 2020**

'Rus – Phuar' the grand Annual Day celebration of Marwadi Sammelan's Smt. B.M Ruia Mahila Mahavidyalaya and Sitaram Deora Institute of Management Studies was held at Birla Matushree Sabagraha on the 10 th January 2020. The ceremonial function was graced with the presence of the Chief Guest for the occasion Dr. Dipak Deshpande, Registrar,S.N.D.T University, the Guest of honour Ms. Mrunal Sumit Gaikwad, Mrs.Heritage International,Mrs. India and Fashion Model and the programme was presided by Adv. Shri Sushil Vyas, President of Marwadi Sammelan.

The function commenced at 2.30pm with Vandana Recital by Cultural and Co-curricular in-charge Smt. Shruti Ranade,this was followed by the auspicious lighting of the lamp by the esteemed guests, trustees and members of Marwadi Sammelan and the Principal. 81 student participants set the stage for variety of entertainment as they displayed their talent in front of a vibrant and enthusiastic audience. The musical dance and drama took a cultural tour of India.

During formal function Principal Dr. Mrs. Santosh Kaul presented the annual report highlighting the achievements of the college. She commended the students for achieving excellent academic results at the HSC and University examination. She also emphasized on the various activities that were conducted in the college during the year such as seminars, workshops, inter-collegiate competitions, field visits that paved way for instilling discipline among students and also molded their personality.

The Chief Guest Dr. Dipak Deshpande congratulated all the prize winners and appreciated the efforts of staff and participants for presenting the cultural program. He encouraged the students to do self introspection and explore and discover hidden talents. He exhorted the students to aim for excellence and work towards developing their personality.

The Guest of Honour Ms.Mrunal Sumit Gaikwad congratulated the students for their academic as well as extracurricular activities.

The President of the function and President of Marwadi Sammelan Adv. Shri. Sushil Vyas highlighted the role of Marwadi Sammelan in fostering development of women education with

## **CULTURAL COMMITTEE REPORTS**

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zeal and commitment. He appreciated the labour of all the staff and students for presenting such a colourful programme.



### **SHRI RAMPRASAD PODDAR BHAJAN COMPETITION- 16 th January 2020.**

Smt. B. M. Ruia Mahila Mahavidyalaya and Sitaram Deora Institute of Management Studies conducted by Marwadi Sammelan organised Inter-collegiate “Shri Ramprasad Poddar Bhajan Competition” on - **16 th January 2020..**

Around 37 Participants from different Colleges affiliated to Mumbai University & SNDT University participated in this Competition.

Mrs Maheswari Murdeswar delivered the welcome address. The event commenced with Lamp Lighting and recital of Saraswati Vandana by the Students of Smt. B. M Ruia Girls’ College. Dr. Devranjan Giri, Doctor of Music and an artist of All India Radio was the Chief Guest of the event. Dr Sweta Chakravarty, Doctor of Music and a graded artist of Doordarshan was the Guest of Honour. The members of Marwadi Sammelan graced the occasion with their presence. Principal Dr. Santosh Kaul gave the Key note Address. Advocate. Sushil Vyas, President-Marwardi Sammelan, inspired the students to incline towards Indian Music and Culture.

The Vote of thanks was proposed by Smt. Kshama Tamankar (Vice Principal in Junior College).



## **CULTURAL COMMITTEE REPORTS**

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The Competition was judged by Smt Seema Hegde, educated in Classical music, Shree Aditya Phadke, educated in Classical music and smt. Aditi Prabhudesai, educated in Classical music. The honourable Chief Guest, Guest of Honour and Judges enthralled the audience with their melodious bhajans and created spiritual ambience.

Mohak Matkar, Mithibai College was awarded with 1<sup>st</sup> prize.

Khusboo Haldankar, Ram Narayan Ruia College was awarded with 2<sup>nd</sup> prize.

Harshini Satish Kumar, SIES College awarded with 3<sup>rd</sup> prize.

Nilesh Jha (K.E.S Shrof College College, Kandivali) was awarded with Consolation prize.

The Rotating Shield was won by K.E.S Shrof College College, Kandivali.



## CULTURAL COMMITTEE REPORTS

YEAR: 2019-20







## Report Sports Activities 2019-20

### **1. Live Telecast of Hon. Prime Minister's Narendra Modi's Fit India Pledge on 29-08-2019**

A Live Telecast of Hon. Prime Minister's Narendra Modi's Fit India Pledge organized on 29-08-2019 from 10.00 a.m. onwards. All the students present in the college attended and took part in the same.

### **2. Annual Sports Day Celebrations on 07-12-2019**

The college Annual Sports Day was celebrated on 07-12-2019 in which 167 students participated in various indoor activities like carom, chess, etc. and outdoor activities like tug of war, 100 M, 200 M running, kho-kho, etc. 38 students won prizes.











- 3. Intercollegiate Nirjhar Competition was organised on 13th December, 2019.  
Enthusiastic response was received from the participants.**







#### **4. Minithon Road Race on 09-02-2020**

13 Students accompanied by Prof. Ramlakhan Pal attended a Minithon Road Race organized by SNDT Women's University at Juhu Campus on 09-02-2020.



#### **5. Special Chess and Rubik's Cube Training Sessions on 07-03-2020**

On the occasion of International Women's Day, the college in association with Girgaon Chess Academy organized Special Chess and Rubik's Cube Training Sessions on 07-03-2020. Resource persons CA Mr. Yash Rajpurohit and Mr. Omkar Chavan guided the students. 62 students took advantage of the same.

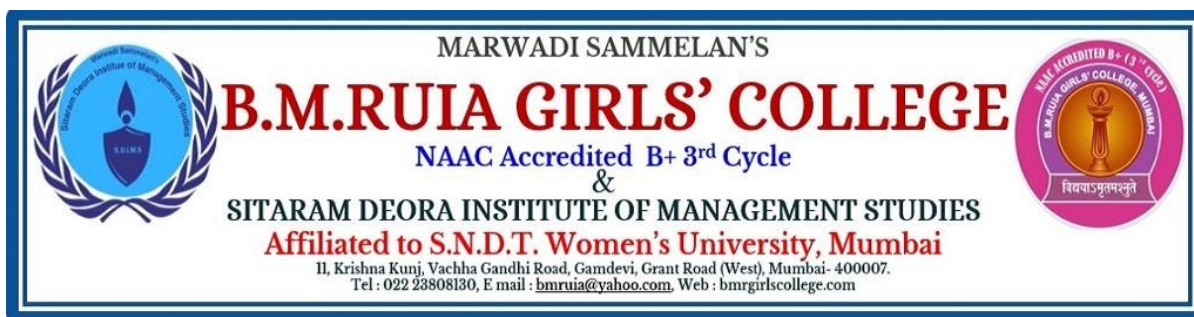






#### **6. Prize Distribution Ceremony on 07-03-2020**

The Prize Distribution Ceremony for the winners of Annual Sports Day was organized on 07-03-2020. Principal Dr. Santosh Kaul Kak and Ms. Shruti Ranade presided the same.



## **CULTURAL COMMITTEE REPORTS 2020-2021**

**17TH JUNE 2020 TO 21ST JUNE 2020**

### **INTERNATIONAL YOGA DAY CELEBRATIONS**

B. M Ruia Girls' College and Sitaram Deora Institute of Management Studies managed by Marwadi Sammelan, affiliated to S.N.D.T University organized the series of National Webinars on International Yoga Day celebrations. The programme was organized by Cultural Committee, Sports Committee, and NSS unit under the aegis of IQAC.

On 17 th June 2020 ,National level Quiz was organized on “Yoga Awareness”.1512 participants participated in the above mentioned quiz and received E certificates .

On 18 th June National Webinar on “Supercharge Your Life”-An interaction with Ms. Natasha Advani ,Lifestyle Success Coach was organized from 4 P.M to 5 P.M. The number of participants were 302.The webinar was started by welcoming audience,Prayer by Ms.Shruti Ranade,Dept of Psychology, Head of Cultural Committee followed by Address of Principal Dr Santosh Kaul Kak and the programme was anchored by Dr. Anita Jacob,Dept of Commerce.The interactive secession with the speaker was conducted by Ms.Pooja Rele, Faculty of SDIMS.Question & Answer Secession was conducted by Ms. Pooja Kapadne, Dept of IT.Vote of Thanks was extended by Dr Anita Jacob.

On 19 th June 2020 National Level Intercollegiate Surya Namaskar Competition through video of Surya Namaskar by participants was organized.12 entries were there for this competition.

On 20<sup>th</sup> June 2020 National Webinar on “Fitness For All”-Presenter Mr.Hemant Rathod, Fitness Expert was organized. from 5 P.M to 6 P.M. The number of participants were 154. The webinar was started by welcoming audience,Prayer by Ms.Shruti Ranade,Dept of Psychology, Head of Cultural Committee followed by Address of Principal Dr Santosh Kaul Kak and introduction of Expert. The programme was anchored and Question & Answer secession was conducted by Dr Kasyap Ganatra,Dept of Commerce.Vote of Thanks was extended by Mr. Ramlakhan Pal, Dept of Hindi.

On 21<sup>st</sup> June 2020 National Webinar on “Building Up Strength & Immunity Through Yoga to Fight with Covid 19”was organized. The Speaker was Shri Sukhdev Shastri, Yoga Expert from 10 A.M to 11 A.M. The number of participants were 170. The webinar was started by welcoming audience,Prayer by Ms.Shruti Ranade,Dept of Psychology, Head of Cultural Committee followed by Address of Principal Dr Santosh Kaul Kak and the introduction of Expert. The programme was anchored and Question & Answer secession was conducted by Mrs. Maheswari Murdeshwar, Faculty of Junior College. Vote of Thanks was extended by Mrs Sapna Bhamri, Faculty of Junior College.

- A National Level Webinar on “Supercharge Your Life” was held on June 18, 2020. Resource Person: Ms. Natasha Advani, Lifestyle Success Coach
- A National Level Online Intercollegiate Surya Namaskar Competition was organized on 19<sup>th</sup> June,2020.
- A National Webinar on “Fitness for All” was held on 20<sup>th</sup> June 2020. Resource Person: Mr.Hemant Rathod, Fitness Expert
- A National Webinar on “Building Up Strength & Immunity through Yoga to Fight with Covid 19” was held on 21<sup>st</sup> June,2020. Resource Person: Shri Sukhdev Shastri, Yoga Expert





Hemant Rathod

## National Webinar on "Fitness For All" by Mr. Hemant Rathod, held on 20 June, 2...

123 views 3 yr ago ...more



**BMRUIA GIRLS COLLEGE** 638





Marwadi Sammelan's  
Sitaram Deora Institute of Management Studies  
&  
B.M.Ruia Girls' College



Invites you for a Webinar on

## Supercharge Your Life

On

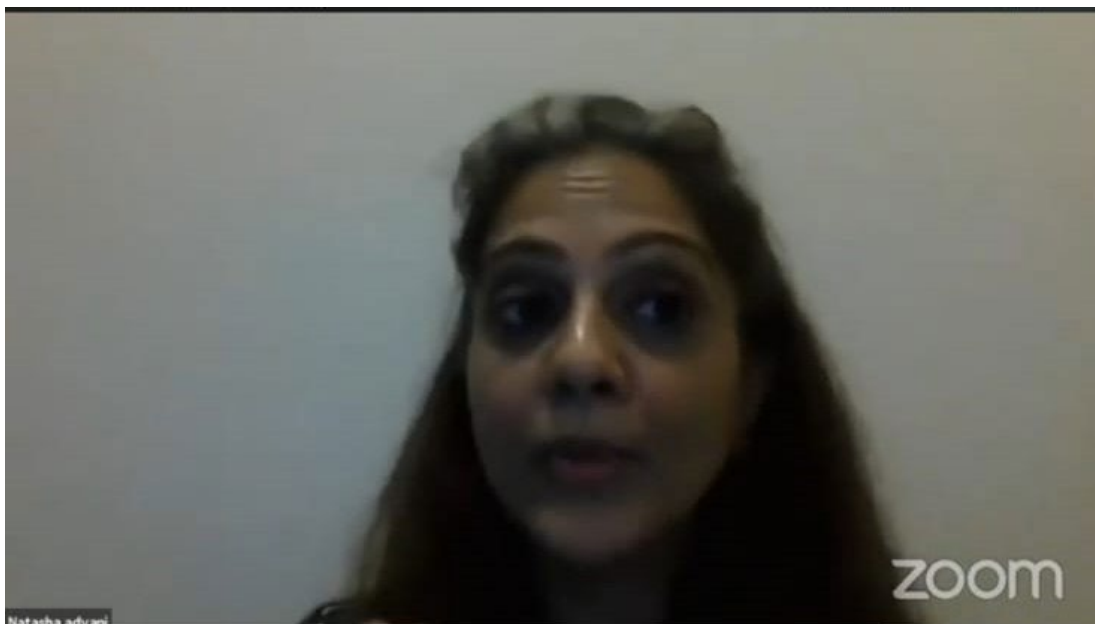
Thursday, 18th June 2020 at 4.00 p.m.

57:15



National Webinar on "Supercharge Your Life" on 18 June, 2020

:



Natasha advani

**National Webinar on "Supercharge Your Life" on 18 June, 2020**

### **GURU PURNIMA CELEBRATIONS 24<sup>TH</sup> JULY,2020**

Marwadi Sammelan's B.M. Ruia Girls' College and Sitaram Deora Institute of Management Studies (Affiliated to SNDT women's University Mumbai celebrated Guru Purnima online.

On 24<sup>TH</sup> July, 2021 B.M.Ruia Girls' College celebrated Guru Purnima. Teachers, student, and all other staff members were present during the program.

Program was celebrated through Google meet online platform. Around 80 students participated in the event.

The program was organized by Cultural Committee, Department of Hindi in association with Internal Quality Assurance Cell.

On this Occasion our management committee members were also present President of Marwadi Sammelan Advocate Sushil Vyasji, Secretary of Marwadi Sammelan Shri Suresh Deoraji, Convenor of B.M. Ruia Girls' College and Trustee of Marwadi Sammelan Shrikant Dalmiaji and Convenor of Sitaram Deora Institute of management studies Shri Vijay Singhalji

Students showed their gratitude towards their teachers. They also said that how Guru is important in each one's of life. Student recited Kabir ke dohe and shlokas of eminent Gurus. Student also said that without Guru life is incomplete.

Cultural department head Shrimati Shruti Ranade madam also said about importance of shlokas 'Guru Brahma Guru Vishnu'

Vice Principal of our collage Shrimati Kshama Tamhankar madam also said about Guru Shishya relationship she also mentioned about how as a Guru we also learn many things from our students.

Our College Principal Dr. Santosh Kaul Kak madam also expressed her opinion, said that life is a school while we get education and guidance from many people knowingly or unknowingly. Madam also through light on the literature of Premchand ji and said that on the auspicious occasion of Guru Purnima the Premchand week is also started this year.

Dr. Sunita Mishra madam, professor of Hindi Department of the college conducted the program. Shrimati Shruti Ranade Madam head of psychology and head of cultural department presented Saraswati Vandana, College professor Ram Lakhan Pal sir gave the vote of thanks.

Finally the program ended with the National Anthem.

## **INDEPENDENCE DAY 15<sup>th</sup> AUGUST**

Cultural Committee of B.M.Ruia Girls' College managed by Marwadi Sammelan organized an on line cultural program on the occasion of 74th Independence Day on 15th August 2020 at 10 am on Google Meet.

Prior to the on line program the Flag Hoisting Ceremony was done at college. Mrs. Anita Jain , Mrs. Pooja Rele , Shri. Rajendra Baviskar participated in the same.

