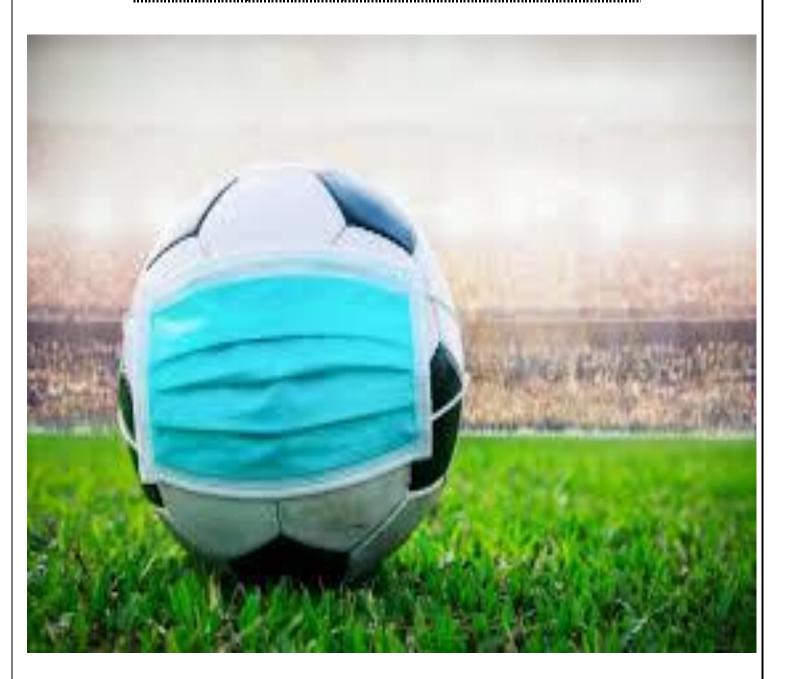
ANNUAL SPORTS REPORT

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 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. 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

❖ <u>Achievements: -</u>

- ➤ 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.

Use of Conducting Sports: -

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

4 Impotence 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.
