



Vishnu Waman Thakur Charitable Trust's
Bhaskar Waman Thakur College of Science
Yashvant Keshav Patil College of Commerce
Vidhya Dayanand Patil College of Arts
(VIVA College)
(Affiliated to University of Mumbai)



ANNUAL SPORTS REPORT

ACADEMIC YEAR 2025-2026

**DEPARTMENT OF PHYSICAL
EDUCATION & SPORTS**

ANNUAL SPORTS REPORT

**BY GYMKHANA COMMITTEE OF VIVA
of Arts, Com, & Sci COLLEG**



It is a matter of great pride and privilege to present the Annual Sports Report of VIVA College for the Academic Year 2025–2026.

- ✚ The Gymkhana Section comprises both staff and students, working collectively to promote sports and physical activities within the institution.
- ✚ The institution is equipped with almost all essential sports equipment and playground facilities required for various indoor and outdoor sports activities for students and staff.
- ✚ The Gymkhana Committee has made provisions to encourage maximum student participation in various sports activities, ensuring that students receive the full benefits of sports and physical education.
- ✚ Students actively participated in various Inter-Collegiate, Intra-Collegiate, Inter-Zonal, and University-level sports competitions during the academic year under different sports disciplines.
- ✚ To promote a healthy and active lifestyle among employees, the institution also organized a Sports Day for staff members, encouraging their involvement in sports and recreational activities.
- ✚ The continuous provision of quality sports facilities, playgrounds and sports equipment has significantly contributed to the overall development and sporting achievements of our students.
- ✚ Detailed information regarding participation, achievements, and prize winners is enclosed in this report for kind perusal and record.

List of Committee Members:

- **Name of the staff & Department**

SR. NO	NAME OF THE STAFF	NAME OF THE DEPT.
1	MS. NILAM PATIL	GYMKHANA & SPORTS
2	MR. KALPESH MHATRE	GYMKHANA & SPORTS(NON-TEACHING)
3	MR. ARJUN P VISHWAKARMA	COMMERCE
4	MR. VICKY NARESH PATIL	COMMERCE (SELF FINANCE)
5	DR. MONIKA MADHUKAR RAUT	IT
6	MS. JINAL NILESH CHOHAN	BAF
7	MS. NEHA VAIBHAV TAMBE	BAF (COMMERCE)
8	MS. ANKITA ASIS ALMEIDA	ACCOUNTANCY
9	MS. .GAURI BHUSHAN NARKAR - YADAV	SELF FINANCE - BAF
10	MS. .SHAILA BHUSHAN KAMBLE	SFC-COMMERCE-BBI
11	MS. NEHA RAJENDRAKUMAR PATIL	COMPUTER SCIENCE
12	MS. GAURI THAKUR	INFORMATION TECHNOLOGY
13	MS. KARISHMA VIJAY KALE	COMMERCE (SFC)
14	MS. HEENA OBAID QURESHI	ACCOUNTANCY
15	MS. ANKITA RAUT	ACCOUNTANCY

❖ **Achievements: -**

❖ **VIVA College was selected and approved by the Director of Sports & Physical Education, University of Mumbai, to host the Mumbai Suburban Zone (Silvasa to Bandra) Inter-Collegiate Sports Tournaments during the academic year 2025–2026, demonstrating the institution's commitment to promoting sports and excellence in event management.**

