

ANNUAL SPORTS REPORT

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



2022-23

It is a moment of pride to present annual sports report of VIVA COLLEGE for the academic year 2022-2023.

- 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. Ms. Nilam Patil- Chairperson
2. Mr. Kalpesh Mhatre- Non- Teaching
3. Mr. Arjun Vishwakarma- Commerce
4. Mr. Pravin Patil- Arts
5. Mr. Umesh Prajapati- Science
6. Mr. Rohit Vishwakarma- Maths
7. Mr. Keyur Pikeshekumar- Commerce
8. Ms. Ankita Almeda- Commerce
9. Mr. Praful Ghag – Commerce
10. Mr. Sachin Kadam- Commerce
11. Mr. Sunil Jaiswar- Science
12. Ms. Neha Tambe - Commerce

❖ Achievements: -

- Below students are selected for All India University Rugby Championship-2023-24
1) Shubham Patil- TYBSC
- KumarVijay Bhoir, class: - FYBSC Selected for All India University Kho-Kho Tournament.
- Kumari Ulka Patil, class: -TYBcom, Selected for All India University Cricket Tournament.
- Kumar Sumit Mandol, class: - TYBA Selected for All India University Athletic 800mtr running.
- Secured 1st Position in Overall Sports Championship in 34th Vasai Kala-Krida Mahotsav.
- Secured 2nd & 3rd Position (Individual) in University Inter-Zone, Boxing (Men& Women) Competition.
- Secured 2nd & 3rd Position (Individual) in University Inter-Zone, Athletics (Men& Women) Competition.
- Selected for Inter-Zone Kho-Kho (Men & Women) Competition
- Secured 2nd Position in University Zone-2, Kho-Kho(Men) Championship.
- Secured 3rd Position (Team) in University Zone-2, Badminton (Men) Championship.
- Secured 1st Position in University Zone-2, Rugby (Men) Championship.
- Secured 1st Position in University Zone-2, Rifle Shooting (Men& Women) Championship.
- Secured 1st & 2nd Position (Individual) in University Zone-2, Taekwondo (Men) Championship.
- Secured 3rd Position (Individual) in University Zone-2, Swimming (Men) Competition.
- Secured 3rd Position ((Individual) in University Zone-2, Powerlifting (Men & Women) Competition.

Activities Under University: -

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

Activities of College level: -

- Celebrated National Sports Day on 29th August, 2023.
- Conducted Annual Sports Day for Students & Staff (Teaching & Non-teaching).
- Celebrated International Yoga Day in Collaboration with NSS & NCC Dept.

Participation level of Students: -

- University Games.
- Vasai- Virar Municipal Corporation Games.
- Vasai Kala-Krida Mohotsav.
- Inter Collegiate Sports Competition of deferent colleges.
- Association games.
- Maharashtra Olympic-2023.
- Annual Sports Day of the college.

Gymkhana: -



✚ Photographs of Activity under University: -

✚ Kho-Kho



Boxing



+ Photographs of Achievements: -

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



❖ University Games

Badminton



- **Rifle Shooting**



- **Volleyball**



- **Kho-Kho**



+ 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.