On Google Meet platform more than 150 audience was there including the participants of the program, the students, Alumni, Parents, Honorable members of Management, Teaching and Non teaching staff of B.M.Ruia Girls' College and Sitaram Deora Institute of Management Studies.

President of Marwadi Sammelan Honorable Adv. Sushil Vyas , Secretary Shri. Suresh Deora , Trustee of Marwadi Sammelan and Convener of B.M.Ruia girls' College Shri. Shrikant Dalmia, Shri. Ajay Singhania from management committee motivated the students by their presence and the encouraging comments about the students' performance.

Program started by paying homage to our beloved Flag and National Anthem followed by the motivational address by Shri. Suresh Deora, Secretary of Marwadi Sammelan. He mentioned the need of online program due to the pandemic and assured the students about some interesting events the college will be organizing at when it reopens after the lockdown will get over.

Principal of B.M.Ruia Girls' College, Dr Santosh Kaul Kak addressed the students with her encouraging words in her speech. She focused on different aspects such as the need for online programs, new education policy, contribution of the corona warriors and our brave soldiers etc. She also insisted our responsibility towards building the society and nation.

Twenty-two students presented various Poems, Speech, Acts, Songs full of patriotism in a very confident manner.

Followed by the students' presentation a Montage on Freedom Fighters was telecast.

Teachers from Junior and Degree college of B.M. Ruia Girls' College presented a role play of the contributions of various freedom fighters through the montage in an encouraging and motivating way. The montage started with the role play of Bankimchandra Chatterji followed by great freedom fighters of our beloved country like, Bhagat Sing, Zaansi ki Raani Laxmibaa, Lokmaanya Tilak, Sarojini Naidu, Madam Kama, Pandit Nehru , Mahatma Gandhi, Annie Besant, Veer Savarkar and Sardar Patel.

Mrs. Maheswari Murdeshwar, Mrs. Ajitha Gopinatha, Mrs. Nazneen Shaikh, Mrs. Malini Anvekar, Mrs. Anita Jain, Mrs. Mehjabeen Momin, Mrs. Manju Yadav, Mrs. Sapna Bhamri, Mrs. Suhasini Nikam, Vice Principal of junior college Mrs. Kshma Tamhankar and Mrs. Sumita Guha narrated for various freedom fighters in the montage.

The cultural event was anchored by Mrs. Naazneen Shaikh . Vote of thanks was delivered by Mrs. Sumita Guha.

Technical support was given by Dr. Hemlata Masiwal and Dr. Kashyap Ganatra. U tube streaming was handled by Department head of Commerce and IQAC Coordinator, Dr. Nooruzia Quazi. Invite of the event was designed by Shri. Pradeep Gotad from non teaching department.

The program was conceptualized and directed by Smt. Shruti Ranade, Associate Professor in Psychology and Cultural In-charge of the college and assisted by Mrs. Maheshwari Murdeshwar , lecturer in English from junior college.

Principal Dr. Santosh Kaul Kak gave her valuable suggestions and whole hearted support for the success of the event.

The event went on for almost 2 & half hours and was appreciated by honorable members of management, students, alumni, parents , teaching and non teaching staff of the college.

### **26<sup>TH</sup> JANUARY 2021 NATIONAL LEVEL QUIZ ON INDIAN ART AND CULTURE**

The Cultural Committee in association with Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan's B.M Ruia Girls' College and Sitaram Deora Institute of Management Studies affiliated to S.N.D.T Women's University hosted a National Quiz on Indian Art, Culture and Heritage “Incredible India अतुल्य भारत” on 26th January, 2021, on the occasion of 72nd Republic Day.

Indian culture is age-old and customary yet contemporary. It is an amalgamation of different traditions and customs and how different communities present and organize themselves in terms of morality and etiquette. Various Indian cultures profoundly influence Indian Philosophy, art, music, and even Literature. Faculty members, students and researchers from various institutes pan India participated in this National Quiz as they remembered the rich Indian culture and saluted those legends that sacrificed their lives for our well-being. The Quiz was open to all the faculty

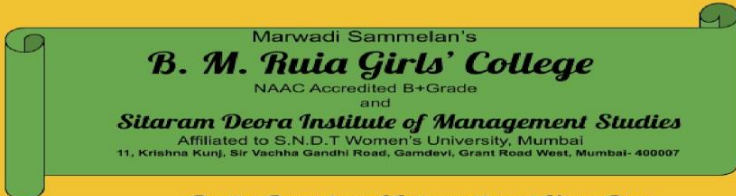
members and students from Junior, Degree, and Post Graduate Colleges, both boys and girls. Around 759 participants participated in this quiz to make it memorable.



## Report Sports Activities 2020-21


- **Inter-Collegiate Surya Namaskar Competition on the occasion on International Yoga Day, 19<sup>th</sup> June, 2020**

An Inter-Collegiate Surya Namaskar Competition on the occasion of International Yoga Week by the Sports Committee on 19<sup>th</sup> June, 2022. Participants were to upload their videos for the competition. 14 students participated in the competition.



**Marwadi Sammelan's**  
**B. M. Ruia Girls' College**  
NAAC Accredited B+Grade  
and  
**Sitaram Deora Institute of Management Studies**  
Affiliated to S.N.D.T Women's University, Mumbai  
11, Krishna Kunj, Sir Vachha Gandhi Road, Gamdevi, Grant Road West, Mumbai- 400007

**On the Occasion of International Yoga Day**  
**Cultural Committee, Sports Committee and N.S.S Unit Under the Aegis of IQAIC Presents**  
**"National Intercollegiate Surya Namaskar Competition"**  
**On 19th June 2020**



**Rules for the Participants**

1. Participants must register themselves filling up correct details in a google form.
2. Uploading a valid Identity Card is mandatory.
3. Participants must record themselves performing Surya Namaskar on 12 counts with Mantra recitation on each count.
4. The link of google drive where the video is uploaded (with necessary access permission) should be submitted in a registration form.
5. The video is expected to be in a mp4 format and of maximum 3 minutes.
6. All the participants will be provided with e-certificates.
7. The winners will be awarded an e-certificate of the competition.

**The Last Date of Submission: 21st June 2020 - 11.30 pm**  
**Link for Registration: <https://forms.gle/wVWiV2ZRacEi6HhL7>**

- **National Webinar on “Role of Extension Activities and Sports”, 17<sup>th</sup> May, 2021**

Student Welfare Committee in association with Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan's B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies Affiliated to S.N.D.T. Women's University, Mumbai, organised Day 9 of National Webinar Series on “National Education Policy 2020: Prospects and Challenges in Higher Education”, on May 17, 2021, from 11.30 am onwards, entitled “Role of Extension Activities and Sports.”

This webinar series aims to bring out a synthesis among connoisseurs across diverse disciplines in Social Sciences and Humanities to develop a vibrant understanding of National Education Policy 2020 and its possible influence on the Higher Education Establishments in India.

The eminent resource persons of the Day 9 Webinar were Dr. Nishan Singh Deol, Professor and Head, Department of Physical Education, Punjabi University, Patiala, Punjab and Dr. Atul Salunkhe, State Liaison Officer, Officer on Special Duty, NSS Cell, Higher and Technical Education Department, Mantralaya, Mumbai.

The webinar was inaugurated with the welcome address delivered by Dr. Kashyap Ganatra, Assistant Professor of Commerce. In his welcome address, he stated that the need to integrate Extension Activities and Sports in education is well recognized in New Education Policy, 2020 as it serves to foster holistic development by promoting the physical and psychological wellbeing of the learners. This was followed by College Prayer sung by Ms. Shruti Ranade, Associate Professor of Psychology, the Counsellor of College Counselling Cell ‘Mantrana’ and an In-charge of Cultural Activities, in her melodious voice. The prayer was followed by SNDT Women's University song.

Day 9 of the National Webinar Series was compered by Dr Kashyap Ganatra. He illuminated that Extension Activities and Sports are a very good way



for students to relate and learn various aspects of life. In this way the concepts become relevant and the overall communication becomes meaningful. There are students with different abilities and strengths. Therefore, it is a very good idea to give students options to choose what they feel they want to do. Extension activities like Cultural Events, Physical Education, NSS, NCC, Sports, etc. are very important for both physical and mental health. They help in developing skills such as self-initiative, self-direction, self-discipline, self-responsibility, collaboration, teamwork, leadership quality, citizenship, etc. They also contribute to enhancing the aesthetic, artistic, historical, intellectual and socio-cultural development of the students. As NEP notes Sports integration learning will be undertaken in classroom transactions to help students adopt fitness as a lifelong attitude and to achieve related life skills along with the level of fitness and its emphasis on the 'Fit India Movement.'

Dr. Kashyap's welcome address was followed by the Principal, Dr. Santosh Kaul Kak's address. In her Bi-lingual (English and Hindi) address she rigorously expounded that the NEP 2020 includes several key points that are instrumental for the holistic development of the child. She expressed her worry over the news of suicides of the students after the results of every board and competitive examinations and stated that most importantly dealing with failure is an imperative life skill that builds self-belief and mental strength. Sports and other extension activities are team-based activities that inculcate comradery and team spirit. Underlining the importance of integrated development of learners, Governor Manoj Sinha while addressing the Governor's conference on NEP suggested that extra-curricular activities such as NSS, NCC, Sports, Music, etc. need to be made part of the curriculum and students should be given credit for participating in these activities. She added that Honourable Education Minister Shri. Pokhariyal ji has highlighted that the Ministry of Youth Affairs and Sports has a superpower of self-motivated youth of India associated with various youth programmes. Youth, as NEP minutes can contribute significantly in creating

awareness about NEP 2020 at the grass-root level. The ambassadors of NEP 2020 hope that the volunteers from NSS, NCC and coordinators of ‘Unnat Bharat Abhiyan’ will play a crucial role in the successful implementation of NEP 2020. She also added that the graded study of Sports and Sports specialized subjects at the Higher Education Level will significantly enhance the professionalism of our institutions and will facilitate our quest for international success and becoming Vishwaguru again. Most importantly it would help change the traditional mindset of academicians, families, students in a meaningful way and we would finally stop saying what we have been listening to since childhood “Kheloge, Kudoge Banoge Kharab, Padhoge, Likhoge Banoge Nawab.”

The Principal’s address was followed by the First Session. The Resource Person of the first session Dr. Nishan Singh Deol, Professor and Head, Department of Physical Education, Punjabi University, Patiala, Punjab, in his bilingual address (English and Hindi) entitled “National Education Policy 2020 and Sports” quoted Mahatma Gandhi at the outset: “Education is the all-round drawing out of best in the child and man- body, mind and spirit.” Followed by screening a scene from the film ‘3 Idiots’ to point out the importance of avoiding the rat race of marks and giving a thought to learning something new. According to him, our citizens live in a voluntary ignorance and reek of cowardice and therefore, India is 133rd amongst the 195 countries in the world in the context of the Human Development Index. He continued by focusing on the Four Pillars of Learning including ‘Learning to Know, Learning to Live Together, Learn to Be, Learn to do’ which aim at making learners academically, socially and emotionally competent. Evolution of National Education Policies in India in 1968, 1986, 1992, 2005, 2016, 2017, showcases the transition and focus areas of each policy considering the necessity of inclusivity of all sections of society. In the case of School Education, the NEP 2020 proposes to focus upon Early childhood education, Foundational Literacy and Numeracy, Curriculum and Pedagogy, Universal Access, Equitable and Inclusive Education, Teachers and School

Governance while in Higher Education three types of Institutions are based on a difference in focus in which all will be of high quality: 1. Focus on World Class Research, 2. Focus on high-quality teaching across disciplines, 3. Focus on high-quality teaching and additional focus will be on High-Quality Liberal Education. He emphasized that the energized, engaged, and capable faculty is the need of an hour and National Research Foundation will help faculty to undertake quality research. He stressed the importance of flexibility in choosing the vocational courses and Indian languages which would result in the holistic development of the learners. He quoted from a recent paper in a medical journal which suggests that doctors should replace teachers and force students in 20 minutes exercise a day would definitely change the present scenario “Physical Education Down, Obesity Up” to “Physical Education Up, Obesity Down.” In his view, the issues of physical education are National Policies and Practices, The Curriculum and the Resources. He further stated that even at the school level there is a National Policy of physical education but the laws are not followed, the programme is not properly carried out, lack of infrastructure and lack of time for teaching cause the students to lose interest in physical education and therefore, there is a need of physical literacy which would effect into children being physically active and making healthy choices. While concluding his address he listed the dos and don’ts for the parents and teachers which will help in enhancing physical literacy in society.

The Resource Person of the Second Session, Dr. Atul Salunkhe, State Liaison Officer, Officer on Special Duty, NSS Cell, Higher and Technical Education Department, Mantralaya, Mumbai at the outset of his bilingual address (English and Hindi) entitled “Role of Extension Activities in National Education Policy 2020” specified the fact that India has a long tradition of holistic and multidisciplinary learning at the universities, schools and colleges. Earlier, universities like Takshashila and Nalanda combined various subjects in the syllabus. The ancient literary work such as Banbhatta in his “Kadambari”

describes a good education as a piece of knowledge as the art which is called as 64 arts that includes singing, painting, chemistry, carpentry, medicine, soft skills etc. We need to focus on how students get integrated with humanities, passion for the nation, creativity, innovations, critical thinking, problem-solving ability, communication skills, etc. and here extension activities play an important role. He cited a few examples of path-breaking personalities who are the products of Maharashtra NSS including the former Vice-Chancellor of University of Mumbai Dr. Rajan Velukar, Shweta Umbare, a second winner of National Youth Parliament of the year 2019-20, Dr. Sanjay Chakane, the Principal of Indapur College whose college has produced sanitiser and distributed it among the needy, Mr. Popatrao Pawar, a Padmashri Awardee, a Sarpanch of the Ideal Village Hiwarebazar, and Dr. Sayali Kamat, a student from Dental College who won the National Summer Internship Programme. Other examples he cited were Nilima Mishra, one of the volunteers of NSS who has won the Ramon Magsaysay Award for her work in the field of Self-Help Groups and Mallinath Kalshetty, IAS Officer while working as a District Collector at Nandurbar, succeeded in making all the schools tobacco-free. He underlined the need for college and extension activities which the parents and students have realized greatly in the Pandemic situation as the parents are unable to handle their pupils at home. He explicated on the role and significance of extension activities conducted through NSS, NCC, Sports, Nature Club, Debating and Elocution Competitions, Theatre Clubs, etc. and described various objectives of integrating extra-curricular activities in the education system which range from cultural integration, building social skills, building a resume, earning career experience. He enumerated the benefits of extra-curricular activities together with learning new skills, boosting academic performance, improving time management, impressing universities. The most popular extracurricular activities in his view are Sports Teams, Part Time Job or Volunteering, Student Body Positions, Writing/Student Journalism, Culture-based Clubs, The Arts etc. While concluding his glimpses he clarified the FAQs

regarding the extracurricular and extension activities and elucidated the Role and Impact of NSS in the present Covid-19 Pandemic counting raising awareness, communicating accurate information, countering rumours, providing needed services, liaising with the government during an emergency, planning an action for the Pandemic situation, mask making, helping in community kitchens, police mitra, blood donation, making sanitisers etc.

The First Resource Person was introduced by Dr. Usha Kiran Tiwari, Head and Assistant Professor, Department of Sociology and NSS Programme Officer and the Second Resource Person was introduced by Dr. Hemlata Masiwal, Assistant Professor of Sociology specifying their expertise and notable contribution to academics.

Question and Answer Session was conducted by Ms. Swati Vaidya, Head and Assistant Professor, Department of Economics, RUSA Coordinator and M.A Economics Programme Coordinator. This session was based on wide-ranging questions of participants posted in the chat boxes of Google Meet and YouTube Live Streaming, addressed to the Resource Persons.

