
ANNUAL SPORTS REPORT

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



2021-22

It is a moment of pride to present annual sports report of VIVA COLLEGE for the academic year 2021-2022.

- 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 fledged ground facility as well as sports equipment's which has resulted in flourishing 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. Mr. Kaushik Save- Chairperson
2. Mr. Kalpesh Mhatre- Sports In-charge
3. Ms. – Yogita Patil –Clerk
4. Mr. Firoj Khan-
5. Mr. Hemant Wani
6. Mr. Atul Dubey
7. Mr. Nikhil Teli
8. Ms.Sneha Pingulkar
9. Mr. Praful Ghag – Commerce
10. Mr. Deepak Gupta
11. Mr. Rampravesh Singh
12. Ms. Sachin Kadam

❖ **Achievements: -**

- Below students are selected for All India University Rugby Championship-2021-22
1) Shubham Patil- TYBSC
- Kumar Sahil Patil , class: - SYBSC Selected for All India University Taekwondo Tournament.
- KumariAayushi Vaishnav, class: -TYBcom, Selected for All India University Taekwondo Tournament.
- Tournament.
- Kumar Sumit Mandol, class: - SYBA Selected for All India University Athletic 800mtr running.

Note: Due to Covid Only Selection trials was conducted

Participation level of Students: -

- University Games.

Objective of Conducting Sports: -

Developing physical fitness, improving teamwork, and enhancing motor skills also aim to promote fair play, sportsmanship, and respect for others.

Importance of Sports: -

Playing sports and games helps students improve their self-esteem, social skills, and confidence. It also teaches them about time management and discipline. Moreover, it can also be used as a career path or hobby. Besides, it helps students reduce stress and depression.

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.
