

# **SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (NERUL)**

## **CAGE FOOTBALL TOURNAMENT**

11<sup>th</sup>&12<sup>th</sup> December

Sports committee of SIES College (Nerul) organized cage Football tournament on 11<sup>th</sup> and 12<sup>th</sup> December 2017.

The tournament was inaugurated by Dr Milind Vaidya Sir and Nambiar Sir. Also the tournament was a huge success because of Ashish Shukla Sir, committee members and students.

The first match started at 10 am and the enthusiasm was on a different level.

2 teams got through the first day.

Many people were gathered to watch the tournament and volunteers did their best to make sure that everyone had a good time.

Daniels Fc was the winners and Spunk Fc was the runner ups. Trophies and Medals were given to the teams and to the Top scorer and the Best player at the end.



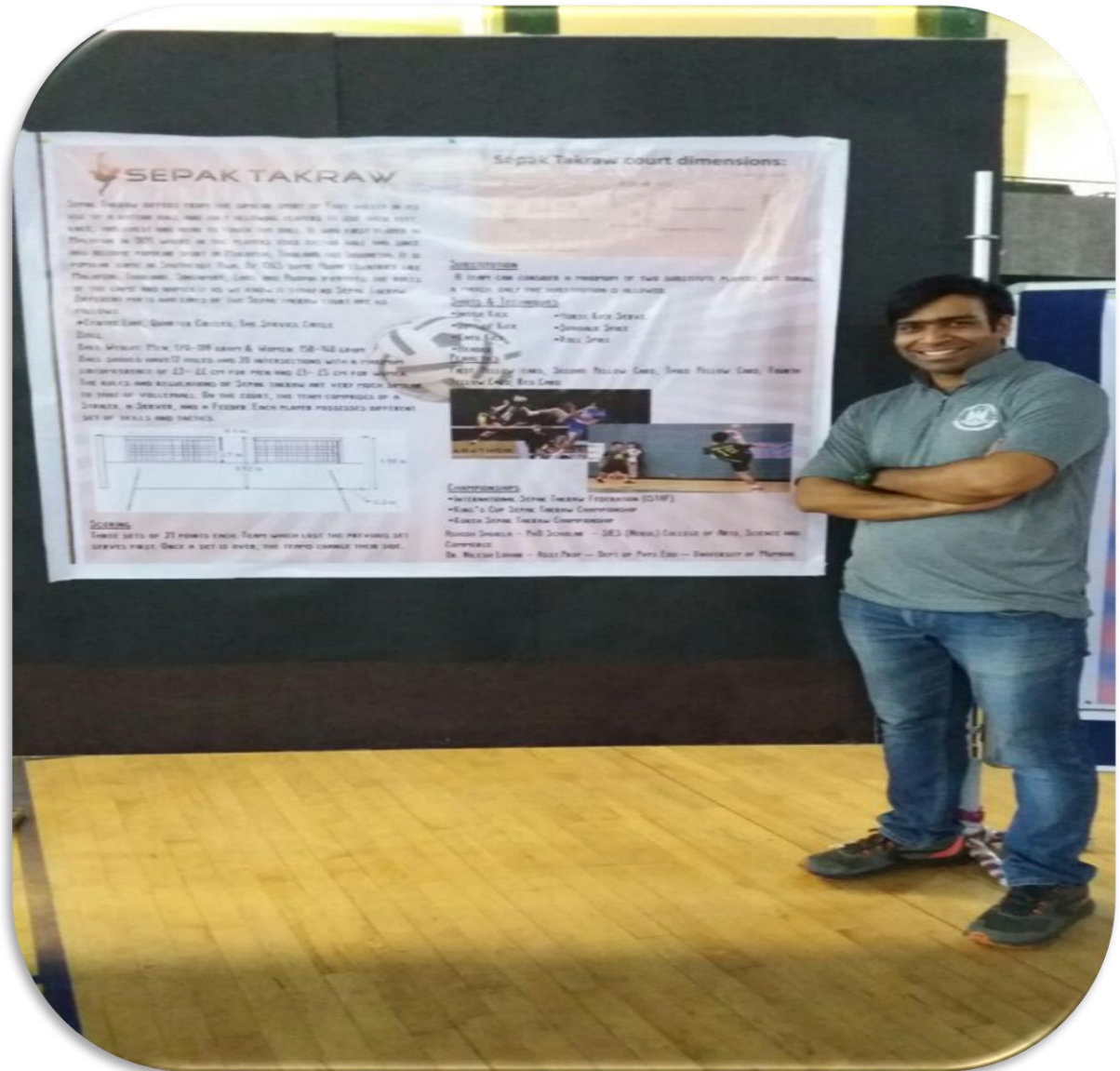


**International Conference cum Workshop on Emerging Trends in Sports Sciences  
(Report)**

I Ashish Shukla had participated and presented poster on Shepaktakraw in three days (26/27/28/ March 2018) International Conference Organised by University

of Mumbai by Department of Physical Education (Kalina).The topic of the Conference was “Emerging Trends in Sports Sciences”

A poster was presented and a demo of the game was showed in the workshop.







**SIES (Nerul) College of Arts, Science & Commerce**  
**Sports Committee**  
**Run for Sports**  
**5km Run**

Sports Committee 2017-18 took an initiative it is very proud of. They organized a marathon “RUN FOR SPORTS”. The marathon was conducted on 29<sup>th</sup> September 2017. The participants thanked the committee for giving them a chance to be a part of something this big. The event was organised under the guidance of the principal of SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE and the concerned faculty.

