
ANNUAL SPORTS REPORT

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



2023-24

It is a moment of pride to present annual sports report of VIVA COLLEGE for the academic year 2023-2024.

- 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 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. Kalpesh Mhatre- Non- Teaching
3. Mr.Arjun Vishwakarma- Commerce
4. Ms. Shweta Sasane- Zoology
5. Ms. Swati Dhumal- Chemistry
6. Mr. ShivalalYadav- Maths
7. Ms. Heena Qureshi - Commerce
8. Ms. Ankita Almeda- Commerce
9. Ms.Ankita Raut - Commerce
10. Ms. Rutuja Gupta -IT
11. Mr. Sameer Kotgaonkart -HM

❖ Achievements: -

- Kumar Adyta Atem, class- SYBA Felicited with Maharashtra Sports Award.
- Below students are selected for All India University Rugby Championship-2023-24
 - 1) Kumar Vishal Torane, class- SYBcom
 - 2) Kumari Diksha Jadhav, Class- SYBcom
- Kumari Abha Gavkar, class: - FYBSC Selected for All India University Chess Tournament. 2023-24.
- Kumari Gayatri Arekar, class: -TYBcom, secured 3rd Place in 4*100mtr relay in Inter Maharashtra University Ashwamedh Competition
- Secured 3rd Position in Overall Sports Championship in 25th Virar Kala-Krida Mahotsav.
- Secured 1st Position in Overall Sports Championship in 34th Vasai Kala-Krida Mahotsav.
- Secured 1st Position in Cricket Competition of Niranjana Majethiya College, Malad & Won the rolling Trophy.
- 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 (Team) in University Zone-2, Badminton (Men) Championship.
- Secured 3rd Position in University Zone-2, Rugby (Men & Women) Championship.
- Secured 3rd Position in University Zone-2, Chess (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.
- Secured 2nd & ^{3rd} Position (Individual) in University Zone-2, Boxing (Men& Women) Competition.
- Secured 1st, 2nd & ^{3rd} Position (Individual) in University Zone-2, Athletics (Men& Women) Competition.
- Secured ^{3rd} Position ((Individual) in University Zone-2, Weightlifting (Men) Competition.

Activities Under University: -

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

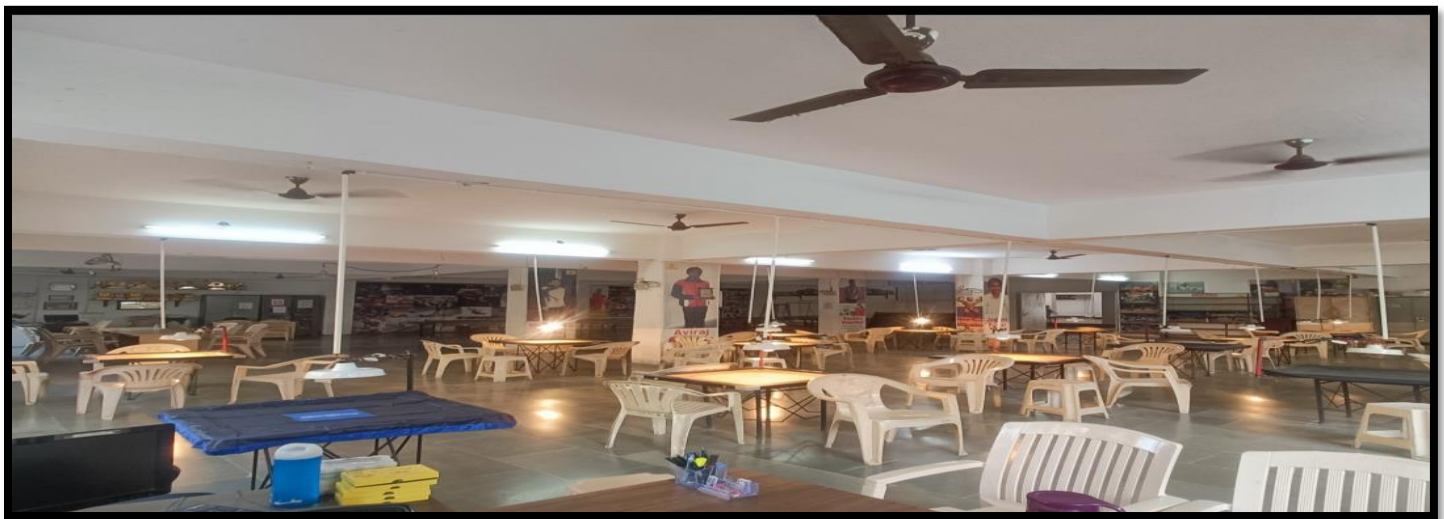
Activities of College level: -

- Celebrated National Sports Day on 29th August, 2023.
- 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: -

