

Report on Activities for The Sports Club of Sophia (2021-22)

Month: June

- **Title of the Activity/Event** : A Session on Chair Yoga
 - **Date:** 17/06/2021
 - **Name of the Resource Person/Organisation:** Mrs. Anjali Joglekar
 - **Number of Participants / Views:** 28
 - **Number of Attendees:**28
 - **Venue/Platform:** Zoom
 - **Detailed Description:** The Department of Physical Education and Sports kicked off the academic year by hosting a Chair Yoga session on June 17th, 2021, specifically for Sophia College faculty. The event was sponsored by RUSA. Mrs. Anjali Joglekar was the guest instructor. She has over 45 years' experience and a specialization in Personal Yoga Therapy. The session began with a brief introduction of Chair Yoga and how it improves physical and mental strength and flexibility. She started the workout with some stretching exercises and then led the teachers through a 30-minute chair yoga session that ended with some breathing techniques. There were approximately 28 people in attendance. The event began at 4 p.m. and lasted more than 45 minutes via Zoom. It left the faculty feeling revitalized and renewed.
 - **Geotagged Photographs:** N/A.
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- **Title of the Activity/Event** : Yoga Competition
 - **Date:** 18/06/2021
 - **Name of the Resource Person/Organisation:** Department of Physical Education and Sports
 - **Number of Participants / Views:** 15
 - **Number of Attendees:** 15
 - **Venue/Platform:** Online Submissions.
 - **Detailed Description:** The Department of Physical Education and Sports organized a Yoga Competition on June 18th, 2021 for the students of Sophia College, on the occasion of International Yoga Day. This competition was sponsored by RUSA 2.0. The students were asked to perform three yoga asanas and mail their videos to the department. We had a total of 15 submissions. E-certificates were given to all participants and the top 3 winners were awarded with exciting prizes.
 - **Geotagged Photographs:** N/A.

- **Title of the Activity/Event :**Yoga Session
- **Date:** 21/06/2021
- **Name of the Resource Person/Organisation:** Department of Physical Education and Sports
- **Number of Participants / Views: 200+**
- **Number of Attendees:**200+
- **Venue/Platform:** Youtube
- **Detailed Description:** On the occasion of International Yoga Day on June 21, 2021, the Department of Physical Education and Sports hosted a live yoga session on YouTube. The event began at 7:30 a.m. with a few words from our principal, Dr Sr Ananda Amritmahal, and was then taken over by Mrs Anjali Jhoglekar and Ms Sapna Kuvar, who led us through a rejuvenating yoga session. We had almost 200+ participants in all. The session lasted an hour and ended with the announcement of the winners of the department's previous Yoga competition.
- **Geotagged Photographs: N/A**

- **Title of the Activity/Event :** International Olympic Day Quiz
- **Date:** 23/06/ 2021
- **Name of the Resource Person/Organisation:** Department of Physical Education and Sports
- **Number of Participants / Views:**
- **Number of Attendees:** 293
- **Venue/Platform:** Google forms
- **Detailed Description:** On the occasion of International Olympic Day, the Department of Physical Education and Sports had organized a quiz for the students to test their knowledge on the subject on the 23rd of June, 2021.E-certificates were issued to participants who scored above 60% on the quiz.We had a total of 293 participants.
- **Geotagged Photographs: N/A**

Month: August

- **Title of the Activity/Event :A key to inner peace**
- **Date:** 10/08/2021
- **Name of the Resource Person/Organisation:** Shikha Shah
- **Number of Participants / Views: 80+**
- **Number of Attendees:** 80+
- **Venue/Platform:** Zoom

- **Detailed Description:** The Sports Club in collaboration with the NSS Department hosted a session on Inner Peace and Mental health on August, 10th, 2021 specifically for our Sophia college students. The event was hosted by Shikha Shah who has been an alumni of our Sophia College and is currently pursuing MA in clinical psychology from Amity University, and is now the co-founder of “The Blue Butterfly project” which gives the audience free of cost counseling and also provides the people facing with some mental health disorder a safe and comfortable place to share their thoughts and feelings.

The session began with a brief introduction about Mental Health and how and why it plays such an important part in our lives. She further moved on with giving the audience a few self care tips and tricks that help relieve the stress that each individual usually faces and to end with, she briefly described the “The Blue Butterfly project” and gave an insight about how it helps the people around.

There were approximately 80+ people in attendance. The event began around 5 p.m. and lasted for more than 45-50 minutes via zoom. It left the audience with thorough knowledge about Mental Health and provided some of them to share their feelings and thoughts openly.

