



**It is a moment of pride to present annual sports report of VIVA COLLEGE for the academic year 2024-2025.**

- 1. Our gymkhana section consists of staff and students both.**
- 2. We have almost all essential sports equipment's and playground available for student and staff.**
- 3. We have made a provision for all students to participate in the various sports activities with the assistance of our committee, so that the students can avail full benefits from it.**
- 4. Our students have majorly participated in various inter and intra collegiate events under the sports criteria**
- 5. This year as well we have also made an effort to involve not only students but also staff to be a part of sports activities by conducting sports day for staff members.**
- 6. We have been providing full fledge ground facility as well as sports equipment's which has resulted in flourishment of our students.**
- 7. All the details regarding participation and winners have been enclosed in this report for the kind perusal.**

 **List of Committee Members:**

● **Name of the staff & Department**

1. Ms. Nilam Patil- Chairperson
2. Mr. Kalpesh Mhatre- Non- Teaching
3. Mr. Arjun Vishwakarma- Commerce
4. Ms. Neha Tambe- SFC
5. Ms. Ankita Almeda- Commerce
6. Ms. Priyanka Bangera- Commerce
7. Mr. Abhishek Madhai- SFC
8. Mr. Vicky Patil- Commerce
9. Mr. Ram Zadane- Commerce
10. Ms. Ankita Raut- Commerce
11. Gauri Thakur- IT
12. Monika Raut- Science
13. Kaustubh Jadha- Science

## ❖ Achievements: -

- Below students are selected for All India University Cricket (M) Championship.
  1. Kumar NAIK PARTH KUNAL, class- FYBA
  2. Kumar YADAV PRATEEK KUMAR RAVISHANKAR, Class- FYB.com
  
- Kumar YADAV SATISHKUMAR GAYASHANKAR, class: - SYBSC Selected for All India University Rugby (M) Championship & Secured 3<sup>rd</sup> Place.
  
- Secured 1<sup>st</sup> Position in Overall Sports Championship in 35<sup>th</sup> Vasai Kala-Krida Mahotsav.
  
- Secured 3<sup>rd</sup> Position ((Individual) in University One Zone, Judo(Men) Competition.
  
- Secured 3<sup>rd</sup> Position (Individual) in University One Zone, TAEKWONDO(MEN) 63KG Competition.
  
- Secured 3<sup>rd</sup> Position (Individual) in University Inter- Zone, Shooting (Air Pystal-60 shots) (MEN) Competition.
  
- Secured 3<sup>rd</sup> Position (Individual) in University Inter- Zone, Shooting (Air Pystal-40 shots) -Women Competition.
  
- Secured Position (Individual) in University Zone-2, Athletics Championship & Selected for University Inter Zone Competition
  1. Secured 1<sup>st</sup> & 2<sup>nd</sup> Place in Athletics(men) Discus throw.
  2. Secured 2<sup>nd</sup> place in Athletics(men)- 4\*100MTR Relay.
  3. Secured 1<sup>st</sup> place in Athletics(women)-HIGN JUMP
  4. Secured 2<sup>nd</sup> place in Athletics(women)-5000km Walk.
  5. Secured 3<sup>rd</sup> place in Cross country (Women)-10km. run
  6. Secured 3<sup>rd</sup> place in Athletics(men)- Hammer throw.
  
- Secured 1<sup>st</sup> Position in University Zone-2, Cross country (Women) Team Championship.
  
- Secured 3<sup>rd</sup> Position (Team) in University Zone-2, Chess (Women) Championship.
  
- Secured 2<sup>nd</sup> Position (Team) in University Zone-2, Kho-Kho (Women) Championship & 3 girls were selected for Inter Zonal.
  
- Secured 3<sup>rd</sup> Position (Team) in University Zone-2, Kho-Kho (Men) Championship & 2 Boys were selected for Inter Zonal.

- Secured 3<sup>rd</sup> Position (Team) in University Zone-2, Handball (Men) Championship & 2 Boys were selected for Inter Zonal.
- Secured 3<sup>rd</sup> Position (Team) in University Zone-2, Handball (Women) Championship & 2 girls were selected for Inter Zonal.

#### **Activities Under University: -**

- Organized University Inter – Collegiate YogaSana (Men & Women) Competition.
- Organized University Inter – Collegiate Kho-Kho (Men & Women) Competition.

#### **Activities of College level: -**

- Celebrated National Sports Day on 29<sup>th</sup> August, 2024.
- Conducted Annual Sports Day for Students & Staff (Teaching & Non-teaching).
- Celebrated International Yoga Day in Collaboration with NSS & NCC Dept.
- Contributed in Annual Sports Day of Law College.
- Contributed in Annual Sports Day of Diploma College.

## **+ Participation level of Students: -**

- University Games.
- Vasai- Virar Municipal Corporation Games.
- Vasai Kala-Krida Mohotsav.
- Inter Collegiate Sports Competition of deferent colleges.
- Association games.
- Annual Sports Day of the college.

## **+ Gymkhana: -**



**Gymkhana: -**



## 🚩 Photographs of Activity under University: -

### 🚩 KHO-KHO



 **Yogasana: -**



✚ Photographs of Achievements: -

✚ Vasai Taluka Kala-Krida Mohotsav Overall Sports Championship-  
1<sup>st</sup> Place



## Maharashtra sports Award

महाराष्ट्र खेल पुरस्कार २२-२३



माय मराठी

**FIT INDIA**

**अदित्य अरविंद एटम**

**Nehru Yuva Kendra Sangathan**  
Ministry of Youth Affairs & Sports

**जिल्हा वसई विरार  
क्रीडा प्रकार कराटे**

**75**  
आज़ादी का  
अमृत महोत्सव

यांची क्रीडा या क्षेत्रातून पुरस्कारासाठी निवड

[maharashtrasportsaward@gmail.com](mailto:maharashtrasportsaward@gmail.com)









**Vijay Bhoir**  
All India University  
Kho-Kho



**Ulka Patil**  
All India University  
Cricket



Vishnu Waman Thakur Charitable Trust's  
Bhaskar Waman Thakur College of Science  
Yashvant Keshav Patil College of Commerce  
Vidhya Dayanand Patil College of Arts

*Congratulations*



Heartly Congratulation **Pratik Yadav** for  
Receiving **MCA Annual Award** as a **Under 19 Cricketer**





**Gayatri Arekar  
Ashwamedh  
400Mtr Run**



**All India University Rugby (Men)**



**Annual Sports Day: -**

**Staff: -**



 Students: -



## ✚ Objective of Conducting Sports: -



conducting sports activities is to promote holistic development by enhancing **physical fitness**, building **character**, and fostering **social skill**

## ✚ Sports Vision and Athletic Performance



Integrating a specialized sports vision training regimen can provide your athletes with a critical competitive edge by upgrading their vasomotor coordination and reaction times.

## **+ Outcome of sports activity**



- Self-confidence and self-esteem. Several studies suggest playing sports develops a child's self-confidence and self-esteem. ...
- Manage Emotions. We know how emotions run high in sports - whether watching a sport or playing it. ...
- Discipline. ...
- Social skills. ...
- Patience. ...
- Perseverance. ...
- Accept defeat. ...

- Teamwork.
- Disease Prevention
- Body Composition
- Musculoskeletal Strength

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