

## Report Sports Activities 2024-25

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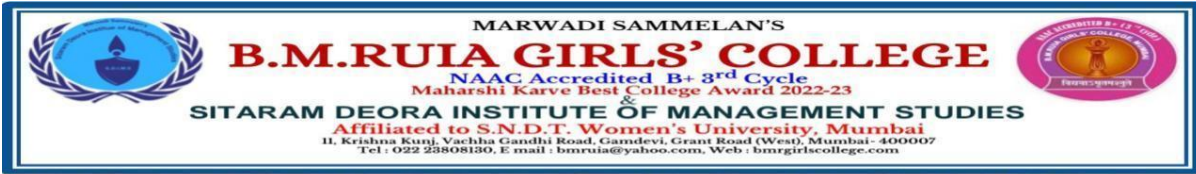
### 1. State-Level Workshop on 'Yoga for Women's Holistic Health'

Date: 20th June 2024

The Sports Committee, in association with the Internal Quality Assurance Cell (IQAC), organized a State-Level Workshop (hybrid mode) on 'Yoga for Women's Holistic Health' on Thursday, 20th June 2024, from 11:00 AM onwards, on the occasion of International Day of Yoga 2024.

Participants: 50 participants from 11 states of India.

Resource Person: Mr. Sagar Shitkar, M.A. in Yogashastra, International Gold Medalist, Visiting Faculty, K. J. Somaiya Institute of Dharma Studies, Vidya Vihar East, Mumbai, Maharashtra.