- **Geotagged Photographs: N/A**

- **Title of the Activity/Event :Fitness ka dose aadha ghanta har roz**

- **Date:** 13/08/2021

- **Name of the Resource Person/Organisation:**Manish Jaiswal

- **Number of Participants / Views:** N/A

- **Number of Attendees:** N/A

- **Venue/Platform:** Zoom

- **Detailed Description:** A fitness session was organized on the 13th of August,2021 at 5:30 pm by the Department of Physical Education and Sports in collaboration with the NSS unit of Sophia College, Mumbai. This event was sponsored by RUSA in commemoration of ‘Azadi ka Amrit Mahotsav’ Towards a Fit India. The trainer, Manish Jaiswal, led the students through a one-hour workout session where he taught them basic exercises to keep fit on a daily basis after which he also answered a few questions raised by the students on the topic of fitness. Students were requested to wear loose clothes and have a water bottle by their side during the session.

- **Geotagged Photographs: N/A**

- **Title of the Activity/Event :Soar High - Career in Civil Services**

- **Date:** 14/08/2021

- **Name of the Resource Person/Organisation:**Ms Sarita Sunil Narke

- **Number of Participants / Views:**118

- **Number of Attendees:**118

- **Venue/Platform:** Zoom

- **Detailed Description:** The Department of Physical Education and Sports in collaboration with the NSS unit of Sophia College, Mumbai held an online session on

Careers in Civil Services on 14th August, 2021. The session was held on Zoom from 5pm onwards and continued on for approximately an hour. The speaker, Ms Sarita Sunil Narke, who has worked in Civil Services herself, was very informative and helpful in answering any questions the students had. There were 118 participants in total, The students were given an insight into jobs in civil services and guided on how they would have to go about with giving exams and preparing for the same. They were also explained the difference between MPSC and UPSC exams. The session ended with a question and answer segment which gave the students a clear picture about their paths ahead.

- **Geotagged Photographs: N/A**

Month: September

- **Title of the Activity/Event** :Test your Nutrition IQ
 - **Date:** 14/09/2021 & 15/09/2021
 - **Name of the Resource Person/Organisation:**The Sports Club of Sophia College
 - **Number of Participants / Views: 417**
 - **Number of Attendees:** 417
 - **Venue/Platform:** Online quiz
 - **Detailed Description:** The Sports Club of Sophia College, Mumbai dedicated the month of September to the topic of nutrition and organized two events based on it. The first event was an online quiz on nutrition called Test your Nutrition IQ on the 14th and 15th of September,2021. The quiz was open to students of various departments.
 - The questions in the quiz focused on a basic understanding of nutrition so students could test their knowledge. We had a total of 417 participants out of which more than 90% of students scored above 60% and received a certificate of merit for the same.
 - **Geotagged Photographs: N/A**
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- **Title of the Activity/Event** :Talk on nutrition and Female Athletes (instagram live)
 - **Date:** 24/09/2021
 - **Name of the Resource Person/Organisation:**Ms Apoorva Surve
 - **Number of Participants / Views: 107**
 - **Number of Attendees:** 19
 - **Venue/Platform: Instagram**
 - **Detailed Description:** The sports club of Sophia college organized an event on 24th of September 2021 on a talk on Nutrition. It was hosted by Pranjali Vatsa, a TYBA student on Instagram live at 5pm. The nutritionist, Ms Apoorva Surve has more than 10 years of experience working with various fitness enthusiasts & grassroot to international level athletes to attain nutrition and performance goals. Apurva holds a degree in B.Sc. Applied Nutrition & post-graduate M.Sc. in Food Science Nutrition from S.N.D.T. Women's University, Mumbai. There were in total 19 participants who joined in the live. Ms. Apoorva very well briefed us on what to eat and how to keep ourselves healthy

despite our bustling lives. She talked about essential nutrients and vitamins required for building our stamina, especially women athletes. Since diet is the most important part of our life to keep us going, she appraised us on how to balance our favorite munchies along with our healthy nourishment. She informed us on how the keto diet can sometimes affect our health in the long run. She also talked about how being fat is not just associated with eating junk but also our lifestyle and basic nutrients that we take in. We had few bumps with internet connection but still covered all the questions and wrapped it up in 45 minutes.