Live feedback on the webinar was provided by Dr. Anita Singh, Assistant Professor, Department of Sports and Physical Education, Gopichand Arya Mahila College, Abhor, Punjab.

A formal Vote of Thanks was proposed by Ms. Swati Vaidya.

At the end of the webinar, everyone rose as the 'National Anthem' was played. The Feedback Link was provided after National Anthem in the chat boxes of Google Meet and YouTube Live Streaming and the e-certificates of the participants were emailed to them.

Around 200 National and International participants made this webinar a huge success.

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**B. M. RUIA GIRLS' COLLEGE**  
NAAC Accredited 'B+' (2nd Cycle)

**SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES**  
(Affiliated to SNDT Women's University, Mumbai)  
11, Krishna Kunj, Vachha Dandhi Road, Gandhinagar, Mumbai 400007  
Tel: 022-23804102 E-Mail: bmruiagirlscollege@gmail.com  
Website: www.bmruiagirlscollege.com

**National Webinar Series on National Education Policy 2020: Prospects and Challenges in Higher Education**  
Student Welfare Committee in association with Internal Quality Assurance Cell organizes  
**Webinar Series Day 9**  
**Role of Extension Activities and Sports**  
17th May, 2021 at 11:30 a.m.

**Role of Extension Activities and Sports**  
**NATIONAL EDUCATION POLICY 2020**

**Role of Extension Activities and Sports**  
**EXTENSION ACTIVITIES**  
NCC SPORTS NSS Cultural Activities  
Capacity Building Student Welfare Empowering Teaching and Learning

**Resource Person:**  
Dr. Atul H. Salunke  
State Liaison Officer,  
Officer on Special Duty, NSS Cell,  
Higher and Technical Education Department,  
Mumbai

**Resource Person:**  
Dr. Nishan Singh Deol  
Professor & Head,  
Department of Physical Education,  
Punjab University, Patiala.

**Adv. Rishabh Vyas**  
President  
Marwadi Sammelan

**Shrikant Dalmia**  
Chairman, B. M. Ruia Girls' College  
Trustee, Marwadi Sammelan

**Suresh Deora**  
Hon. Secretary  
Marwadi Sammelan

The webinar series aims to bring out a synthesis among experts across different disciplines in Social Sciences and Humanities to develop an understanding of National Education Policy 2020. This series would provide a platform for dialogue and understanding of the possible impact of National Education Policy 2020, in the short term and in the long term, on the Higher Education Institutions (HEIs) in India, considering the interdisciplinary nature of the topic, this series shall be useful to faculty members across Social Sciences, Humanities and Management Sciences.

Registration Form - Day 9 <https://forms.gle/6Z7u6ey79N6G5d4>

**International Background**  
All learners should become more academically, socially and emotionally competent

**Four Pillars of Learning**

- Learn to Live Together**
  - Communication
  - Conflict resolution
  - Cultural sensitivity
  - Multi-lingualism
- Learn to Be**
  - Self-esteem
  - Emotional intelligence
  - Critical thinking
  - Cultural awareness
- Learn to Do**
  - Skills
  - Quality of life
  - Ability to apply knowledge
- Learn to Learn**
  - Self academic base - reading & research
  - Comprehension
  - Ability to research and analysis

**What is HDI?**

**Life Expectancy at Birth**  
**Average Education Levels**  
**Standard of Living (GNI/capita PPP)**

As per the list published in 2016, India stands at 133rd place amongst 195 countries, in **Human Development Index**

China is at 90th,  
Sri Lanka 104th,  
Iran at 84th,  
Egypt at 116th  
& Congo at 130th.

**Q & A Session**  
National Education Policy 2020: Prospects and Challenges in Higher Education  
"Role of Extension Activities and Sports"  
Organized by  
Student Welfare Committee in association with Internal Quality Assurance Cell  
Day 9 May 17, 2021

**Resource Person:**  
Dr. Atul Salunke  
Principal  
KES Dr. C.D. Deshmukh Commerce and  
A.E. Tushnet Arts College, Bales, Rajgad,  
S.D. and O.D. Government of Maharashtra

**Resource Person:**  
Dr. Nishan Singh Deol  
Professor & Head  
Department of Physical Education,  
Punjab University, Patiala

**Q & A Session**  
National Education Policy 2020: Prospects and Challenges in Higher Education  
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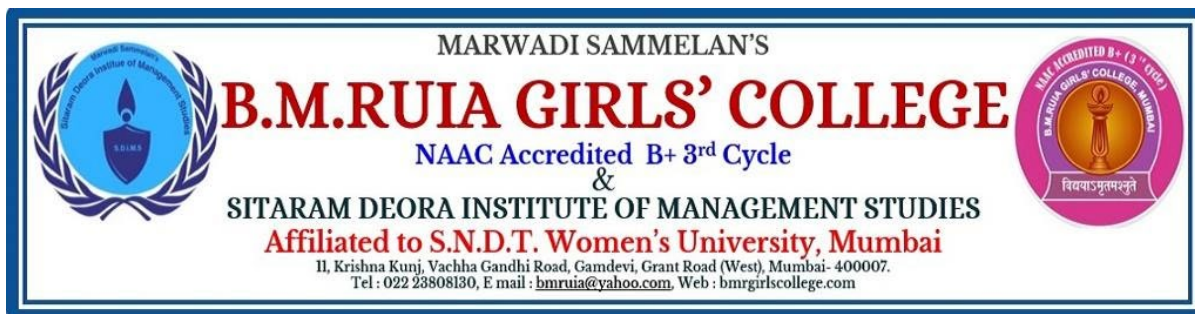
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## **CULTURAL COMMITTEE**

### **REPORT**

### **YEAR 2021-22**

#### **INTERNATIONAL YOGA DAY 21<sup>st</sup> June 2021**

“Yoga at home and Yoga with family”: 7<sup>th</sup> International Yoga Day celebration B.M Ruia Girls’ college and Sitaram Deora Institute of Management Studies on the occasion of International Yoga Day organized a national-level workshop on “Yoga at home and Yoga with family” on 21<sup>st</sup> June 2021. Due to restrictions on congregations amid the Covid-19 pandemic, Cultural and Sports committee of the college, along with college’s Counselling cell, Mantrana, in association with IQAC organized this workshop virtually for students, faculty members and the public.

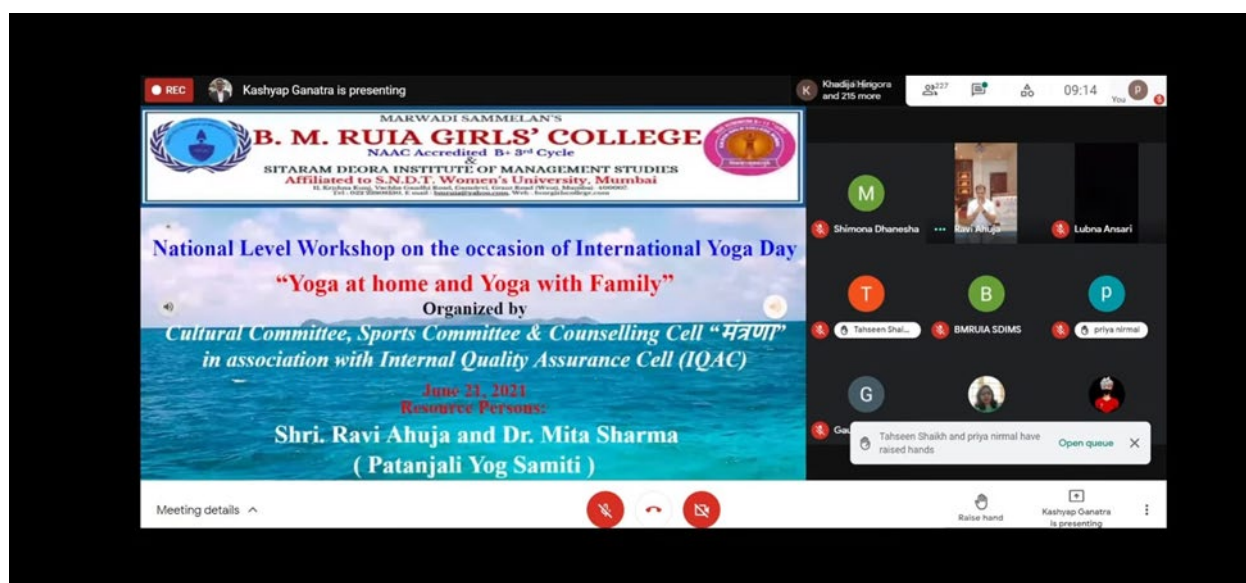
Shri Ravi Ahuja and Dr. Mita Sharma of Patanjali Yog Samiti conducted this workshop for active audience of over 300 people joined via G-meet and Youtube live-streaming. Synergy of live demonstration of Yoga exercises and enthusiastic participants created an invigorating environment for all to learn and know more about Yoga, how simple exercises of yoga can enhance one’s life and importance of yoga in one’s daily routine.

## CULTURAL COMMITTEE

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Dr Santosh Kaul Kak, Principal and Smt Shruti Ranade, cultural head credited and thanked college's management, Marwadi Sammelan for their support and encouragement in organisation of such wholesome events. Participants of the session were especially pleased with the college's effort to put up an interactive and engaging webinar thus helping them celebrate 7<sup>th</sup> International Yoga Day mindfully and with vigour.



### GURU PURNIMA 24<sup>TH</sup> JULY, 2021

Marwadi Sammelan's B.M. Ruia Girls' College and Sitaram Deora Institute of Management Studies (Affiliated to SNDT women's University Mumbai celebrated Guru Purnima online.

On 24<sup>TH</sup> July, 2021 B.M.Ruia Girls' College celebrated Guru Purnima. Teachers, student, and all other staff members were present during the program.

Program was celebrated through Google meet online platform. Around 80 students participated in the event. On this Occasion our management committee members were also present President of Marwadi Sammelan Advocate Sushil Vyasji, Secretary of Marwadi Sammelan Shri Suresh



## **CULTURAL COMMITTEE**

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Deoraji, Convenor of B.M. Ruia Girls' College and Trustee of Marwadi Sammelan Shrikant Dalmiaji and Convenor of Sitaram Deora Institute of management studies Shri Vijay Singhalji Students showed their gratitude towards their teachers. They also said that how Guru is important in each one's of life. Student recited Kabir ke dohe and shlokas of eminent Gurus. Student also said that without Guru life is incomplete.

Cultural department head Shrimati Shruti Ranade madam also said about importance of shlokas 'Guru Brahma Guru Vishnu'. Vice Principal of our college Shrimati Kshama Tamhankar madam also said about Guru Shishya relationship she also mentioned about how as a Guru we also learn many things from our students.

Our College Principal Dr. Santosh Kaul Kak madam also expressed her opinion, said that life is a school while we get education and guidance from many people knowingly or unknowingly. Madam also through light on the literature of Premchand ji and said that on the auspicious occasion of Guru Purnima the Premchand week is also started this year.

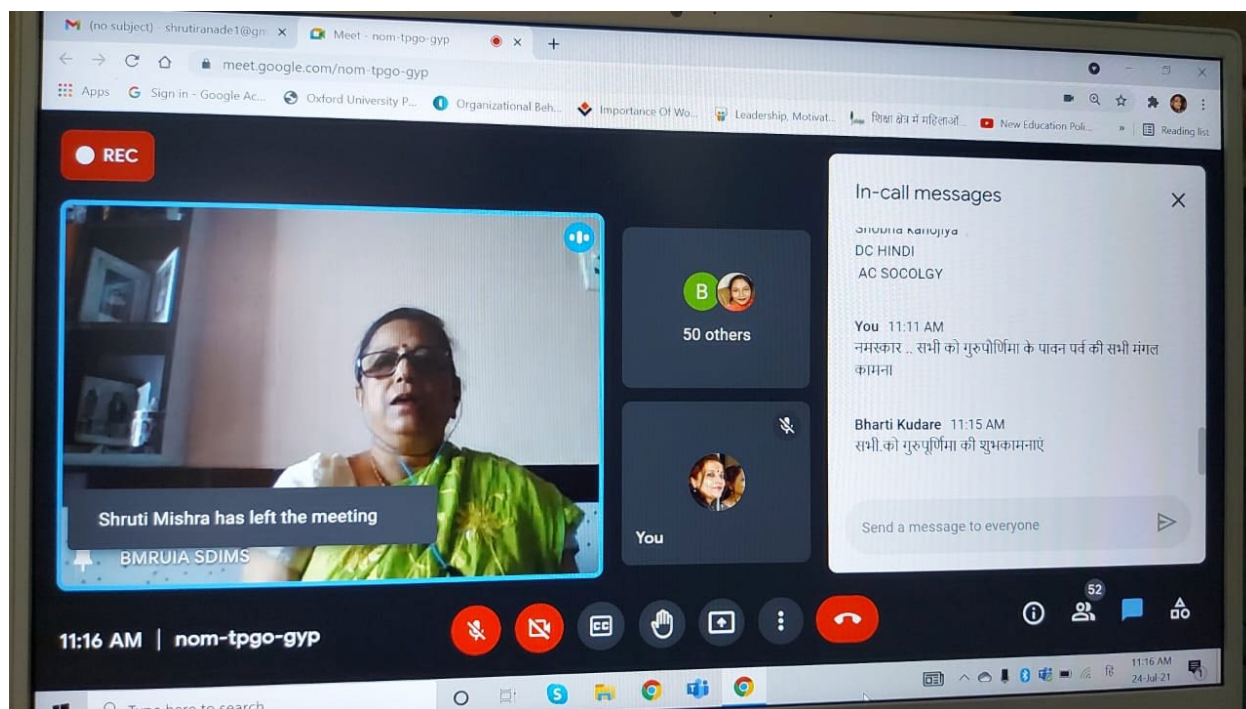
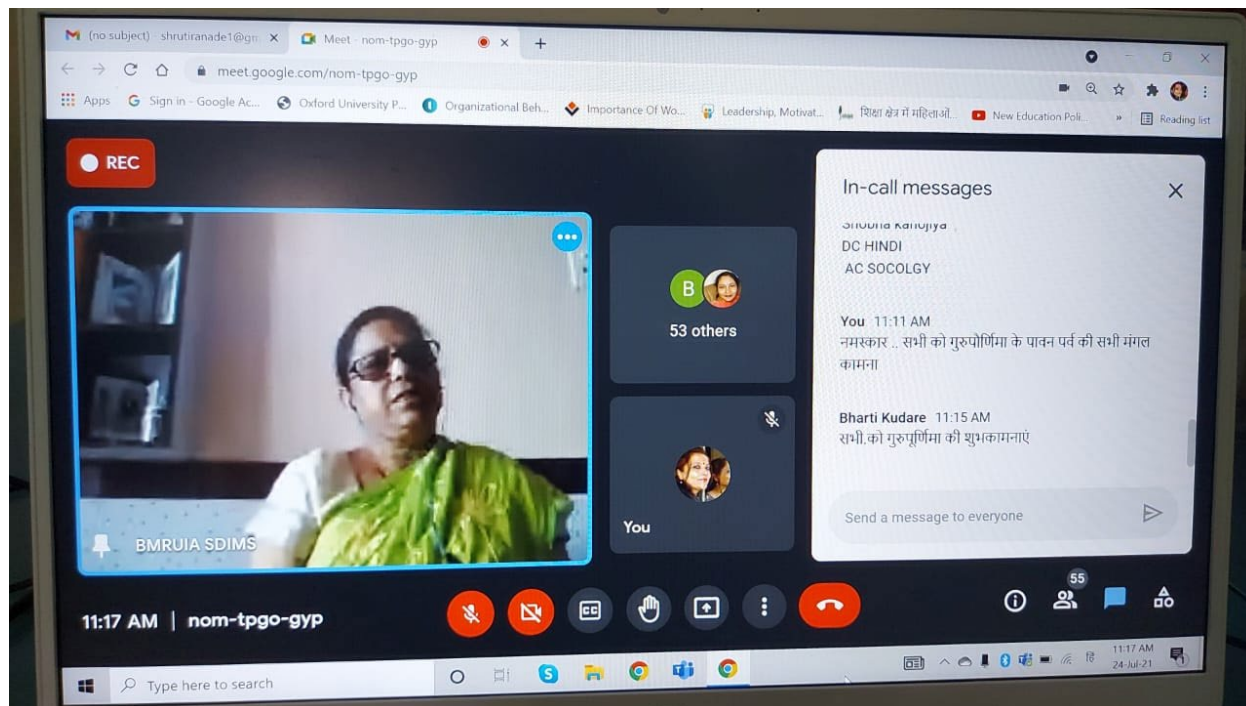
Dr. Sunita Mishra madam, professor of Hindi Department of the college conducted the program. Shrimati Shruti Ranade madam head of psychology and head of cultural department presented Saraswati Vandana, College professor Ram Lakhan Pal sir gave the vote of thanks.