- Below students are selected for **All India University Athletics(w) Championship**.
 1. **Kumari GHARAT SHRUSHTI, Class- F.Y.B.A.F**
 2. **Kumari MEHER KRUPEKSHA, Class- FYBA**
- Kumari GHARAT SHRUSHTI, Class- F.Y.B.A.F Selected for **Inter Maharashtra University Games (Ashvamedha) Athletics(w) Championship**.
- **Kumari KENIS DMELLO, class: - FYBCOM** Selected for **All India University Cycling (Women) Championship & Qualified for Khelo India University Games**.
- Kumar NIDHISH MORE, Class- FYBSCIT Selected for **Mix Doubles Yonex Sunrise Maharashtra Jr. State Badminton Tournament, 2025 and Secured 1st Place**.
- Kumar MALHAR GHADI, Class- FYBMM Selected for **Mix Doubles Yonex Sunrise Maharashtra Jr. State Badminton Tournament, 2025 and Secured 2nd Place**.
- Secured 1st Position in Overall Sports Championship in 36th Vasai Kala-Krida Mahotsav.
- Secured Multiple Position (Individual) in University One Zone, **Swimming (Men)** Competition.
- Secured 1st Position in (Team) University **Inter- Zonal, CRICKET (WOMEN)** Competition.
- Participated in (Individual + Team) University **Inter- Zonal, Cross country (women)** Competition.
- Participated in (Individual + Team) University **Inter- Zonal, Chess (men)** Competition.
- Secured 4th Position in (Individual) University **Inter- Zonal, Shooting Air Pistol (men's)** Competition.
- Secured 3rd Position in (Team) University **Inter- Zonal, Handball (Women)** Competition.
- Secured 2nd Position in (Team) University **Inter- Zonal, Handball (Men)** Competition.
- Secured 2nd Position in (Team) University **Inter- Zonal, Kho-Kho (women)** Competition.
- Secured 2nd Position in (Team) University **Inter- Zonal, Kho-Kho (men)** Competition.
- Secured Multiple Position in the (Individual) in University **Inter- Zonal, Athletics**

Championship.

1. Secured 4th place in Athletics(men)-800MTR RUN.
2. Secured 1st & 2nd place in Athletics(women)-1500mtr Run & 800mtr Run.
3. Secured 1st & 2nd Place in Athletics(Women)-400mtr Hurdle & 400mtr Run
4. Participated in Athletics (men)-Long Jump.
5. Participated in Cross country (Women)-10km. run
6. Participated in Athletics(women)-5km Walk.
7. Participated in Athletics(men)- 4*100mtr Relay

- Secured 3rd Position in University **Mumbai Suburban Zone-2, Cross country (Women)** Team Championship.
- Secured 1st Position (Team) in University **Mumbai Suburban Zone-2, Chess (Women)** Championship.
- Secured 2nd Position (Team) in University **Mumbai Suburban Zone-2, Chess (Men)** Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Kho-Kho (Women)** Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Kho-Kho (Men)** Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Ball badminton (Men)**Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Shooting (Open sight air rifle-(W)** Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Squash (women)** Championship.
- Secured 3rd Position (Individual) in University **Mumbai Suburban Zone-2, Shooting- Air Pistol (men's)** Championship.
- Secured 3rd Position (Team) in University **Mumbai Suburban Zone-2, Badminton (Men)** Championship.
- Secured Multiple Position in the (Individual & team) in University **Mumbai Suburban Zone-2, Carrom Championship.**

- I. Secured 1st Position (Individual) in Carrom Singles (men) Championship.

- II. Secured 3rd Position (Individual) in Carrom Singles (men) Championship.
- III. Secured 2nd Position (Team) in Carrom Doubles (men) Championship.
- IV. Secured 3rd Position (Individual) in Carrom Singles (Women) Championship.
- V. Secured 3rd Position (Team) in Carrom Doubles (women) Championship

➤ Secured Multiple Position in the (Individual)in University **Mumbai Suburban Zone-2, Athletics Championship.**

❖ Secured Overall Championship in **Mumbai Suburban Zone-2, Athletics (Women).**

- 1. Secured 4th place in Athletics(men)-800MTR RUN.
- 2. Secured 1st Position (Individual) in Athletics(women)-1500mtr Run & 800mtr Run.
- 3. Secured 1st Position (Individual) in Athletics(Women)-400mtr Hurdle & 400mtr Run
- 4. Secured 2nd Position (Individual) in Athletics (men)-Long Jump.
- 5. Secured 2nd Position (Individual) in Athletics(women)-10000mtr Run
- 6. Secured 1st Position (Individual) in Athletics(women)-5000mtr. Walk.
- 7. Secured 1st Position in Athletics(women)- 4*100mtr Relay
- 8. Secured 2nd Position in Athletics(men)- 4*100mtr Relay.
- 9. Secured 1st Position (Individual) in Athletics(men) 800mtr Run.
- 10. Secured 1st Position in Athletics MIX- 4*100mtr Relay.
- 11. Secured 1st Position in Athletics MIX- 4*400mtr Relay.

Activities Under University: -

- Organized University Inter – Collegiate Kho-Kho (Men & Women) Competition.
- Organized University Inter – Collegiate Cricket (Men & Women) Competition.
- Organized University Inter – Collegiate Football (Men & Women) Competition.
- Organized University Inter – Collegiate Athletics (Men & Women) Competition.
- Organized University Inter –Zonal Cricket (Men & Women) Competition.