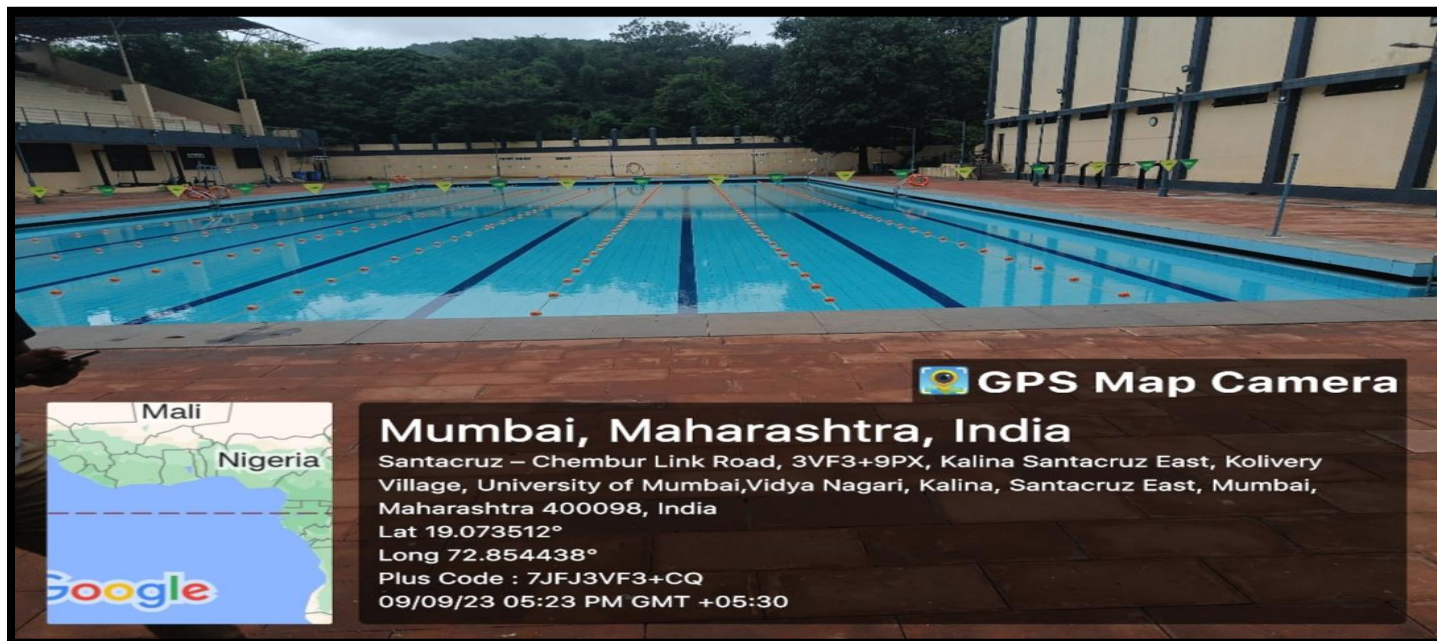
- University Games.
- Vasai- Virar Municipal Corporation Games.
- Vasai Kala-Krida Mohotsav.
- Inter Collegiate Sports Competition of deferent colleges.
- Association games.
- Maharashtra Olympic-2023.
- Annual Sports Day of the college.

+ Gymkhana: -



✚ Photographs of Activity under University: -

Swimming: -



Yogasana: -



KHO-KHO



✚ Photographs of Achievements: -

❖ Virar Kala-Krida Mohotsav Overall Sports Championship- 3rd Place



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



❖ 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.