- **Geotagged Photographs: N/A**

Month: October

- **Title of the Activity/Event : Game of Strolls**
- **Date:** 4/10/2021 to 8/10/2021
- **Name of the Resource Person/Organisation:** The Sports Club of Sophia College
- **Number of Participants / Views: 180**
- **Number of Attendees:** 180
- **Venue/Platform:** Padlet
- **Detailed Description:** The Sophia College Sports Club in Mumbai organized a five-day walking event called Game of Strolls for all students from October 4th to October 8th, 2021. The goal of this event was to get students to walk and challenge themselves to get moving. Every morning, the students were given a daily step goal to complete, but the main idea was for them to push themselves to do better each day. Students were asked to upload their final step count on a padlet at the end of each day to encourage their fellow students to participate as a community. The event was a huge success, with over 180 participants on all five days.
 - The step count for the following days were:
 - Day 1: 1000
 - Day 2: 2000
 - Day 3: 3500
 - Day 4: 4500
 - Day 5: 5000

All participants who submitted entries for all five days received E-certificates as well as four hours of ECC credit for senior college students.

- **Geotagged Photographs: N/A**

Month: November:

- **Title of the Activity/Event :**SPORTS CLUB X PSYCH SANCTUM
- **Date:** 21/11/2021 to 5/12/2021
- **Name of the Resource Person/Organisation:** Sports Club & Psych Sanctum Collaboration
- **Number of Participants / Views:** N/A
- **Number of Attendees:** N/A
- **Venue/Platform:** Google forms
- **Detailed Description:** The sports club in collaboration with Psych Sanctum hosted a 15 day challenge which included fun physical activities for students to engage in from 21st November till 5th December, 2021.. All students who submitted their videos/pictures completing the activity were given 3 hours of ECC credits. The students were given different activities each day for a period of 15 days. A different color was assigned along with the challenge telling them what the color represented and how doing the activity would help them with their physical and mental health. The participants were asked to wear the t-shirt of this color and complete the challenge however wearing color coordinated wasn't compulsory. The participants were given google form to submit their pictures at the end of the 15 day challenge.
- The following table is a list of all the 15 challenges that were given to them-

	<u>Challenges</u>	<u>Color</u>
DAY 1	Stretching	Neon Blue
DAY 2	Skipping Sets	Dark Blue
DAY 3	Yoga Therapy	Green
DAY 4	K-Pop Dance	Purple
DAY 5	ABS Workout	Red
DAY 6	Exercise with Ball	Pink
DAY 7	Leg Workout	Orange
DAY 8	One Direction Workout	Yellow
DAY 9	Glute Workout	Orange
DAY 10	Arm Workout	Pink
DAY 11	Plank Workout	Red
DAY 12	Indian Dance Workout	Purple
DAY 13	Yoga for Insomnia	Green
DAY 14	Meditation	Dark Blue

DAY 15	Speed Walking	Neon Blue
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- **Title of the Activity/Event** : Sports Club x Psych Sanctum
 - **Date:** 25/11/2021 & 4/12/2021
 - **Name of the Resource Person/Organisation:**
 - **Number of Participants / Views:** N/A
 - **Number of Attendees:** N/A
 - **Venue/Platform:** Instagram
 - **Detailed Description:** The Sports Club in collaboration with Psych Sanctum hosted an instagram live segment with Sports psychologists. The first live session was held on 25th November, 2021 at 4pm on Instagram. The speaker was Ms.Sanika Divekar, who is a former table tennis player and sports psychologist consultant and is currently pursuing doctoral degree at Glasgow Caledonian University. She has a very own mantra “one shoe doesn't fit all”. The topic of discussion for this session was 'Mind and Body Coordination'. The session was hosted by one of the Psych Sanctum executives and lasted for over an hour.
 - On 4th December we had the second live session with Kunashni Parikh. She is a Clinical Psychologist, Sports Psychologist and Behavioural Neuroscience Research Scholar from the University of British Columbia (UBC), Canada. She is the former football Vice-Captain and Goalkeeper for India U-17 and Goalkeeper for the Vancouver United Football Club In Canada. She was awarded the International Leader of Tomorrow Award for superior academic achievement and leadership in her field.This session covered the topic of Covert Mechanisms and goal attainment for athletes. The session began at 4:00 pm and ended by 4:45pm.
 - **Geotagged Photographs:** N/A.
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- **Title of the Activity/Event** : Mary Kom - Movie Discussion
 - **Date:** 27/11/2021
 - **Name of the Resource Person/Organisation:**Sports Club & SSRI Collaboration
 - **Number of Participants / Views:** 30
 - **Number of Attendees:** 30
 - **Venue/Platform:** zoom
 - **Detailed Description:** The Sports Club, in collaboration with the Students Social Reformative Initiative (SSRI), organized a film discussion on the movie Mary Kom to bring forward a discussion among students and fellow athletes about a sports person's journey and the difficulties encountered along the way, particularly in our country. The event took place on Zoom on November 27th, 2021 from 5pm to 6pm. The discussion began with a talk of the characters' journey through the film and ended with students expressing their own personal stories and problems encountered during their sports careers. Gender discrimination, the battles of northeast Indans, and the challenges of

capitalism and power in production houses were also shed light on. This event had 30 participants, and it let us discuss important issues as well as the situation of a sports person's experience in our country.