Activities of College level: -

- Celebrated National Sports Day on 29th August, 2025.
- Conducted Annual Sports Day for Students (Individual & Team Games).
- Celebrated International Yoga Day in Collaboration with NSS & NCC Dept.
- Contributed in Annual Sports Day of Law College.

Participation level of Students: -

- **University Games.**
 - Inter Collegiate
 - Inter Zonal
 - One Zone
 - Ashvamedha (Inter Maharashtra University Games)
 - West Zone National Championship
 - All India University Games
- **Vasai Kala-Krida Mohotsav.**
- **Inter Collegiate Sports Competition of deferent colleges.**
- **Association games.**
- **Annual Sports Day of the college.**
- **Khelo India Games.**

Gymkhana: -



Gymkhana: -



Photographs of Activity under University: -

- VIVA College was selected and approved by the Director of Sports & Physical Education, University of Mumbai, to host the Mumbai Suburban Zone Inter-Collegiate Sports Tournaments during the academic year 2025–2026, demonstrating the institution's commitment to promoting sports and excellence in event management.



KHO-KHO





Football: -



Cricket





+ Photographs of Achievements: -

+ Vasai Taluka Kala-Krida Mohotsav Overall Sports Championship- 1st Place



- **Mix Doubles Yonex Sunrise Maharashtra Jr. State Badminton Tournament, 2025 and Secured 1st Place.**



- Secured 1st Position (Team) in University Mumbai Suburban Zone-2, Chess (Women) Championship & Secured 2nd Position (Team) in University Mumbai Suburban Zone-2, Chess (Men) Championship.



- Secured Multiple Position in the (Individual)in University Mumbai Suburban Zone-2, Athletics Championship.
- Secured Overall Championship in Mumbai Suburban Zone-2, Athletics (Women).



- **Kumari KENIS DMELLO**, class: - FYBCOM Selected for All India University Cycling (Women) Championship & Qualified for Khelo India University Games.



- **Selected for All India University Athletics(w) Championship.**
3. **Kumari GHARAT SHRUSHTI**, Class- F.Y.B.A.F
 4. **Kumari MEHER KRUPEKSHA**, Class- FYBA



- ✚ Name: - Kumar YASH JADHAV
One Zone, **Swimming (Men)** Competition
1. 2ND Place-200mtr free style
 2. 2nd place- 200mtr Butterfly
 3. 3rd place 200mtr free style.



- ✚ Secured 2nd Position (Individual) in Athletics(women)-10000mtr Run
Kumari Diskaha Jadhav





