



Fitness activity program(2019-20)



Junior college Football team(2017-18)



Celebrating International Yoga Day at Sophia College (above) and our college student actively participated in yoga which was organized by DSO of Mumbai city (last)





Mrs. Anjali Joglekar , Senior yoga and meditation instructor (second from right) with faculty and students



Mr. Bhaskar,,Shiv Chhatrapati Sports Award winner( As a coach) for taekwondo and his team at Sophia College for self defence workshop



Flag hoisting on the occasion of Republic Day of India (2018)



Maha Walkathon 2019 would have impossible without the support and guidance given to the sports department by the principal of Sophia College (Autonomous), Dr. Sr. Ananda Amritmahal who graciously permitted us to conduct this event.



Competition organized during college fest - Kaleidoscope



Regular court cleaning by our non teaching staff for practice session

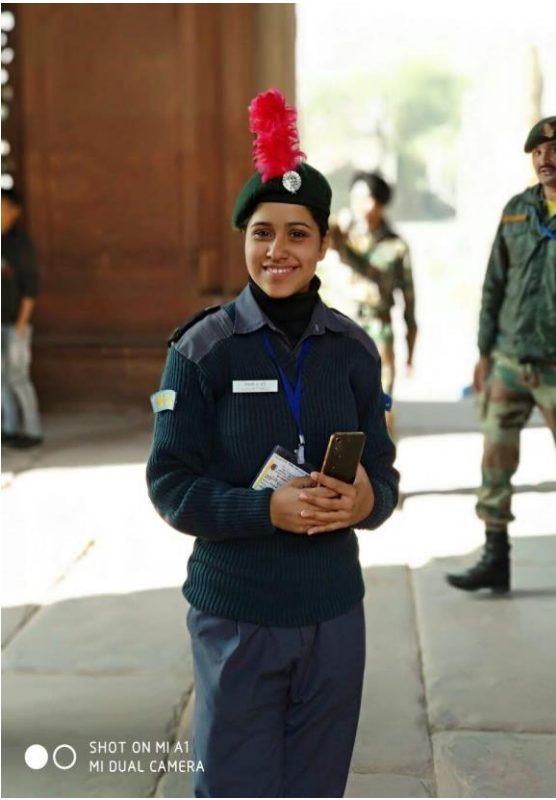


University of Mumbai Inter collegiate fencing competition (M/W) at Sophia College





Lezim performance on the occasion of "Independence Day"



Ms. Gayaatri Dhuri in Delhi for the RD Parade (2017-

18)



Angelina Khakha at the National level shooting competition (left) and Zia Moulavi won bronze medal in State level Karate competition (right)



Grishma Asharwon a gold medal at the All India Chess Tournament(2018)(left)



Stuti Saha (second from the left) – A silver medalist at All India Inter University Fencing Competition 2018-2019. With coach, manager and Vice chancellor of University of Mumbai.



National Level Athletes of the year with the Sports faculty (2018-19)





Sports committee members (Teaching staff)



Stuti Saha had qualified in Fencing event for Khelo India Inter University Games which was held in Odisha(2019-20) . Our college sports in charge Shruti Waydande Kadam was nominated as a coach of University of Mumbai fencing team.



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Glimpses of various gymkhana activities (above) and Students were participated in Annual Sports meet(below)



We have Organized University of Mumbai Inter Collegiate Fencing Competition (Men /Women) at campus for three consecutive years. Some pictures with medalist.





Runner-up basketball team of Fury and Conquer on the left and Ball Badminton team(right) stood second in the DSO Division level tournament.



Volleyball team (left) stood second in DSO Inter collegiate competition (2018-19) and Good performance given by our Basketball team(right)



*Ayesha Sayed (in red) during the boxing bout in DSO Division Competition and our football team got 3<sup>rd</sup> place in inter collegiate competition and Gabriel (standing second from right) was selected to represent University of Mumbai football team.*



Erika Barbosa (left) was selected to represent University of Mumbai in West zone inter university hockey tournament was held in Jaipur, Rajasthan (2019-2020)



Students at Kolad for Trekking



Adventurous sports and camping (2019-20)



Dadoji Kondadev Puraskar 2003-04" as Best Coach, in Mallakhamb



A Meeting for collaborative sports activities between Sophia College and DSYA, Goa.