Finally the program ended with the National Anthem.

# CULTURAL COMMITTEE

## REPORT

YEAR 2021-22



## **CULTURAL COMMITTEE**

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#### **REPUBLIC DAY CELEBRATION 26 January 2022**

Marwadi Sammelan's B.M. Ruia Girls College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women University, Mumbai, celebrated 26 January 2022, the 73 rd Republic Day at college premises by hoisting National Flag followed by National Anthem sung by students, teaching and non-teaching staff of the college. The celebrations this year was special as India is in the 75th year of Independence – being celebrated as 'Azadi ka Amrit Mahotsav'.

A National Quiz “नेताजी” was organised in the remembrance of 123 rd Birth Anniversary of Netaji Subhas Chandra Bose. The quiz received enormous response from students and teachers from various colleges and universities as well as people from all sectors of society.

The event was organised by Cultural Committee and IQAC of the college with all support from members of management committee and was guided and supervised by Principal, Dr.Santosh Kaul Kak.

# CULTURAL COMMITTEE

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**CULTURAL COMMITTEE**

**REPORT**

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**CULTURAL COMMITTEE**

**REPORT**

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## CULTURAL COMMITTEE

### REPORT

#### YEAR 2021-22

#### 6TH SEPTEMBER 2021 'THANK A TEACHER' TEACHERS DAY CELEBRATION



The banner features the college's name and accreditation at the top, followed by the event title and date. It also includes a digital clock showing 1:55:02.

MARWADI SAMMELAN'S  
**B. M. RUIA GIRLS' COLLEGE**  
NAAC Accredited B+ 3<sup>rd</sup> Cycle  
&  
SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES  
Affiliated to S.N.D.T. Women's University, Mumbai  
H. Krishna Kunj, Vachha Gandhi Road, Garndevi, Grant Road (West), Mumbai- 400007.  
Tel : 022 23808130, E mail : [bmruias@yahoo.com](mailto:bmruias@yahoo.com), Web : [bmruiascollege.com](http://bmruiascollege.com)

**"THANK A TEACHER"**  
on the occasion of  
**TEACHERS DAY CELEBRATION**  
Organised by  
The Cultural Committee & NSS Unit in association with IQAC  
**6th September, 2021 at 11 a.m.** 1:55:02

**"Thank a Teacher" organised by the  
Cultural Committee & NSS Unit in associ...**

#### SARASWATI POOJA – 5<sup>TH</sup> FEBRUARY -2022

Cultural Committee in association with IQAC of Marwadi Sammelan's B.M. RUIA GIRLS' COLLEGE, MUMBAI-NAAC Accredited B+ (3<sup>rd</sup> Cycle) & Sitaram Deora Institute of Management Studies-Affiliated to S.N.D.T. Women University, MUMBAI. Organized "सरस्वती पूजा" on the auspicious occasion of वसंत पंचमी on Feb 5, Saturday, 2022 at 10.00am in the college Library.

Principal Dr. Santosh Kaul Kak, Teachers of Junior and Degree college, Non teaching staff, CR and Students (Who completed their 2 doses of Vaccine) participated in the Pooja & Hawan enthusiastically.



## CULTURAL COMMITTEE

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The pooja was directed by two pandits, who were invited from Bharteey Vidya Bhavan. Beautiful decoration, Prasadam and other arrangements for the event were made happily by the Teaching and Non Teaching staff of Degree and Junior college.

Prayers were offered in the form of Songs and Shlokas sung by all who were present for the event. It was well organized and enjoyed by all. The event was guided by Principal Dr Santosh Kaul Kak and supported by college Management.





## **CULTURAL COMMITTEE**

### **REPORT**

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### **MARATHI BHASHA DIWAS 26TH FEBRUARY 2022**

Marathi Bhasha Diwas was organized by the Cultural Committee on 26<sup>th</sup> February 2022 in hybrid mode. Students performed various dances, recited poetry and enacted skits.

# **CULTURAL COMMITTEE**

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## **CULTURAL COMMITTEE**

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### **SMT. SUMITA SHRIKANT DALMIA INTERCOLLEGIATE COMPETITION 'NIRJHAR' - 17<sup>th</sup> February 2022**

Keeping in mind the theme 'Azadi ka Amrit Mahotsav' Smt. Sumita Shrikant Dalmia Intercollegiate Competition 'NIRJHAR' was conducted on online mode on 17<sup>th</sup> February 2022. There were total of 12 Events like Patriotic Song, Poster Making, Solo Dance, Essay, Elocution, Story Narration that was available for student participants. Total number of colleges other than B.M Ruia that participated in the Competition was 15. Total number of entries that was uploaded and received was 86. There was good participation from various colleges at National level .



# CULTURAL COMMITTEE

## REPORT

YEAR 2021-22



**Marwadi Sammelan's**  
**B.M.RUIA GIRLS' COLLEGE**  
(NAAC ACCREDITED B+ 3RD CYCLE)

**Sitaram Deora Institute of Management Studies**  
(AFFILIATED TO SNDT WOMEN'S UNIVERSITY, MUMBAI)



1



**SMT.SUMITA SHRIKANT DALMIA**  
**INTERCOLLEGIATE COMPETITION**

**"निर्झर"**



**NIRJHAR**  
2021-2022

**B.M.Ruia Girls' College**  
11,Krishna Kunj Vachha Gandhi Road,  
Gamdevi,  
Grant Road, Mumbai-400007  
Tel: 022-23808130  
bmrui@yahoo.com

<https://forms.gle/v9CGv5sX9NM4cxCA9>  
**Registration** 

<https://forms.gle/ZD842ZDK2AgC5ZBk7>  
**Entry Submission** 

  
**"निर्झर" NIRJHAR**  
**2021-2022**

**Organizers**

Overall In-charge  
Dr. Santosh Kaul Kak

PRINCIPAL

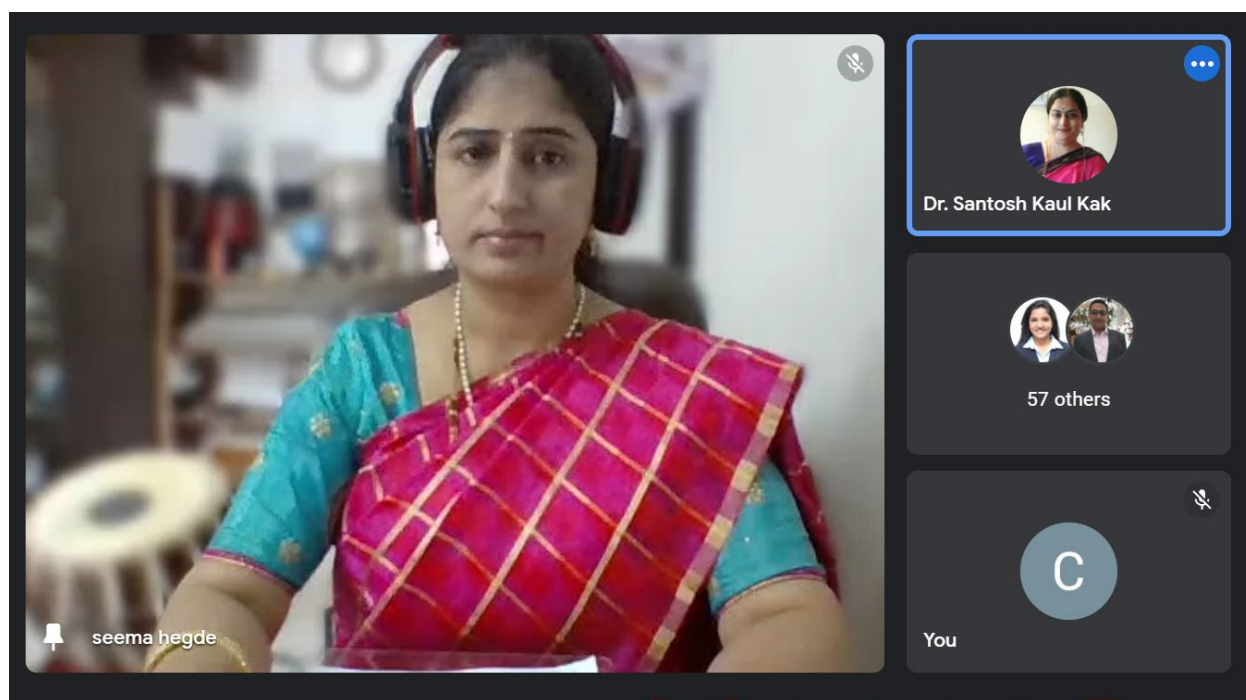
## CULTURAL COMMITTEE

### REPORT

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#### SHRI. RAMPRASAD PODDAR INTERCOLLEGIATE BHAJAN COMPETITION - 23<sup>rd</sup> March 2022

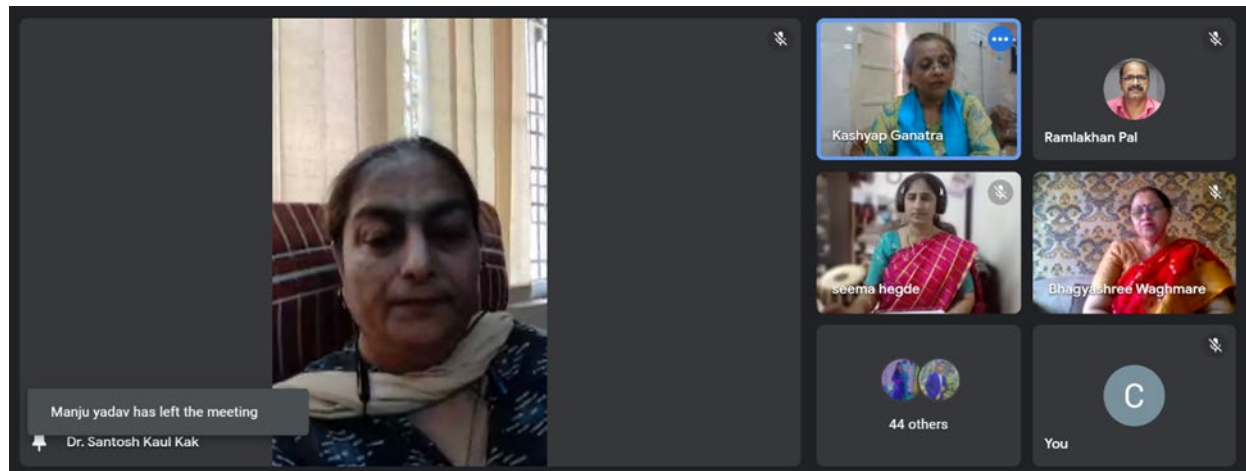
Keeping in mind the theme 'Azadi ka Amrit Mahotsav' Shri. Ramprasad Poddar Intercollegiate Bhajan Competition was conducted on online mode on 23<sup>rd</sup> March 2022. Total number of participants were 10. Students from 10 colleges from the city participated in the competition. The first prize was won by SNDT College of Arts and SCB College of Commerce and Science for Women. The Program was well attended by Students and Faculty from various colleges in the city.



# CULTURAL COMMITTEE

## REPORT

YEAR 2021-22



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## **Report** **Sports Activities** **2021-22**

- **A National Level Workshop titled "Yoga at Home and Yoga with Family" on the occasion of International Yoga Day, 21st June, 2021**

The Sports Committee in association with the Internal Quality Assurance Cell (IQAC) organised a National Level Workshop titled "Yoga at Home and Yoga with Family" on International Yoga Day on 21st June, 2021.

This workshop aimed at preparing the learners physically and mentally for integrating their physical, mental and spiritual faculties so that they can become healthier, saner and more integrated members of society and of the nation. The workshop helped the learners as well as the faculty in self-discipline and self-control, leading to an immense amount of awareness, concentration and a higher level of consciousness.

The eminent resource persons of the Workshop were Mr. Ravi Ahuja and Dr. Mita Sharma from Patanjali Yog Samiti. Around 250 national participants made this workshop a huge success.

8:39

185 KB/S VoLTE 4G+ 84



fwk-hqwp-zeo



Resource Persons:



Shri. Ravi Ahuja



Dr. Mita Sharma

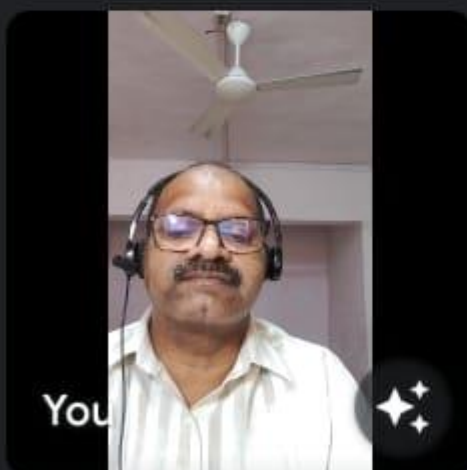
Kashyap is presenting



BMRUIA



Kashyap



You



Shruti

1 other



## **CULTURAL COMMITTEE**

### **REPORT**

### **YEAR 2022-23**

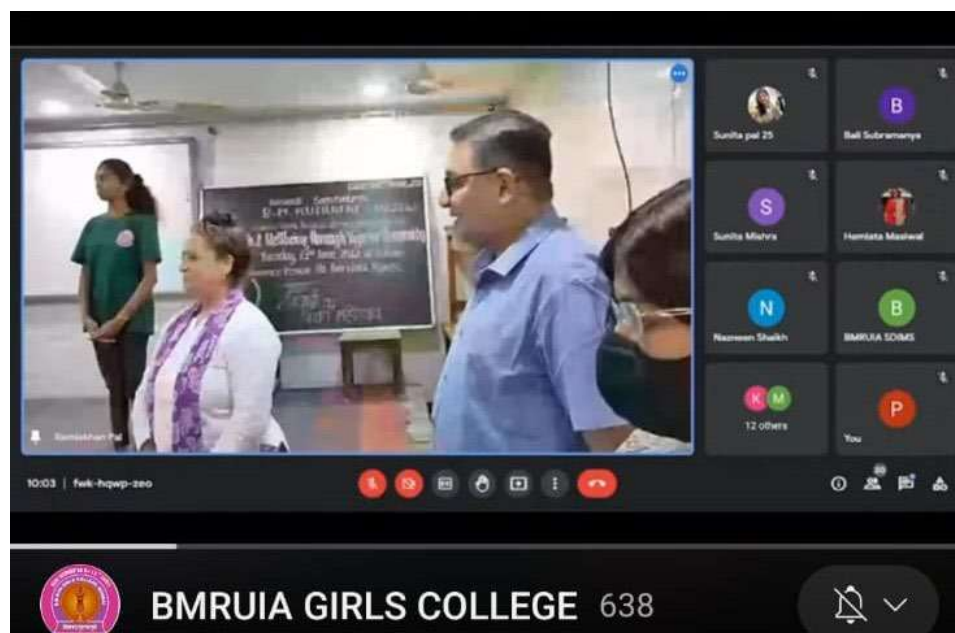
#### **National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day, 21st June, 2022**

The Cultural Committee in association with the Internal Quality Assurance Cell of Marwadi Sammelan’s B. M. Ruia Girls’ College and Sitaram Deora Institute of Management Studies, Mumbai organised National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day on June 21, 2022. 258 participants from various states attempted the quiz and received an e-certificate. 44 students from B. M. Ruia Girls’ College participated in the quiz.