Annual Sports Day: -



Objective of Conducting Sports: -

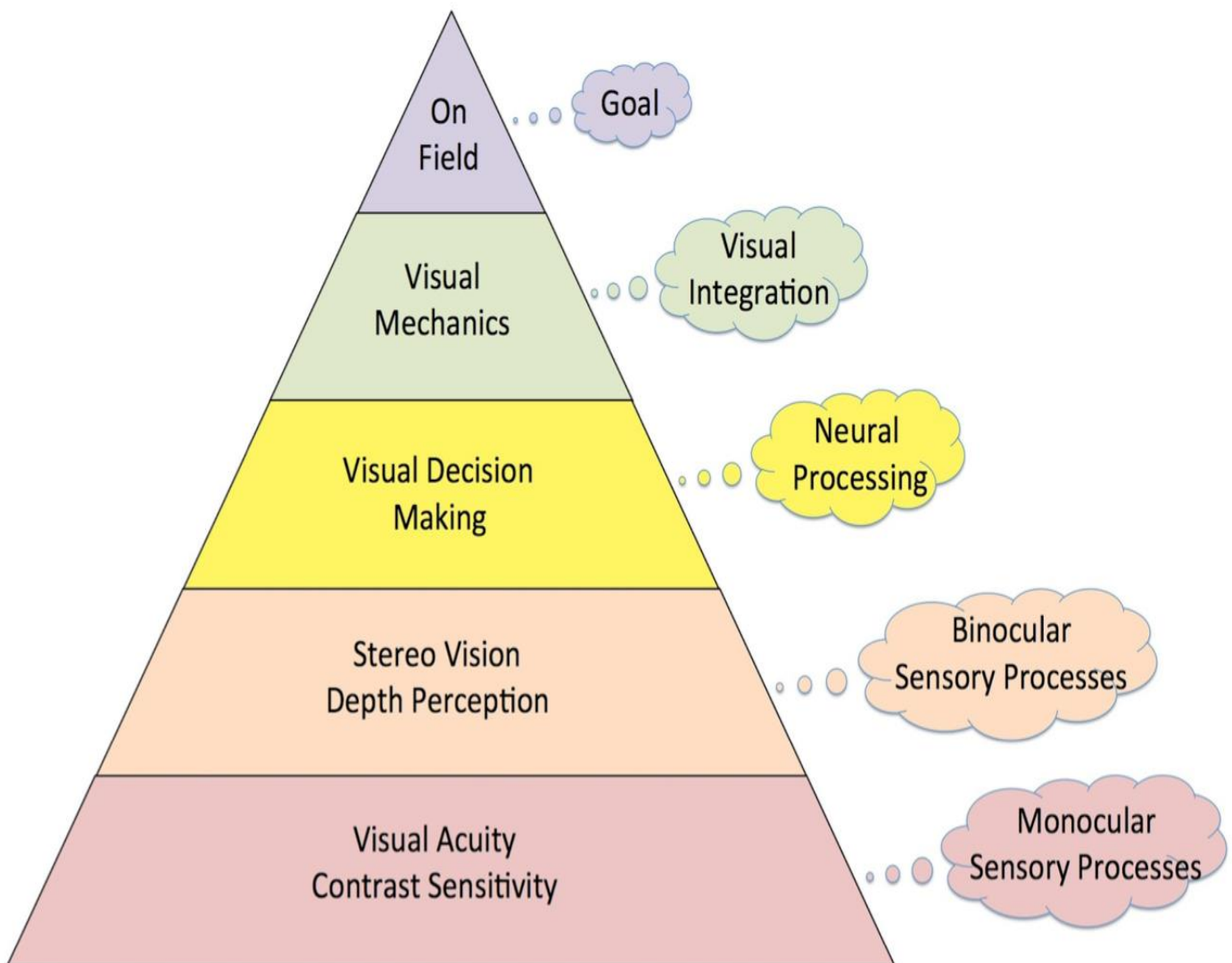
Physical activity at the college level is critical for holistic development. It directly enhances mental health by reducing stress and anxiety, boosts cognitive functions like memory and focus, and fosters vital social and leadership skills.



Sports Vision and Athletic Performance

"Champions aren't made in gyms. Champions are made from something they have deep inside of them; a desire, a dream, a vision."

The sports activities conducted during the academic year significantly contributed to the overall personality development of students by enhancing their physical fitness, discipline, leadership, teamwork, and sportsmanship. Increased participation in university and inter-collegiate competitions resulted in several commendable achievements, bringing recognition to the institution. These activities also promoted a healthy lifestyle and encouraged students to excel in both academics and sports.



Outcome of sports activity



sports activities drive outcomes across five distinct domains:

- ✓ Academic Integration
- ✓ Career Readiness,
- ✓ Psychological Fortitude
- ✓ Elite Athleticism
- ✓ Institutional Brand Equity.

■ **Academic & Retention Outcomes**

- **Enhanced GPA Trends:** Student-athletes frequently mirror or exceed general student body GPAs due to structured study table mandates.
- **Higher Graduation Rates:** Participation in collegiate sports strongly correlates with increased persistence and on-time graduation metrics.
- **Structured Time Management:** Athletes develop rigorous routines to successfully balance travel schedules, practices, and lectures

■ Career & Professional Readiness

- **Corporate Competencies:** Experience builds critical workplace skills including conflict resolution, strategic planning, and performance under pressure.
- **Leadership Pipelines:** Serving as team captains or leading committee initiatives provides measurable project management experience.
- **Alumni Networking:** Athletic departments offer direct pipelines to specialized mentor networks and post-graduate employment opportunities.

Psychological & Identity Outcomes

- **Stress Mitigation:** Intensive physical activity serves as a primary coping mechanism against academic burnout and mental fatigue.
- **Diverse Social Integration:** Sports bridge cultural and socioeconomic gaps, fostering a deep sense of campus belonging and identity.
- **Resilience Under Scrutiny:** Competitors learn to manage public failure, constructive coaching critique, and high-stakes accountability.