- **Geotagged Photographs: N/A**

Month: January

- **Title of the Activity/Event :**TABATA WORKOUT SESSION
- **Date:** 20/1/2022
- **Name of the Resource Person/Organisation:** Shweta Kariya
- **Number of Participants / Views: 35**
- **Number of Attendees:**35
- **Venue/Platform:** Zoom
- **Detailed Description:** The Sophia college sports club in Mumbai organized a Tabata workout session in collaboration with “the routine” on the 20th of January 2022 for all the students. It was a fun and enriching workout session taken by Shweta Kariya. The session was a beginner friendly one that focused mainly on posture correction. Shweta Kariya the trainer is a nutritionist and a fitness expert who has 6 years of experience and is licensed for various fitness programs like Zumba, core pilates and functional training. The event was a virtual event that began at 5 pm. About 35 students were a part of it. The workout had a set of eight exercises, some of them like jumping jacks, burpees . Each set lasted for 20 seconds with a ten second break, and it mainly focused on glutes and the hamstring. It was a fun yet rigorous session which challenged all the students. The event ended by 6:15 pm with Shweta giving them tips and also basics of staying hydrated.
- **Geotagged Photographs: N/A**

Month: February

- **Title of the Activity/Event :** FLAGSHIP EVENT: Call Of Duty (COD)
- **Date:** 1/2/2022 & 2/2/2022
- **Name of the Resource Person/Organisation:** Sports Club x Mizaaj
- **Number of Participants / Views: 35**
- **Number of Attendees:**35
- **Venue/Platform:** Call Of Duty App
- **Detailed Description:** The Sports Club in collaboration with Mizaaj, organized its flagship events for the year in the month of February. Two intercollegiate online gaming events were held for students to compete in. The idea of an online gaming event was initiated mainly to involve students in a spirit of competition and fun and including even those who are not actively into sports. Our first event was Call of Duty (mobile) which was held on the 1st and 2nd of February, 2022. This event went on for two days .Students were allowed to register as individual players or in groups of five. There were 35 participants divided into 7 teams of 5 members each.

The matches were organized in 3 rounds over a period of 2 days.

The schedule for the rounds were as follows -

- The Elimination Round – it took place on the 1st February from 3:00pm to 5:15pm which consisted of 3 matches of 15 minutes each, one team was carried forward to day two by lucky draw
- The Semi-final Round – it took place on the 2nd February from 2:30pm to 3:20pm which consisted of 2 matches of 20 minutes each.
- The Final Round – it took place on the 2nd February from 5:00pm to 5:20pm in which team “Carryme” and team “Immortans” reached the final round and team “Carryme” was declared the winner.

The participants competed in a very positive spirit and made the event a grand success. The winning team received a cash prize of Rs 185/ per player

- **Geotagged Photographs: N/A**

- **Title of the Activity/Event :** Ludo King
- **Date:** 13/02/2022
- **Name of the Resource Person/Organisation:** Sports Club x Mizaaj
- **Number of Participants / Views: 44**
- **Number of Attendees:44**
- **Venue/Platform:** Ludo King App
- **Detailed Description:** The second event held in collaboration with Mizaaj was Ludo King. The event took place on the 13th February, 2022. Students competed against each other in a number of Ludo tournaments that started from 10:30 am and went on till 5:30pm. We had a total of 44 participants for this event.The matches were divided into three rounds – the elimination round, semi-finals and the finals.The elimination round took place from 10:30am to 1:30pm, in which there were 11 matches hosted.In each match the player who came 1st was then made to play the semi-final round. The semi-final round took place from 3:00pm to 4:30pm, in which there were 3 matches hosted. The winners of the three matches were then made to play the finals. The final round took place from 5:30pm to 6:00pm, in which three players were made to play a match. The three finalists were – Zainab Shaikh, Khushi Gupta and Kashish Jaiswal. And the winner of this event was Khushi Gupta. This event was full of fun and fiercely competitive at the same time
- **Geotagged Photographs: N/A**

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