# CULTURAL COMMITTEE

## REPORT

### YEAR 2022-23





## CULTURAL COMMITTEE

### REPORT

### YEAR 2022-23



### **'Guru Purnima Utsav', 13<sup>th</sup> July, 2022**

On the auspicious occasion of Guru Purnima, 'Guru Purnima Utsav' was organised by the students of the college. About 45 students of the college participated in this event. Students made Guru Purnima Utsav a success with their songs, dances, stories, and speeches.

# CULTURAL COMMITTEE

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### YEAR 2022-23



### **A Talent Show- 'Abhivyakti' on 1<sup>st</sup> August, 2022**

The Talent Show aimed to provide a platform for students to showcase their talents and skills. The objective was to make students feel appreciated and acknowledged, which in turn enticed them to feel motivated. It was compered by Dr. Kavita Patil, Assistant Professor of English, and Sakshi Solanki, a student from B.Com III Class. Sakshi Solanki's welcome address was followed by the performances of the participants.



# **CULTURAL COMMITTEE**

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The performances by student participants were followed by Smt. Shruti Ranade, (Associate Professor in Psychology, Counsellor at College Counselling Cell 'Mantrana' and an In-charge of Cultural Activities) and Dr. Kavita Patil's singing performances. These performances were followed by Principal Dr. Mrs. Santosh Kaul Kak's brief address. She elucidated the importance of cultural activities along with studies in students' life. The principal's address was followed by a Formal Vote of Thanks proposed by Swati Prajapati, a student from B.A II class.

100 participants performed 41 performances in 11 categories including Speech, Craft, Drawing, Mehndi, Bridal Make-Up, Solo Singing, Duet Singing, Solo Dance, Duet Dance, Group Dance, and Fashion Show. All the technical support was arranged by Mr. Sahebrao Marathe, a non-teaching staff.

# CULTURAL COMMITTEE

## REPORT

### YEAR 2022-23



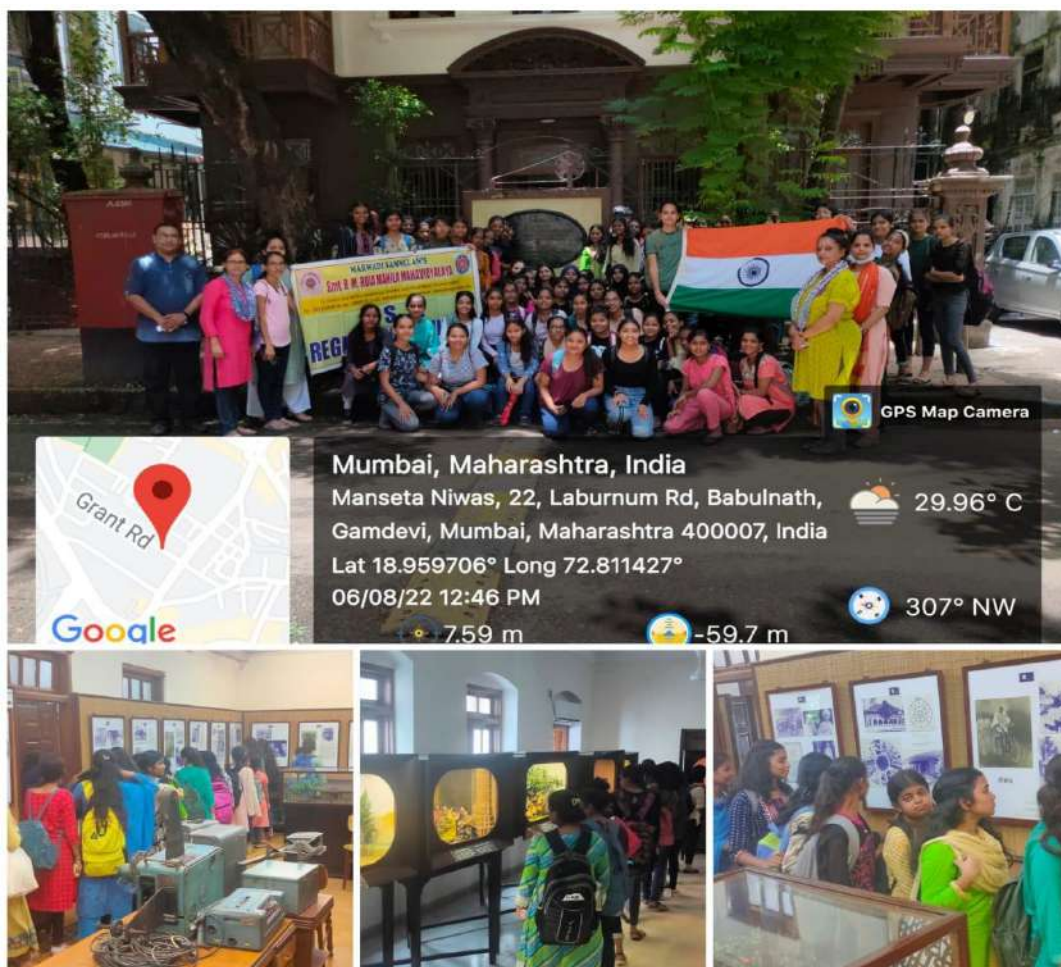
#### **Visit to Mani Bhawan on 'Hiroshima Massacre Day', 6<sup>th</sup> August, 2022**

About 50 girls and 5 professors of college went to 'Mani Bhawan', a symbol of peace, non-violence and harmony, to witness the life journey and values of Mahatma Gandhi, the great hero of peace and non-violence. They also took a pledge of commitment to the basic mantras of brotherhood and non-violence.

# CULTURAL COMMITTEE

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### YEAR 2022-23



### **‘Celebrating True Freedom’ on 9th August, 2022**

In a series under Azadi Ka Amrit Mahotsav to commemorate 75 years of independence and celebrate the glorious history of its people, culture, and achievements a National Level Program “Celebrating True Freedom” was organised on 9<sup>th</sup> August in an online mode on Google Meet. The programme was organised by NSS Unit and Cultural Committee in association with IQAC. The speaker invited for the program was Sister

# **CULTURAL COMMITTEE**

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Brahma Kumari Didi Neerja (Associated with the Brahma Kumari organisation).

The program started with a college prayer sung by Associate Professor in Psychology and Cultural In-charge of the college; Smt. Shruti Ranade followed by SNDT Song. Sister Brahma Kumari Didi Neerja started her talk with a very good example of Freedom which is Swatantrata. She said true freedom is experiencing good feelings all the time. She also stressed being a True Leader of our own and free from negative feelings. True freedom is “Prabhav, Lagaav, and Dabaaw se Mukti” and also to be available mentally all the time, and be aware all the time. At the end of her talk, she conducted a small Mediation session. Didi Niraja explained that mediation is all about Feeling. Feeling and Flowing of thoughts in a true sense for the benefit of Self, Surroundings, and Society.

Around 55 participants including the students from Junior and Degree programs of B.A, B.Com, B.M.S and the teachers enjoyed and gained knowledge of what True Freedom is. The program was anchored by Shri. Ramlakhan Pal from the Department of Hindi and executed by Dr. Sunita Mishra, Dr. Hemlata Masiwal and Dr. Kashyap Ganatra. It was aired live on YouTube by the Department Head of Commerce and IQAC Coordinator of the college, Dr. Nooruzia Qazi.



# CULTURAL COMMITTEE

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### YEAR 2022-23



### **Independence Day Celebration: 'Azadi Ka Amrit Mahotsav', 15<sup>th</sup> August, 2022**

The college celebrated 75 years of Independence on 15<sup>th</sup> August 2022 in the college premises. The celebrations unfolded with Flag Hoisting and National Anthem. The dignitaries of the occasion were the President of Marwadi Sammelan. Adv. Shri Sushil Vyas, Honorary Secretary of Marwadi Sammelan Shri. Suresh Deora, Convenor of Sitaram Deora Institute of

# **CULTURAL COMMITTEE**

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Management Studies Shri Vijay Singhal, and Member of Marwadi Sammelan Shri Ajay Singhania.

The program proceeded with the SNDT Song and Prayer Recital in the college auditorium which was anchored by Associate Professor in Psychology, Counsellor of the college counselling cell 'Mantrana' and Cultural In-charge of the institution Smt. Shruti Ranade. The class representatives recited the oath the Principal read out in the oath-taking ceremony.

Principal Dr. Santosh Kaul Kak addressed the audience and spoke about the achievements of the Nation. She reminded us of our rich heritage as Indians and encouraged the audience to wholeheartedly strive to achieve the ideals laid by our Nation's martyrs. The day also witnessed the distribution of Multivitamins and Sanitary Napkins by the Indian Red Cross Society, Mumbai. It was followed by Presidential Address by Adv. Shri Sushil Vyas, President of Marwadi Sammelan, who shared the origin and history of Marwadi Sammelan's initiative in introducing education for girl students, also spoke about the contribution made by the trust in upholding its values.

This was followed by a cultural programme that had student participants from both Degree and Junior college exhibit various performances in keeping the theme of Independence Day. The Programme was anchored by Ms. Maheshwari Murdeshwar and Ms. Malini Anvekar from Junior College.



# CULTURAL COMMITTEE

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15 AUG  
2022

#### **A One Day Workshop on ‘Folk Dance’’, 20<sup>th</sup> August, 2022**

Cultural Committee in association with the Internal Quality Assessment Cell (IQAC) organised A One Day Workshop on "Folk Dance" under 'Azadi Ka Amrit Mahotsav' Theme: Ideas@75 on Saturday, 20th Aug 2022. The aim of the workshop was to give knowledge to the students about the importance of Folk Dance in Cultural Integrity. The resource person for the workshop was folk dance Expert Director Choreographer Shri. Shashin Mestry. Shri Shashin along with his assistant Shri. Sushant engaged the students in various activities from 10.30 am to 1.00 pm. Shri. Shashin spoke about the importance and types of various folk dances of India and their contribution to maintaining the integrity and unity of India. Screening of various colourful folk-dance performances and demonstrations were the main attraction of the workshop. 32 student participants from B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies attended and enjoyed various steps of folk

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dances. Eight members of the cultural committee were present for the workshop.



### **Workshop on Acting, 8<sup>th</sup> September, 2022**

Cultural Committee conducted a Workshop on Acting on 8<sup>th</sup> September, 2022 in the College Auditorium. The resource person was Mr. Vivek Tripathi, a television and web series actor. Many interested students benefitted from the workshop. They learnt essential communication skills needed for future careers and how to work together in teams. Being able to put themselves into a character's shoes helps students learn valuable social skills like self-expression as well as

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teamwork which is essential for success in the workplace! Acting is an activity that allows students to express themselves in ways they might not be able to elsewhere; to encourage teens to push past inhibitions and try things outside of their comfort zone. This type of behaviour can lead students to be more open-minded and creative problem solvers, which are skills that can lead to success in any field.



### **S.N.D.T Women's University Regional Youth Festival, 22<sup>nd</sup> and 23<sup>rd</sup> September, 2022**

On behalf of the Student Development Department of SNDT Women's University, like every year, this year too. SNDT Youth Festival was organized on 22 September and 23 September 2022. The program was inaugurated on 22<sup>nd</sup> September, 2022 at 10.00 am at Patkar Auditorium, Churchgate, Mumbai,

# **CULTURAL COMMITTEE**

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Hon. Vice-Chancellor, Prof. Ujwala Chakradeo of SNDT Women's University, was the chairperson of the programme. The chief guest for the program was Smt. Shraddha Singh, Founder and President, Serve with Shraddha (NGO) advised the students to look at life with a positive outlook and focus on making dreams come true. Smt. Vaishali Bhosle, the special guest alumnae and TV artist presented the written poems and asserted to instil self-confidence in the students by instilling self-confidence.

The welcome address and outline of the program were presented by the Registrar Dr. Vandana Sharma. The Vice-Chancellor urged the students to imbibe the qualities necessary to become self-reliant and encouraged them to realize their inner selves. A vote of thanks was proposed by Dr. Nitin Prabhutendolkar. Pro. Vice-Chancellor Prof. Ruby Ojha was also present. The programme started with the University Song and ended with the National Anthem. A large number of students, teachers, non-teaching staff, principals, heads of departments, and officers were present for the program.

Approximately 1200 students, teachers, trainers etc. from various colleges in Mumbai as well as Nashik, Nandurbar, Dhule, Shahada Sangli, Kolhapur, Pune, Satara, Ratnagiri, Sindhudurg in Maharashtra participated.

31 students from B. M. Ruia Girls' College participated in events including Folk Dance, One Act Play, Skit and Street Play on 22<sup>nd</sup> and 23<sup>rd</sup> September, 2022. Street Play performance won the 2<sup>nd</sup> prize and received appreciation from the judges whereas the One Act Play performance won the consolation prize.

Smt. Shruti Ranade, Associate Professor in Psychology, and In-charge of Cultural Activities, and Namrata Bhalerao, Lecturer in Commerce, accompanied the students on the 22<sup>nd</sup> September, and Dr. Anita Jacob, Assistant Professor of



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Commerce, and Neelam Mor, Lecturer in Economics, members of Cultural Committee accompanied the students on 23<sup>rd</sup> September, 2022.



- **SNDT Regional Youth Festival, 30<sup>th</sup> September, 2022**



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Inaugural Ceremony of Literary and Fine Arts Events of SNDT Women's University Yuva Mahotsav 2022 was held at JDBMISR Hall, SNDTWU, Pune Campus at 10 am onwards on 30th September. The Chief Guest of the Programme was Mr. Chandrakant Patil, Honourable Minister of Higher and Technical Education, Textile Government of Maharashtra and Pune District Guardian. Honourable Vice-Chancellor, SNDT Women's University, Prof. Ujwala Chakradeo was the president of the programme whereas Sheetal More was the convener and Dr. Nitin Prabhutendolkar, Dean of the Department of Students Welfare was the additional in-charge of the Yuva Mahotsav. 5 students of B. M. Ruia Girls' College participated in the literary events including essay writing, debate, speech, and poetry recitation competitions. Dr. Beenu Singh, Assistant Professor of Economics and a member of the Cultural Committee accompanied the students for the events and travelled to and from Pune on 30<sup>th</sup> September. The college bagged 1<sup>st</sup> Prize in Essay Writing, 2<sup>nd</sup> Prize in Debate, and Consolation Prize in Elocution Competition.