## Sports Committee


In association with Internal Quality Assurance Cell Celebrates

## International Day of Yoga, 2024

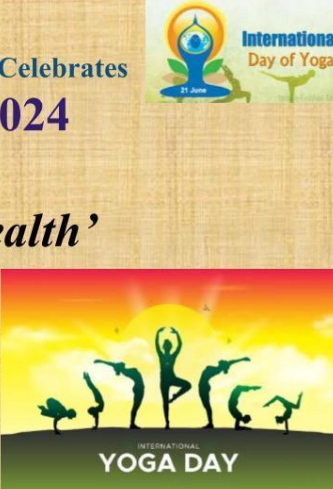
### State Level Workshop

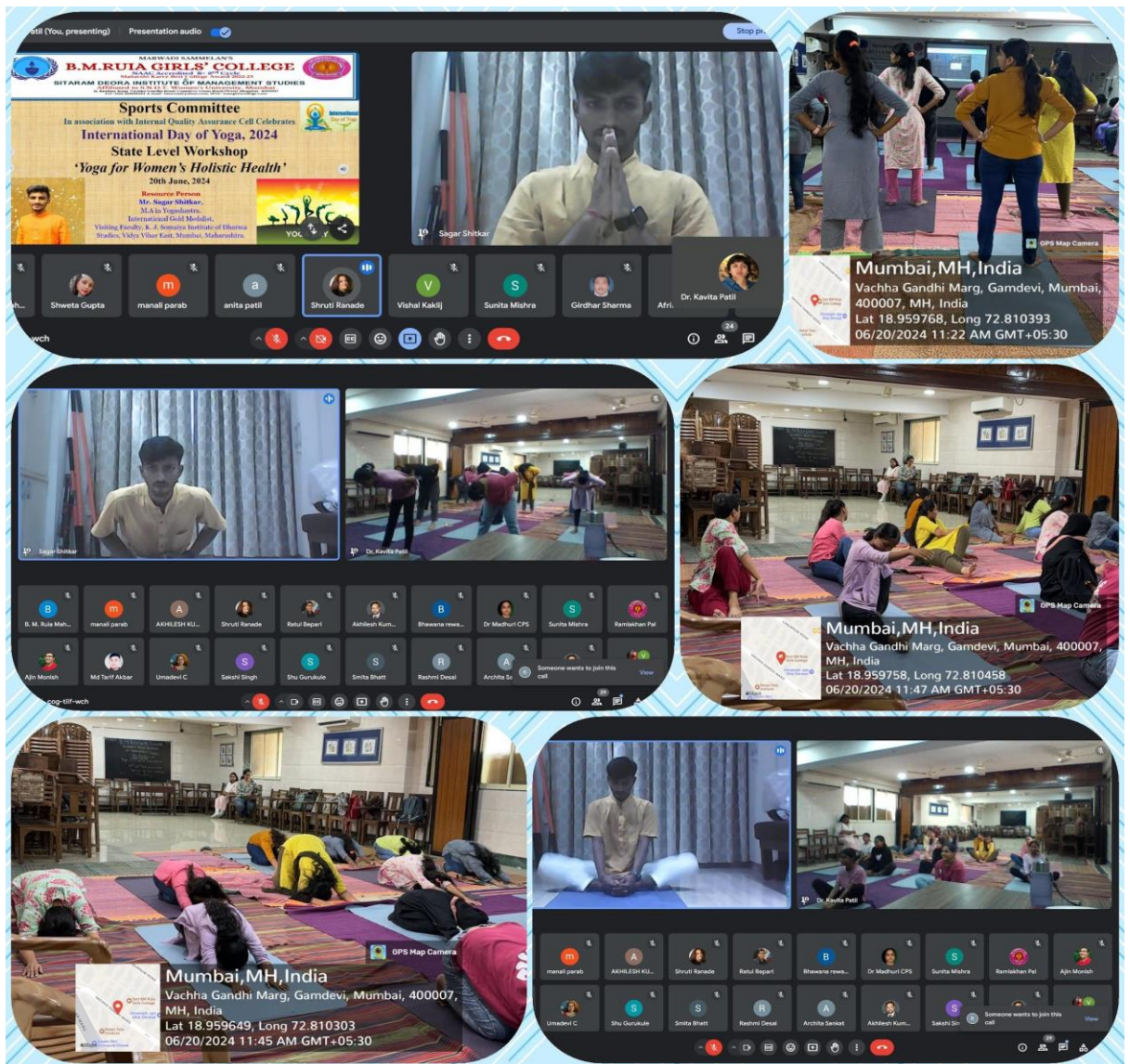
### ‘Yoga for Women’s Holistic Health’

20th June, 2024



**Resource Person**  
**Mr. Sagar Shitkar,**  
M.A in Yogashastra,  
International Gold Medalist,  
Visiting Faculty, K. J. Somaiya Institute of Dharma  
Studies, Vidya Vihar East, Mumbai, Maharashtra.







## 2. Yoga by the Bay' at Marine Drive

Date: 23rd June 2024

Nine students participated in 'Yoga by the Bay' at Marine Drive on Sunday, 23rd June 2024. The event was organized by the Department of Physical Education and Sports in collaboration with Kaivalyadham to celebrate International Day of Yoga 2024.





### 3. 'Yoga Workshop'

Dates: 21<sup>st</sup> and 22<sup>nd</sup> August 2024

Seven students attended the 'Yoga Workshop' conducted by the Department of Sports and Physical Education, S.N.D.T Women's University, Mumbai. The workshop took place at the Churchgate Campus from 10:00 AM to 5:00 PM. Students were trained in various asanas required for participation in different Yogasana competitions.



#### 4. Workshop on 'Indian Women towards Sports Empowerment'

Date: 29th August 2024

On the occasion of National Sports Day and the birth anniversary of Major Dhyan Chand, the Department of Sports and Physical Education, S.N.D.T Women's University, Mumbai, organized a workshop on 'Indian Women towards Sports Empowerment'.

Participants: 9 students

Venue: Patkar Hall, Churchgate Campus

Timings: 9:00 AM - 4:00 PM





## 5. Viksit Bharat Quiz

Date: 9th December, 2024

The Viksit Bharat Quiz aimed to promote awareness about India's vision for development and progress. The quiz covered topics related to India's economic growth, sustainability, digital advancements, and historical achievements. Objective of this quiz was to encourage students to enhance their knowledge about India's development trajectory and future aspirations.