*Sophie Gregori Trudeau's (First lady of Canada) visit to Sophia College (2017-18) which was escorted by Sports Dept.*



Raj Kundra and his team for self defence program at Sophia college



Every year we are organizing Peace March to August Kranti Maidan on Independence Day

## Sophia College (Autonomous)

### Sports and Physical Activities

Over the years, Sophia College (Autonomous) has won laurels in various sports activities. Our College has a long standing tradition of providing an all-round development for students, by making available facilities for sports and fitness activities. Sophia College has good infrastructural facilities and faculty for sports and related fitness activities, competitive events and coaching programs; which have been developed and upgraded over the years. These additions and renovations of the sports facilities from time to time, have improved student participation and prize-winners in indoor and outdoor games.

#### **Gymkhana Facilities:**

##### **1. Indoor Games:**

Sophia College (Autonomous) has an indoor hall ( MPH ) for indoor games such as Badminton, Table-Tennis, Yoga, Fencing and other combat sports.

##### **2. Outdoor Games:**

Sophia College has one synthetic coated standard-size Basketball Court which can be used for multiple games like Volleyball, Throw-Ball, Tennis, Ball Badminton etc.

##### **3. Sports Gymnasium:**

Sophia College provides Gym facilities for students and staff, with good physical instructors. The Gymnasium has all types of equipments, which helps to improve one's physical fitness.

##### **4. Other Sports Activities:**

Sophia College Gymkhana provides a number of activities apart from the major sports activities; namely, Yoga sessions for all students, Self-defense programs, First Aid, Adventure Sports and Fitness Programs. Many Guest Lectures were conducted on Sports Entrepreneurship, Fitness, Self-defense, Sports Medicine, Adventure Sports and Sports Clubs Management.

##### **5. The Sophia College Annual Sports Meet (University Sports Pavilion, Marine Lines, Mumbai):**

Sports Day, conducted every December, is an opportunity for all students who are interested to participate in sports as well as excel in their individual sports achievements. Students also get many opportunities to organize the whole Sports Day event, and hence develop skills in Sports Management.

##### **6. Gymkhana Committee:**

1. Physical Education Teacher and Sports-In-charge
2. Gymkhana Convener
3. Staff Members
4. Student Sports Secretary
5. Sports Executives

Sophia College (Autonomous) encourages all students from senior college as well as junior college to participate in various competitions which are conducted at the University level and District Sports Office (DSO) level. The College also has many students who have participated and also achieved good ranks in National and International competitions. Sophia College organizes various competitions and sports activities on our campus; and also arranges the sports grounds and courts for practice sessions in other games, such as Football, Hockey, and Athletics etc.



March pass on Annual sports meet at University sports pavillion, Marine lines.



The winner of Best athlete trophy (2019-20) – Nikita Mathew





*Teachers participated for the Tug of war and other events on Sports Day.*



College Badminton and Table tennis team (2019-20)



Neyyati Lobo during her shot put event at DSO state level athletics championship



Niraja Nabar during her rope mallakhamb event



Gym facility is provided by the Gymkhana for all the students



Fitness program organized in collaboration with NIKE at Sophia College (2019)



Rujuta Chavhan (left) and Megha Mathew (right) were selected for All India Inter University Fencing Competition (2017-18) which was held in Patiala, Punjab.



Nikitha Mathew, Aradhya Singh and Stuti Saha with University coach cum our Sophia college sports in-charge Ms. Shruti Waydande Kadam during All India Inter University Fencing Competition (2018-19) at Amritsar, Punjab.



Sreedevi Laxman, Nikitha Mathew and Stuti Saha were selected for All India Inter University Fencing Competition (2019-20) which was held in Chandigarh.



Our athletes of various games such as Badminton, Swimming, basketball etc.



Junior college Volleyball team (2019-20)







Gymkhana faculty- Mrs. S. Kulkarni (Sr.Sports In-charge)(center),

Dr. Andrea Coutinho(Gymkhana convener )(second right),

Ms. Shruti Waydande Kadam (Jr. Sports In-charge and Physical Edu. Teacher)(second left)

Mrs. Jyoti Jadhav (Fitness Instructor)(right)

Ms. Vrinda Jadhav (Fitness Instructor)(left)