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### **Yashaswini 2022-23, 6th January, 2023**

Yashaswini 2022-23 was organised and hosted by B. M. Ruia Girls' College on January 6, 2023, from 8.00 am onwards in the college auditorium to identify the best student of the college who is best not only at studies but also at co-curricular and extracurricular activities, having extraordinary skills and being

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aware of social issues and current affairs of the country. 2 students from Marwadi Sammelan's Sitaram Deora Institute of Management Studies and 11 students from B.A and B.Com classes of B. M. Ruia Girls' College participated in the contest.

5 out of 11 participants cleared the first 3 rounds (Form Round, Introduction Round, and Skill Presentation Round) and entered into the final round after an Elimination Round. After the final round 2 students from B. M. Ruia Girls' College were declared as Yashaswini 2022-23 (Mankar Kunika) and 2nd Runner Up (Singh Prachi). Pandey Sanjana from SDIMS was declared a 1st Runner-Up.

The winners were felicitated by the Principal Dr. Santosh Kaul Kak with crowns and sashes. The contest was judged by Dr. Sunita Mishra, Associate Professor of Hindi, Dr. Kashyap Ganatra, Assistant Professor of Commerce, and Ms. Pooja Rele, B.C.A Coordinator. The programme was coordinated by Ms. Sumita Guha, Assistant Professor of Economics and Dr. Kavita Patil, Assistant Professor of English.



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### **Ras-Phuhar- Annual Day Celebration, 20th January, 2023**

The annual day celebration 'Ras-Phuhar' was organised on January 20, 2023, at Birla Matoshree Auditorium. Advocate Shri. Sushil Kumar Vyas, President of Marwadi Sammelan, presided over the programme. Shri. Suresh Deora, General Secretary of Marwadi Sammelan and Trustee of Marwadi

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Sammelan, Shri. Shrikant Dalmia, Convener of B. M. Ruia Girls' College, Shri. Vijay Singhal, Convener of Sitaram Deora Institute of Management Studies, were also present. Among other members of Marwadi Sammelan, Mr. Shailesh Shrikant Dalmia, Mr. Ajay Singhanian, Mr. Ghanshyam Sharma were present. Ms. Sakhi Giri from the media and principals from different schools were present.

The colourful cultural program was started with the lighting of the lamp by the guests and Ish Vandana by Smt. Shruti Ranade, head of the cultural activities of the college. According to the theme of the cultural program "Ek Bharat, Shreshtha Bharat", Indian religious and cultural history, Guru Mahatma, pre-independence and post-independence India, agriculture, defence, technical knowledge, Indian festivals of unity, etc. were presented through beautiful drama and dance presentations by the students.

On this occasion, the Principal of the college, Dr. Mrs. Santosh Kaul Kak, read the annual report and informed the guests about the activities organised and achievements throughout the year. Referring to the many important technical activities done by the college during online education, she appreciated and expressed gratitude for the continuous financial and emotional support extended by the Marwadi Sammelan to the students, teachers and non-teaching staff.

President of the program Adv. Shri. Sushil Kumar Vyas supported the statement of the Principal of the college and congratulated everyone in the annual festival of the college. He also mentioned the resolution of the Marwadi Sammelan, which is constantly striving for women's education.

Expressing gratitude and thanks to the guests, Mr. Shrikant Dalmiya said that the success of the program is the result of the untiring hard work of Smt. Shruti Ranade, head of cultural activities, and Principal of the college. He said



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that today when women's education and equality are being talked about, their forefathers had experienced this need decades ago and had also started concrete efforts in this field.

The program was coordinated by junior college faculties Mrs. Nazneen Shaikh and Mrs. Maheshwari Murdeshwar and Dr. Nooruzia Qazi.

Those girl students of the college were also honoured on this occasion, who made the college proud by securing the highest marks in the university-level examinations. Best Student of the Year, Best N.S.S. Volunteer, and Miss. Yashaswini were also felicitated. Mrs. Nazneen Shaikh received 'Best Teacher Award' and Mr. Hukumdev Yadav received the 'Best Non-Teaching Award'. Dr. Sunita Mishra, Mrs. Kusuma Dabali, Mrs. Ajitha Gopinath and Mr. Pradeep Gotad were honoured for completing 25 years of their tenure

# CULTURAL COMMITTEE

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### **Smt. Sumita Shrikant Dalmia Inter-collegiate Nirjhar Competition, 27th and 28th February, 2023**

Cultural Committee organised Sumita Shrikant Dalmia Inter Collegiate Competition “Nirjhar” on 27th and 28th January 2023 and the Prize distribution Ceremony of the same took place on 28th January 2023.

# **CULTURAL COMMITTEE**

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581 participants from 29 Colleges of Mumbai University and S.N.D.T Women's University participated in this competition.

The program started with the lightening of the lamp which was followed by College prayer by Smt Shruti Ranade, Associate Professor of Psychology, Counselor of Mantrana Cell and In charge of Extra Curricular Activities of the College.

The Chief Guest of the Program was Shri. Shrikant Dalmia, Trustee of Marwadi Sammelan and Convener of B. M. Ruia Girls' College also sponsored this intercollegiate competition. Shri. Shailesh Dalmia, a Member of Marwadi Sammelan graced the occasion.

The audience was addressed by the Principal Dr. Santosh Kaul Kak. She mentioned that there were 15 events in this intercollegiate competition which included art, literary, indoor games etc. She also mentioned that the rotating trophy "Women Empowerment Trophy" had been introduced this year and this Trophy would go to the college which would send the maximum number of women participants. Shri. Shrikant Dalmia also addressed the audience with encouraging words.

This year the rotating trophy "Trophy for Women Empowerment" was bagged by B. M. Ruia Girls' College but it was extended to the next college which sent the maximum number of women participants due to the fact that B. M. Ruia Girls' College was the host college of this intercollegiate Competition.

Rotating "Nirjhar Trophy" for the college with the maximum number of Winners was won by Lilabai Thackersey College of Nursing, Churchgate. Rotating "Nirjhar Trophy" for the college with the maximum number of participants was won by B.M.Ruia Girls' College, Gamdevi.

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There were total of 67 prizes and three rotating trophies in this intercollegiate competition. The formal “Vote of Thanks” was extended by Mrs. Kshama Tamhankar, Vice Principal of the Junior College. The Program was compered by Mrs. Malini Anvekar and Mrs. Sapna Bhamri, Lecturers of Junior College.

The program ended with National Anthem.



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#### **Saraswati Pooja, 27th January, 2023**

The Cultural Committee organised "Saraswati Pooja" on the auspicious occasion of Vasant Panchami on January 27, 2023 at 10.00 am in the College Library. Principal Dr. Santosh Kaul Kak, Teachers of Junior and Degree College, Non-teaching staff, CR's and Students participated in the Pooja and Hawan



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enthusiastically. The pooja was directed by two pandits, who were invited from Bharteeya Vidya Bhavan. Beautiful decorations, prasadam and other arrangements for the event were made by the Teaching and Non-Teaching staff of Degree and Junior College. Prayers were offered in the form of Songs and Shlokas sung by all who were present for the event.



#### **Bhajan Competition, 3rd February, 2023**

The Department of Hindi and Cultural Committee organised the "Shri Ramprasad Poddar Bhajan Competition" on 3rd February, 2023. 25 participants from different Colleges affiliated to the University of Mumbai and S.N.D.T. Women's University participated in this Competition.

Mrs. Nilakshi Rahul Kamat, a trained Hindustani Classical Music and Western Vocalist was the Guest of Honour as well as one of the judges of the event. She graced the occasion with her presence.

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The event started with a welcome note followed by Lamp Lighting and Ish Vandana sung by the students of B. M. Ruia Girls' College. The principal, Dr. Santosh Kaul Kak then addressed the audience.

Along with Mrs. Nilakshi Rahul Kamat, the competition was judged by Mr. Aditya Neela, (Indian vocalist as well as music composer) and Mr. Shubham Prakash Bhumkar, (creative and disciplined music teacher). In the end, the Judges enthralled the audience with their melodious Bhajans and created a spiritual ambience.

The judges were introduced by Ms. Namrata Bhalekar and the rules were read by Mrs. Poonam Singh. The event was anchored by the Vice Principal of Junior College, Mrs. Kshama Tamhankar and Assistant Professor, Department of Economics, Ms. Sumita Guha. The vote of thanks was given by Mrs. Sapna Bhambri.

The prizes were bagged by the following students and colleges:

1. Ajay Kharb, St. Xaviers College was awarded the 1st prize.
2. Dharmi Patani, Somaiya College was awarded the 2nd prize.
3. Sakshi Yadav, Patkar College was awarded the 3rd prize.
4. Mann Derasari, Somaiya College was awarded the consolation prize.
5. Somaiya College won the rotating shield.

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### **Marathi Bhasha Divas, 27th February, 2023**

On the occasion of International Marathi Bhasha Divas on 27th February 2023, a cultural program was organised in the college. In this event, the Marathi language was celebrated by the students through poetry recitations, songs, speeches, dances, and lavani. Along with the students, the teachers of the college



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also celebrated Marathi language day in the form of poetry recitations, speeches and seminars. Vice Principal of the college Mrs. Kshama Tamhankar and Principal Dr. Santosh Kaul Kak addressed the students through Kusumagraj's poem '*Swatantryadevichi Vinvani*'.



### **Tejaswini 2022-23, 1st, to 3rd March, 2023**

The Department of Students Development, S.N.D.T. Women's University organised 'Tejaswini 2022-23' on 1st, 2nd, and 3rd March, 2023 at Patkar Hall, S. N. D. T. Women's University, Churchgate Campus to select Best Student of the University. The winners of Yashaswini 2022-23- Mankar Kunika and Singh

# **CULTURAL COMMITTEE**

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Prachi from B. M. Ruia Girls' College participated in all the rounds including Personal Interview, Physical Fitness, Quiz, Essay Writing, Extempore Speech, Group Discussion, and Open Interview of Tejaswini 2022-23.

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## **Report**

### **Sports Activities**

### **Academic Year 2022-23**

#### **1. National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day, June 21, 2022**

Sports Committee in association with the Internal Quality Assurance Cell organised National E-Quiz on “Yoga for Humanity” on the occasion of International Yoga Day on June 21, 2022. 257 participants from various states attempted the quiz and received an e-certificate. Among 257 participants 44 students from B. M. Ruia Girls’ College participated in the quiz.

#### **2. Hike to Garbett Plateau (Matheran), July 21, 2022**

The Department of Physical Education of S.N.D.T Women’s University, Mumbai organised A Hike to Garbett Plateau (Matheran). 34 students of B. M. Ruia Girls’ College, Mumbai participated in the hike. Mr. Ramlakhan Pal, Assistant Professor of Hindi, and a Member of the Sports Committee 2021-22 accompanied the students on the hike.



### **3. 'SNDT Run for Empowerment': Minithon Road Race 2022-23, August 14, 2022**

The Department of Physical Education of S.N.D.T Women's University, Mumbai organised 'SNDT Run for Empowerment- Minithon Road Race 2022-23' on the S.N.D.T Juhu Campus Playground on Sunday, August, 14, 2022 from 7.00 am to 10.30 am under *Azadi ka Amrit Mahotsav*. 16 students of B. M. Ruia Girls' College, Mumbai, participated in the Minithon Road Race.

The Minithon Run started from the S.N.D.T. Women's University Juhu Ground Campus area and moved through Relief Road, Daulat Nagar Bus Depot and came back to Juhu Campus. The students ran for 5 km and the teachers for 3 km. The dress code for students and teachers was white and blue respectively.

Dr. Beenu Singh, Assistant Professor of Economics, Member-Sports Committee 2022-23, accompanied the students for the race at the venue.



#### **4. A National Level Guest Lecture on "Developing Sports Culture in India: Prospects and Challenges" on the occasion of National Sports Day on August 29, 2022**

The Sports Committee in association with the Internal Quality Assurance Cell (IQAC) organised A National Level Guest Lecture on "Developing Sports Culture in India: Prospects and Challenges" on the occasion of National Sports Day, on August 29, 2022, from 11.30 am onwards on the google meet platform. The Resource Person was Dr. Manju Singh, Head and Associate Professor, Department of Commerce, Shyama Prasad Mukherjee PG College, (A constituent college of the University of Allahabad), Prayagraj, UP, India. Dr. Kavita Patil, Assistant Professor of English and an In-Charge of the Sports Committee 2022-23 delivered the welcome address. Dr. Beenu Singh, Assistant Professor of Economics and a member of the Sports Committee introduced the resource person by highlighting the Resource Person's achievements.



In her address, Dr. Manju Singh explicated that with the stalwarts of Sports and Academia agreeing on the fact that sports complement academics, India would observe growth in more employable citizens with inclusion values. Sports being a “Healer and Unifier” would help in analytical thinking as well as boost memory by increasing concentration. She said that it is one thing to play and lose, but sports teach us that success and failure are parts of life and what is more important is to pick yourself up, dust yourself off and go on to play again and again with a renewed zeal. She mentioned that sports are the true remedy for releasing stress among students.

The resource person’s address was followed by the question-answer session. Dr. Beenu Singh proposed A Formal Vote of Thanks. 69 participants and 5 teachers from various states of India attended the guest lecture and received e-certificates. Among the 69 participants 12 students from B. M. Ruia Girls’ College attended the guest lecture.



### ● Annual Sports Day, 23rd December, 2022

The Sports Committee of the college organised an Annual Sports Day on December 23, 2022, from 10.00 am onwards on the college premises and on Trikon Maidan of Brihanmumbai Municipal Corporation. The following Outdoor/Indoor Games and Literary Competitions were conducted:

#### 5. 100 mtr running

The 100 mtr running was organised on Trikon Maidan at 10.00 am.

17 students participated in the run out of which 3 students secured I, II, and III place.

#### 6. 200 mtr running

The 200 mtr running was organised on Trikon Maidan at 11.00 am.



6 students participated in the run out of which 1 student secured I place.

### **7. Carrom**

The Carrom Competition was organised in the Library- Downstairs at 10.00 am

11 teams consisting of 2 students each participated in the competition out of which 3 teams secured I, II and III place.

### **8. Chess**

The Chess Competition was organised in the Library- Upstairs at 11.00 am.

8 students participated in the competition out of which 2 students secured I and II place.