Number of participants: 46

The image shows a screenshot of the 'myGov' portal interface for the 'Viksit Bharat Quiz Challenge'. At the top, there is a header bar with the Indian flag, a user icon, and a notification icon. Below this, the 'myGov' logo and the text 'मेरी सरकार' (My Government) are visible. The main content area features a large banner with the text 'THE VIKSIT BHARAT QUIZ CHALLENGE' and 'An opportunity like never before'. To the right of the banner, there is a red box with the text 'VIKSIT BHARAT Young Leaders Dialogue' and 'NATIONAL YOUTH FESTIVAL 2025'. Below the banner, the text 'THE VIKSIT BHARAT QUIZ CHALLENGE (ENGLISH)' is displayed. The registration period is shown as 'From Nov 25, 2024 To Dec 10, 2024'. The number of questions is '10' and the duration is '300 sec'. A 'Cash Prize' icon is also present. At the bottom, there is a large blue button labeled 'Participate'.

**THE VIKSIT BHARAT QUIZ CHALLENGE**  
An opportunity like never before

**VIKSIT BHARAT Young Leaders Dialogue**  
NATIONAL YOUTH FESTIVAL 2025

**THE VIKSIT BHARAT QUIZ CHALLENGE (ENGLISH)**

From **Nov 25, 2024** To **Dec 10, 2024**

**10** Questions **300** sec Duration

**Cash Prize**

**Participate**

# Fit India Week 2024



**MARWADI SAMMELAN'S**  
**B.M.RUIA GIRLS' COLLEGE**  
NAAC Accredited B+ 3rd Cycle  
Maharshi Karve Best College Award 2022-23  
**SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES**  
Affiliated to S.N.D.T. Women's University, Mumbai  
H. Krishna Kunj, Vachha Gandhi Road, Gamdevi, Grant Road (West), Mumbai - 400007  
Tel : 022 23808130, E mail : bmruiagirls@yahoo.com, Web : bmruiagirlscollege.com



## Sports Committee

In association with Internal Quality Assurance Cell Celebrates

### Fit India Week

### Annual Sports Meet, 2024

16th - 20th December, 2024



1. 16th December- Fitness Assessment through Fit India Mobile App
2. 17th December- Fitness Pledge by Students and Faculties
3. 18th December- A National Level Quiz on Yoga and Fitness
4. 19th December- Carrom Competition
5. 20th December- Poster Making Competition

**Dr. Santosh Kaul Kak**  
Principal

**Dates: 16th to 20th December 2024**

The Sports Committee, in association with IQAC, successfully organised 'Fit India Week 2024', along with the Annual Sports Meet. A total of 323 participants from various states of India took part and obtained e-certificates.

The Sports Committee received a Certificate of Recognition from the Ministry of Youth Affairs and Sports, Government of India for successfully organising the event.

## Activities Conducted (Total Participants: 323)

6. 16th December: Fitness Assessment through Fit India Mobile App (78 participants)
7. 17th December: Fitness Pledge by Students and Faculties (79 participants)
8. 18th December: National Level Quiz on "Yoga and Fitness" (119 participants)
9. 19th December: Carrom Competition (41 participants)
10. 20th December: Poster Making Competition (6 participants)



fitindia.gov.in/list-events

Dr. Kavi... Adobe Acrobat

Organise an Event

**My Events**

My Event Pics

### My Events

Fit India Week 2024

**B.M. RUIA GIRLS' COLLEGE**  
In association with Internal Quality Assurance Cell

**Sports Committee**  
Fit India Week  
Annual Sports Meet, 2024  
16th - 20th December, 2024

16 DEC

- 16th December: Fitness Assessment through Fit India Mobile App
- 17th December: Fitness Pledge by Students and Faculties
- 18th December: A National Level Quiz on Yoga and Fitness
- 19th December: Corbin Competition
- 20th December: Poster Making Competition

Dr. Sanjay Kulkarni  
Principal

#### Fit India Week 2024

Participants : 323  
Organisation name : B.M. Ruia Girls' College,  
Mumbai

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ADD EVENT PICTURES & VIDEOS



## Carrom Competition - Winners

1. **First Prize:** Diksha Singh & Bhavana Vishnoi
2. **Second Prize:** Shravani Takle & Bhumi Kadam
3. **Third Prize:** Muskan Jaiswar & Priyanka Verma