### **9. Essay Writing:**

Topic for Essay Writing- English- India's Achievements in Sports at Global Level

Hindi- वैश्विक स्तर पर खेलों में भारत के बढ़ते कदम

Marathi- जागतिक पातळीवर क्रीडाक्षेत्रात भारताची विजयपताका

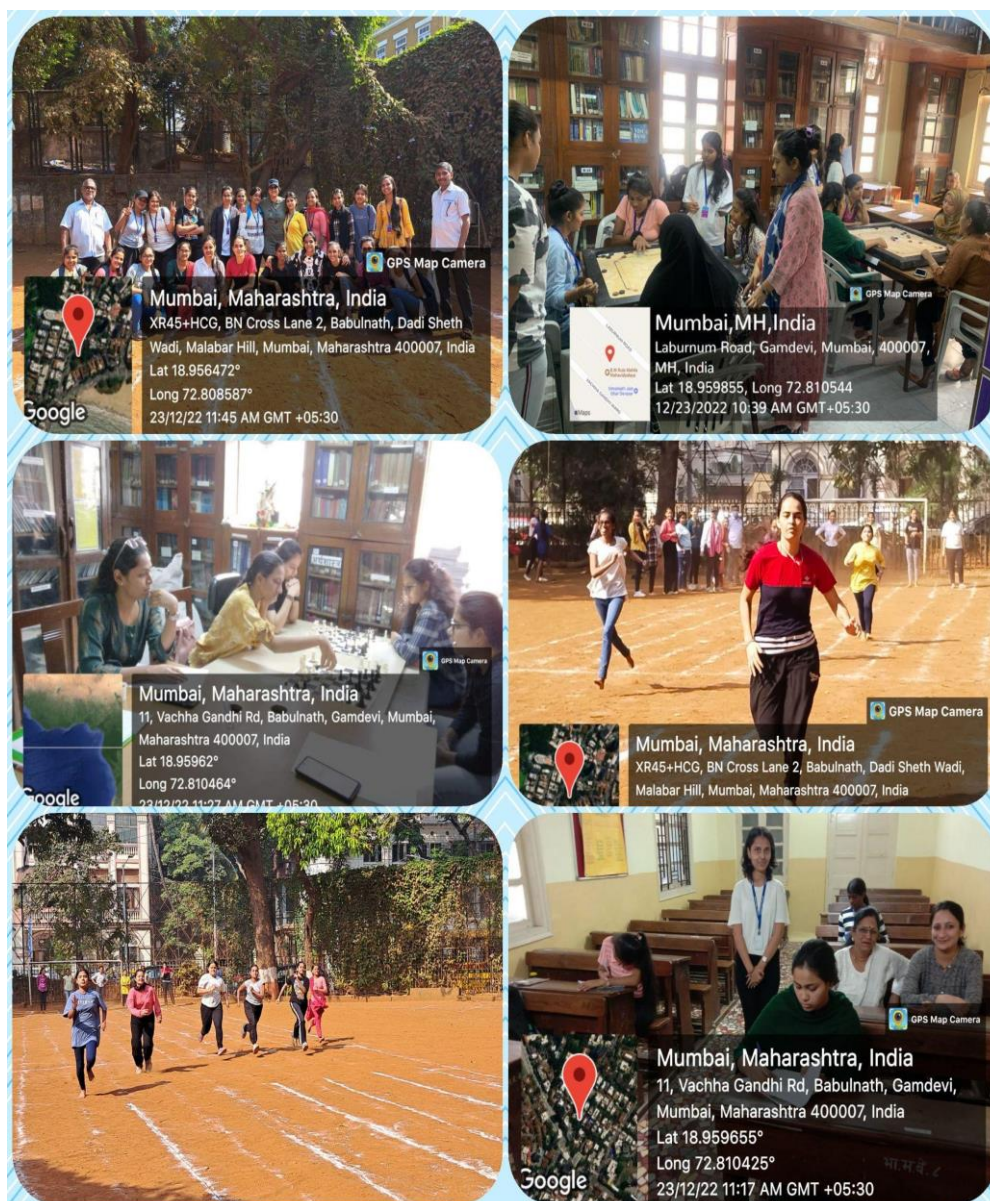
The Essay Writing Competition was organised in Room No. 04 at 11.00 am.

3 students participated in the competition.

## **Prize Winners**

<b>Sr. No</b>	<b>Competition</b>	<b>Prize</b>	<b>Names of the Prize Winners</b>
1.	100 mtr running	I	Purohit Vaidehi (B.A III)
		II	Solanki Sakshi (B.Com III)
		III	Singh Kushi (B.Com I)
2.	200 mtr running	I	Purohit Vaidehi (B.A III)
3.	Carrom	I	Jain Komal (B.Com I) and Kanaujia Kritika (B.M.S I)
		II	Chauhan Priya (B.Com II) and Parmar Isha (B.M.S I)
		III	Yadav Anusha and Dalvi Nikita (B.Com I)
4.	Chess	I	Lakum Bhumika (B.M.S I)

		II	Mekala Anusha (B.M.S I)
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### **10. Carrom Competition of Faculties**

The Carrom Competition was organised in the Library- Downstairs at 2.00 pm.

6 teams consisting of 2 faculties each participated in the competition out of which 2 teams secured I and II place.

Carrom (Faculty)	I	Dr. Santosh Kaul Kak (Principal) Mr. Ramlakhan Pal from the (Dept. of Hindi)
	II	Dr. Sunita Mishra (Dept. of Hindi) Dr. Kashyap Ganatra (Dept. of Commerce)





## 11. A National Level Online Quiz Competition on “Pocket Dynamo: Khashaba Dadasaheb Jadhav”, January 15, 2023

The Sports Committee in association with the Internal Quality Assurance Cell conducted A National Level Online Quiz Competition on “Pocket Dynamo: Khashaba Dadasaheb Jadhav” on the occasion of Khashaba Jadhav’s (The first athlete from independent India to win an individual medal in the Olympics) 97<sup>th</sup> birth anniversary under *Azadi ka Amrit Mahotsava: Achievements @75* on January 15, 2023. 86 participants from various states attempted the quiz and



received an e-certificate. 67 students from B. M. Ruia Girls' College participated in the quiz.

## **12. Sports Adventure Camp, Ratnagiri, February 28 to March 2, 2023**

8 students from B.Com I Class of the college joined the 'Sports Adventure Camp 2023, at Ratnagiri' organised by the Department of Physical Education, S.N.D.T Women's University, Mumbai from February 28 to March 2, 2023. 52 students from 14 colleges affiliated to S.N.D.T Women's University participated in the Sports Adventure Camp. The students participated in adventures like Commando Bridge, Tent Pitching, Rappelling, Climbing and Ladder Climbing, Trekking and River Crossing. All the prizes were bagged by the students of B. M. Ruia Girls' College. The students Won 1st Prize in the categories of Discipline, Motivation, Leadership, Supporting and Helping Everyone. Moreover, Shraddha Joshi won the best leader prize.





## **CULTURAL**

## **REPORT**

## **2023-2024**

- **ON 3 JULY 2023 "गुरुवंदना" PROGRAM WAS ORGANIZED ON ACCOUNT GURUPOURNIMA**

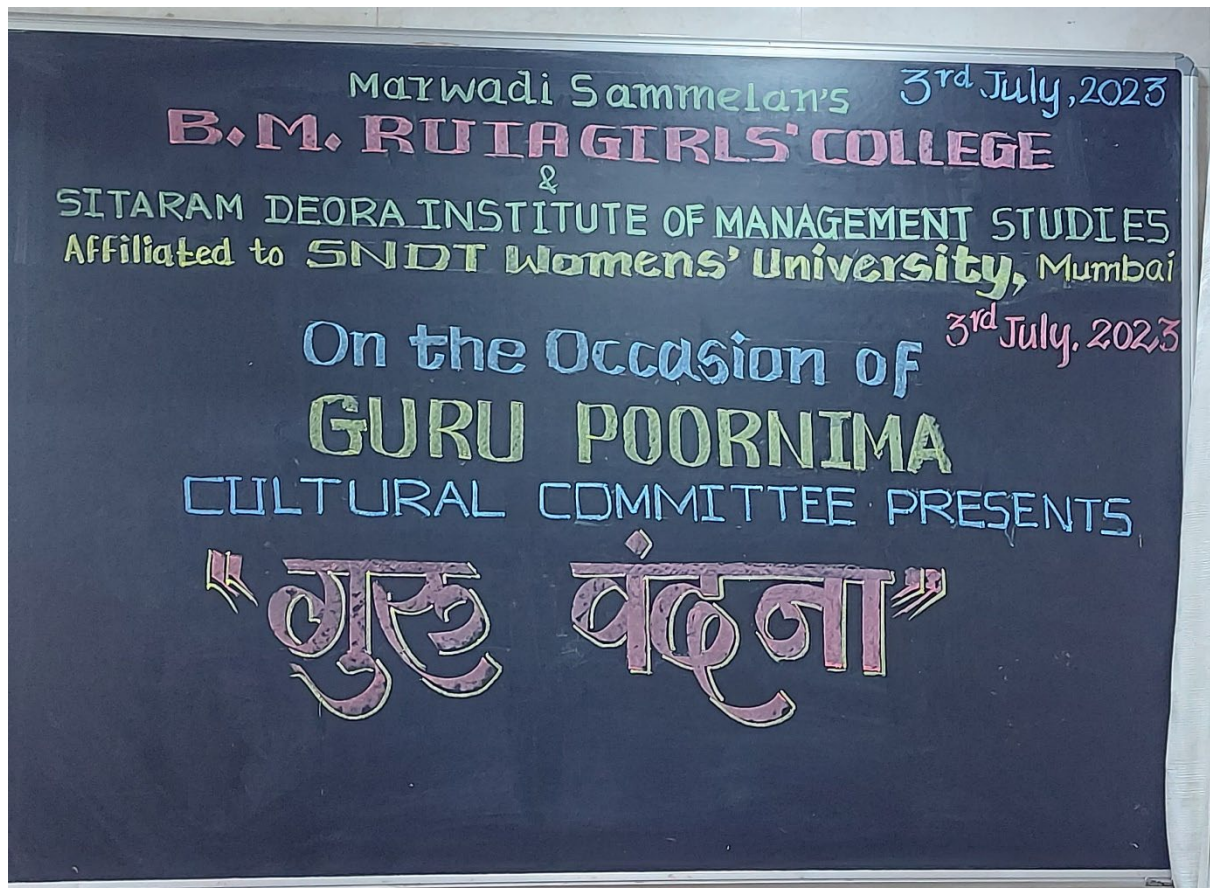
On 3rd July 2023, Monday a program "गुरु वंदना" was organised on the occasion of Gurupournima by Cultural Committee of the college. The program started with recitation of college prayer and SNDT song.

Students from various classes of Junior and Degree college participated actively by performing a skit, giving speeches and recitation of poetry depicting the importance of Guru in an individual's life. Ms.Maheshwari Murudeshwar, Ms.Kusuma Dabale, Ms.Shruti Ranade and Principal Dr. Santosh Kaul Kak addressed the students on this occasion. Ms.Suhasini Nikam compered the program. Along with the students Teaching and Non teaching members of the college attended and enjoyed the program.









**A TWO DAY ORIENTATION WORKSHOP FOR YUVA MOHOTSAY  
HELD AT SNDT CHURCHGATE CAMPUS ON 4/5 AUG 2023 BY DSD**





- **ON 22/08/2023 WORKSHOP ON "FOLK DANCES OF INDIA- भारत के लोकनृत्य"**

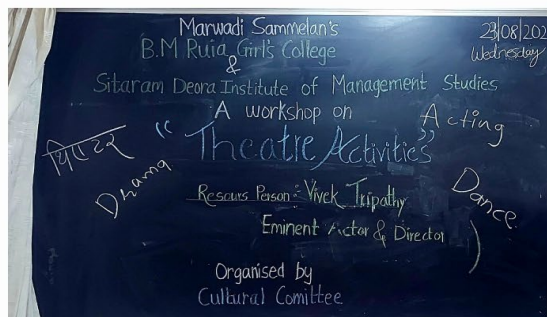
Cultural committee of B.M.Ruia Girls'College has organised a Workshop on "Theatre Activities" (for Yuva Mohotsav) on 22nd August 2023, Tuesday at 11.45 am in the college auditorium. Resource person was Shri.Vivek Tripathi. Eminent Actor and Director.

- **ON 23/08/2023 WORKSHOP ON "THEATRE ACTIVITIES" WAS ORGANIZED.**

Resource person for the workshop was Eminent Actor, Director Shri.Vivek Tripathi.



He demonstrated various styles of voice presentation, styles of walking, and made the students perform various tasks related to acting. Students of both the colleges participated in the workshop.



- **ON 25/08/2023 TALENT SHOW अभिव्यक्ती WAS ORGANIZED.**

The Talent Show अभिव्यक्ति was organised by Cultural Committee of Marwadi Sammelan and B.M.Ruia Girls' College in Ramprasad Poddar Auditorium on 25/08/2023 at 10.30 am.

Students from both the colleges, B.M.Ruia Girls & College and Sitaram Deora Institute of Management Studies participated enthusiastically in the show.

The event started with the welcome of Techers, Non- teaching staff and audience students followed by recitation of College Prayer and SNDT Womens University song

Students displayed their talents in various art forms such as presenting Solo and Group Dances, Songs, Poetry, Shayari, Speeches etc. Around 35 students participated in the event.

The event was Anchored gracefully by two students of TYBA, Nidhi Tiwari and Roopam Singh along with Smt. Shruti Ranade, Associate Professor in Psychology and Cultural In Charge. Teaching faculty of both the colleges and Principal Dr. Santosh Kaul Kak in person were present to encourage the participants and also appreciated the event.







- **PARTICIPATION OF STUDENTS IN REGIONAL YUVA MOHOTSAV WAS HELD ON 15TH AND 16TH SEPTEMBER 2023 AT SPN DOSHI COLLEGE GHATKOPAR, MUMBAI**



- **SNDT WOMEN'S UNIVERSITY युवा महोत्सव GRAND FINALE WAS HELD ON 06/10/2023 BMR STUDENTS TEAM PRESENTED "गदली सुसून" आदिवासी FOLK DANCE.**



- **YASHASWINI COMPETITION WAS HELD ON 15<sup>TH</sup> JANUARY, 2024.**

Yashashwini Competition was organized on 15.1.24 at College Hall. After various rounds following results are declared by Judges Panel, 2nd Runner up- was Vaishnavi Mhetre, from TYBA. First Runner Up was Swati Prajapati, from T.Y.B.A and Miss Yashashwini 2023-24 was Sejal Shukla, from T.Y.Bcom.





## **ANNUAL FUNCTION RASPHUAAR 2023-24**

Marwadi Sammelan's B.M Ruia Girls' College and Sitaram Deora Institute of Management Studies affiliated to S.N.D.T University of Mumbai had organized Annual function Rasphuaar 2023-24 at Birla Matoshri Sabhaghar on 19th January 2023-24 from 2.30pm onwards.

Every year the Cultural Committee incharge Ms Shruti Ranade ( Associate Professor of Psychology) selects a unique theme to exhibit students potential & talent in collegiate & intercollegiate fest. " Vasudev Kutumbakam " - the entire world is one family was the theme this year.

More than 125 students participated in the Annual Programme .It reflected on the journey of group of college mates selected for Cultural Exchange Programme around the world from America to China & back to India.The message of entire world is one global

village irrespective of different culture, language, religion and region was prominent in the Skit & dance performances.

The formal function was conducted to appreciate the efforts taken the students & teachers to accomplish academic excellence & holistic development of the students. The programme was presided by the President of Marwadi Sammelan Advocate Sushil Vyasji . Shri Mangal Prabhat Lodha, Minister, Ministry of Tourism & Ministry of Skill development and Entrepreneurship ( Maharashtra) was the Chief Guest of the event. The Principal Dr Santosh Kaul Kak presented the Annual report of activities conducted in the college. The Chief guest, Shri Mangal Lodha spoke about the empowerment of women & making her self-reliant through Skill development programme.

He further assured that the Initiatives taken by college for welfare of women education will receive maximum support and cooperation. The President too encouraged the students to nurture leadership skills.

Prizes & Scholarship awards were given for academic excellence, Best NSS, NCC , student of the year & crown for Ms Yashaswini . Staff members Dr Nuruzia Quazi, Mrs Nazneen Shaikh, Mrs Malini Anvekar & Mrs Maheshwari Murdeshwar were felicitated for successfully completing 25 years of service.

Dr Anita Jacob & Dr. Nuruzia Quazi were anchors for the formal function .Mrs Malini Anvekar & Mrs Manju Yadav were anchors for cultural programme.













- **SMT.SUMITA SHRIKANT DALMIA INTERCOLLEGIATE COMPETITION 'NIRJHAR' WAS ORGANIZED ON 2ND & 3RD FEBRUARY, 2024**

The Cultural Committee of B. M. Ruia Girls' College affiliated to the S.N.D.T Women's University, Mumbai, conducted by Marwadi Sammelan, organised 'Nirjhar 2023-24, Smt. Sumita Shrikant Dalmia Intercollegiate Competition' on 2nd and 3rd February, 2024 in the college premises. Late. Shri. Shrikant Dalmia, a former Trustee of Marwadi Sammelan and Convener of B. M. Ruia Girls' College has been a sponsor of this intercollegiate competition since its beginning.

The Prize Distribution Ceremony of 'Nirjhar' was organised on 3rd February, 2024 from 2.00 pm onwards in Ramprasad Poddar Auditorium of the college. The function was presided over by Shri. Suresh Deora, the Secretary of Marwadi Sammelan.

The Chief Guest of the ceremony was Smt. Joshna Rasam, Assistant Commissioner of Police, Pydhonie Division Office, L.T Marg Police Station, Mumbai. Shri. Vijay Singhal, Convener of Sitaram Deora Institute of Management Studies, Shri. Anand Prakash Gupta, a Member of Marwadi Sammelan, Shri. Shailesh Dalmia, a Member of Marwadi Sammelan, and Mrs. Vedvati Sharma, Principal of Sitaram Poddar Balika Vidyalaya graced the occasion.

The principal of the college, Dr. Mrs. Santosh Kaul Kak welcomed the dignitaries on the dais and congratulated the prize winners. In her address, she took the audience to the 10-year journey of the Nirjhar Competition. She expressed her gratitude towards the college management and members of Marwadi Sammelan for encouraging students. She appreciated the students, faculties, non-teaching staff, and volunteers. The Chief Guest of the ceremony ACP Joshna Rasam in her address to students said that gender is not a boundary to achieve anything. Self-determination is a key to success. While sharing her story of Limca Book Record she added that she led the awareness campaign on female foeticide during her expedition. She ended her address by congratulating all the prize winners. All the prize winners were awarded trophies and certificates by the Chief Guest, Secretary of Marwadi Sammelan, Principal, and the members of Marwadi Sammelan.

‘Nirjhar’ was a colourful cultural and talent display based on the theme *Vasudhaiva Kutumbakam*. There were 15 fantastic competitions that included (Day 1- 2nd February) Quiz, Group Dance, Solo Song, Group Dance, Carrom, Essay Writing, Best out of Waste, Poster Painting, Debate, (Day 2- 3rd February) Fashion Show, Group Song, Card Making, Nail Art, Rangoli, and Chess, in which around 363 participants from 31 colleges from Mumbai participated enthusiastically. 94 participants won prizes and 3 rotating trophies were awarded.

Rotating “Nirjhar Trophy-Maximum Participants” was won by B.M. Ruia Girls’ College, Mumbai but it was extended to the next college K.C. Law College, Mumbai since B. M. Ruia Girls’ College was the host college of this Intercollegiate Competition.

The rotating trophy “Trophy for Women Empowerment” was bagged by B. M. Ruia Girls’ College but it was extended to the next college M.D. Shah Mahila College, Mumbai (which sent the maximum number of women participants) since B. M. Ruia Girls’ College was the host college of this Intercollegiate Competition.

Rotating “Nirjhar Trophy- Maximum Winners” was bagged by B. M. Ruia Girls’ College.

‘Nirjhar 2024’ like all earlier years was coordinated by Dr. Anita Jacob, Assistant Professor, Department of Commerce.

Smt. Ajitha Gopinath and Smt. Poonam Singh anchored the ceremony. A formal vote of thanks was proposed by Smt. Maheshwari Murdeshwar.

The program ended with the National Anthem.



Overall, the intercollegiate festival was a huge success and a great learning experience for the participants.











## INTERCOLLEGIATE BHAJAN COMPETITION WAS HELD ON 9<sup>TH</sup> FEBRUARY 2024









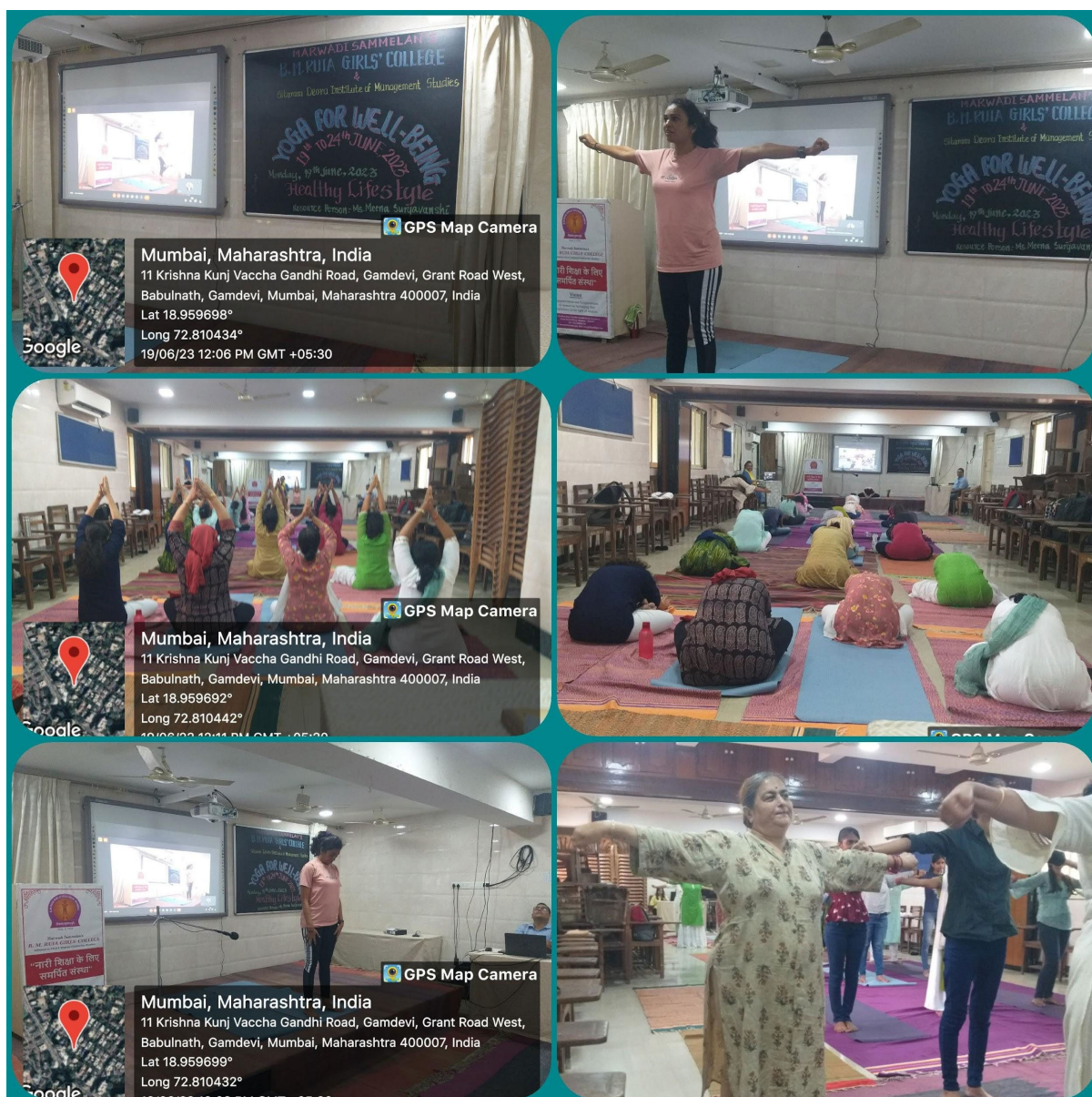
## Report Sports Activities 2023-24

### **1. National Level Faculty Development Programme, June 19 to 24, 2023 on the occasion of International Yoga Day, 21<sup>st</sup> June, 2023** **Session 1- 19<sup>th</sup> June, 2023**

The Internal Quality Assurance Cell of the college organised A National Level Faculty Development Programme on “Yoga for Well- being” from 19th June to 24th June 2023 in which Sports Committee organised first session on ‘Healthy Lifestyle’ on the occasion of International Yoga Day to mark the theme of International Yoga Day 2023 - *Yoga for Vasudhaiva Kutumbakam* on Monday, June 19, 2023, from 10.30 am to 12.30 pm.

The Resource Person was Ms. Meena Suryavanshi, Yoga Teacher, SVT College of Home Science, Juhu Tara Road, Mumbai, Maharashtra, India. She covered prayer-Gayatri Mantra, warm up exercises, and gave demonstration of *kapalbhati*- to avoid cold and viral fever, *bhramari pranayama*, *bhasrika locking system pranayama*, *makarasan*, *naukasan*, *dhanurasan*, and *shavasana*.

29 participants on google meet and around 25 on offline mode attended the session in Ram Prasad Poddar Auditorium of the college. Overall, 54 participants attended the session.



## 2. National Level Faculty Development Programme on 'Yoga for Well-being', June 19 to 24, 2023 on the occasion of International Yoga Day, 21<sup>st</sup> June, 2023

### Session 4- 22<sup>nd</sup> June, 2023, 'Yoga: A Holistic Approach to Health and Well-being'

The Internal Quality Assurance Cell of the college organised A National Level Faculty Development Programme on "Yoga for Well-being" from 19th June to 24th June 2023 in which the Sports Committee organised a session on "Yoga: A Holistic Approach to Health and Well-being" on the occasion of International Yoga Day to mark the theme of International Yoga Day 2023 - 'Yoga for Vasundhaiva Kutumbakam' on Thursday, June 22, 2023, from 10.30 am to 12.30 pm.



The Resource Person was Dr. Jyoti Chufal, Yoga Expert and Assistant Professor, Department of Yoga, Indira Priyadarshini Government Girls' PG College of Commerce, Haldwani, Nainital, Uttarakhand, India. In her tactical and theory session, firstly she covered various *asanas*, *mudras*, and *pranayam* starting with *omkar* and *Gayatri Mantra* followed by the cleansing process called *jalaniti* and explained do's and don'ts of various *asanas*. She also explained the types and benefits of *asanas* and how yoga is a way to achieve holistic health and well-being. 52 participants attended the session in hybrid mode.





### **3. Swayamsidhha, 20<sup>th</sup> July, 2023**

'Rajmata Jijau Girls Self-defence Training Programme' was organised by the Government of Maharashtra to prioritise the safety of women from 3<sup>rd</sup> July, 2023 onwards to mark Shri. Chhatrapati Shivaji Maharaj's 350th coronation year. On this occasion, 3 lakh, 50 thousand girls were given self-defence training in the state. With the help of Women and Child Development Department and all universities and NGOs in the state, a three-day training programme was started. S.N.D.T Women's University, Mumbai organised the programme on 20<sup>th</sup> July, 2023 to boost the morale of the girls. Also, on the topic of 'Technology and Threats to Women and Girls', cyber cell expert officer guidance and self-defense training was also provided. 26 students from B. M. Ruia Girls' College, Mumbai attended the training programme.



#### 4. A National Workshop on "Kho Kho Workout and Endurance Building", 29<sup>th</sup> August, 2023 on the occasion of National Sports Day

The Sports Committee in association with the Internal Quality Assurance Cell organised A National Workshop on "Kho Kho Workout and Endurance Building" on the occasion of National Sports Day, on 29<sup>th</sup> August, 2023, from 4.30 pm onwards on the Google Meet Platform. 47 participants from various states of the country attended the workshop and were provided with an e-certificate.

Resource Person was Mr. Chandan Singh, (M.A, M.P.Ed), State Level Kho Kho Player, Uttarakhand State, PHE (Sports Teacher), Doon Public School, Haldwani, Nainital, Uttarakhand.



## 5. Special Yoga Workshop, 12<sup>th</sup> and 13<sup>th</sup> September, 2023

The Department of Sports and Physical Education, S.N.D.T Women's University, Mumbai, organised a 'Special Yoga Workshop' on 12<sup>th</sup> and 13<sup>th</sup> September, 2023, at the Badminton Court on the Churchgate Campus for students to help them improve their performance in Yoga. 6 students from B. M. Ruia Girls' College, Mumbai, participated in the workshop, learnt, and performed Stretching Exercises, 5 Compulsory Asanas, 9 Optional Asanas and Suryanamaskara as a requirement for Intercollegiate Competition. The students also participated in Demo Competition conducted in the end of the workshop. Overall, 53 students from 13 colleges participated in the workshop. Dr. Kavita Patil, Assistant Professor



of English and Incharge of Sports Committee accompanied the students as a Faculty Incharge.



- **‘Fit India Week 2023, ‘फिटनेस का डोज़, आधा घंटा रोज़’, Annual Sports Meet from 11th December to 15th December, 2023**

Sports Committee in association IQAC organised ‘Fit India Week 2023, ‘फिटनेस का डोज़, आधा घंटा रोज़’, Annual Sports Meet from 11th December to 15th December, 2023 successfully in which 294 participants from various states of the country participated and obtained e-certificates. Sports Committee received the Certificate of Recognition from the Ministry of Youth Affairs and Sports, Government of India for successfully organising the week. The week included the following activities:



6. 1. 11th December, 2023  
Fitness Assessment through Fit India Mobile App  
(No. of Participants- 16)
7. 2. 12th December, 2023  
Fitness Pledge by Students and Faculties  
(No. of Participants- 70)
8. 3. 13th December, 2023  
Importance of Fitness - A National Level E- Quiz  
(No. of Participants- 100)
9. 4. 14th December, 2023  
Poster Making Competition  
(No. of Participants- 08)
10. 5. 15th December, 2023  
Online Practical Session on Yoga and Meditation  
(No. of Participants- 37)

Sports Committee in association with IQAC organised an Online Practical Session on 'Yoga and Meditation' on 15th December, 2023. 37 participants attended the session on Google meet platform. The Resource Person was Mr. Sagar Shitkar, International Gold Medallist, Visiting Faculty, K. J. Somaiya Institute of Dharma Studies, Vidya Vihar East, Mumbai, Maharashtra.





### 11. 'Tug of War' on 3rd February, 2024 at Jambhori Maidan, Worli under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024

12 students of B.M.Ruia Girls' College, Mumbai participated in the traditional game 'Tug of War' on 3rd February, 2024 at Jambhori Maidan, Worli under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024 organised by the Government of Maharashtra in association with Krida Bharati between 26th January to 20th February, 2024. The students from B.A I, B.A III, and B.Com I participated in Tug of War and won the Semi-final match of the Mumbai City 2 division.





## 12. 'Rope Skipping', 8th February, 2024 at Jagannath Shankar Sheth School, Grant Road, under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024

9 students of B.M.Ruia Girls' College, Mumbai, participated in the traditional game 'Rope Skipping' on 8th February, 2024 at Jagannath Shankar Sheth School, Grant Road, under the Shri. Chhatrapati Shivaji Maharaj Paramparik Krida Mahakumbha, 2024, Mumbai City 2 division, organised by the Government of Maharashtra in association with Krida Bharati between 26th January to 20th February, 2024. The following students won prizes:

1. I Prize- Swati Prajapati (B.A III)
2. III Prize- Niharika Oza (B.Com I)
3. III Prize- Pooja Prajapati (B.Com I)





### 13. Adventure Sports Camp and Mini Marathon, Shrivardhan, Raigad, 3<sup>rd</sup> to 5<sup>th</sup> March, 2024

7 students from B.Com I and B.Com II Classes of B. M. Ruia Girls' college joined the 'Adventure Sports Camp and 5 km Mini Marathon 2024,' at Shrivardhan, Raigad organised by the Department of Physical Education and Sports, S.N.D.T Women's University, Mumbai from 3<sup>rd</sup> to 5<sup>th</sup> March, 2024. The students ran and completed a 5 km mini marathon on 4<sup>th</sup> March and participated in adventures like Rappelling and Climbing. Sania Pandirkar from B.Com I won 1st Prize in Rappelling and Climbing. The students learnt a lot of leadership qualities and various adventures.