All the Sports Committee members and were very proud after putting up such an amazing event. The secretary of the committee Mr. Roshan Shetty and the joint secretaries were proud to have formed a huge family which took this event to an all new level. They had 210 participants in total. The winners were felicitated with various gifts including cash, medal, and certificate.

Ashish Shukla  
Sports Convenor





**SIES (Nerul) College of Arts, Science & Commerce**  
**SPORTS EVENT FOR NON TEACHING STAFF**

**10 January 2018**

An Sports event for non teaching staff was organised by the sports committee on 10<sup>th</sup> January 2018. The event included games like Cricket, carom, chess and mind games. The participation was huge and the non teaching staff from all the SIES branches participated actively.

The event was held in the Quadrangle and in the gymkhana. The event wouldn't have been a success without the help of The Sports Convenor Ashish Shukla Sir. The winners were awarded with trophies and some refreshments were being arranged.













### SPORTS REPORT 2017-18

#### WUSHU:

Wushu 9<sup>th</sup> Mumbai District Competition was held at St. Joseph High School at Vikroli on 27<sup>th</sup> & 28<sup>th</sup> July 2017.

The following students participated for the Wushu event:

| Sr. No | Name              | Class | Achievement      |
|--------|-------------------|-------|------------------|
| 1      | Subbulaxmi thevar | SYBAF | 2 Gold, 1 Silver |

|    |                     |          |               |
|----|---------------------|----------|---------------|
| 2  | Rishu Sharma        | MSC CS   | 1 Bronze      |
| 3  | Zeenat Fatma Khan   | FYBBI    | 1 Gold        |
| 4  | Girish Bangera      | SYBSC CS | 1 Gold        |
| 5  | MD Akthar           | FYBCOM-B | 1 Silver      |
| 6  | Abdul Tariq         | SYBMS    | 1 Bronze      |
| 7  | Rahul Merala        | SYJC-B   | 1 Silver      |
| 8  | Yash Sharma         | SYJC-B   | 1 Silver      |
| 9  | Niranjana Choudhary | SYJC-B   | 1 Silver      |
| 10 | Rohit Kamble        | TYBCOM B | Participation |
| 11 | Ajay Shete          | SYJC-A   | Participation |
| 12 | Ashutosh Singh      | SYJC-A   | Participation |
| 13 | Ratish Shiv Nadar   | SYJC-A   | Participation |
| 14 | Balamurugan         | SYJC-B   | Participation |
| 15 | Samruddhi Raigude   | FYBMS    | Participation |



### Chess:

The University Chess Competition was held on 28<sup>th</sup> July, 2017 at KLE's Society Science & Commerce at Kalamboli.

The following were the Participants who won the first place in the Inter Zonal Men's Team Competition.

| Sr.no | Name                     | Class    |
|-------|--------------------------|----------|
| 1     | Ghag Harsh Mangesh       | FYBCOM   |
| 2     | Dhiraj Suresh            | SYBCOM   |
| 3     | Chawla Arth Narjeet      | FYBFM    |
| 4     | Suryawanshi Omkar Ramesh | FYBSC CS |
| 5     | Bhosale Aakash Anand     | SYBBI    |



The following students participated for Individual Chess event:

| Sr.no | Name              | Class  |
|-------|-------------------|--------|
| 1     | Shet Veda Vinayak | SYBCOM |
| 2     | Mega Suresh       | FYBMS  |

### Table Tennis:

Table Tennis Inter-collegiate tournament was held at Marine lines pavilion from 6<sup>th</sup> – 8<sup>th</sup> August, 2017.

The following students won 4 rounds of the boy's individual match:

| Sr.no | Name                     | Class    |
|-------|--------------------------|----------|
| 1     | Mhatre Nikhil Vijaykumar | SYBCOM   |
| 2     | Sakpal Aditya Rajendra   | SYBCOM   |
| 3     | Prabhu Mandar Anand      | TYBCOM   |
| 4     | Sharma Shubham Ashok     | TYBCOM   |
| 5     | Panicker Aditya Rajesh   | SYBCS IT |



The following Students participated for the table tennis girl's event:

| Sr.no | Name                           | Class |
|-------|--------------------------------|-------|
| 1     | Sharma Shivani Pawandev        | SYBAF |
| 2     | Bagwe Jagruti Mahesh           | SYBAF |
| 3     | Shrivastava Shivani Devnarayan | FYBFM |

### WUSHU:

The Wushu tournament was held on 13<sup>th</sup> August, 2017 at Jaipuria School Sanpada. The following students participated for the Wushu event:

| Sr.no | Name              | Class | Achievement |
|-------|-------------------|-------|-------------|
| 1     | Subbulaxmi thevar | SYBAF | 3 Gold      |
| 2     | Zeenat Fatma Khan | FYBBI | 1 Silver    |



|    |                    |          |               |
|----|--------------------|----------|---------------|
| 3  | Girish Bangera     | SYBSC CS | Gold          |
| 4  | Abdul Tariq        | SYBMS    | Bronze        |
| 5  | Samruddhi Raigude  | FYBMS    | Silver        |
| 6  | Ashutosh Singh     | SYJC-A   | Bronze        |
| 7  | Yash Sharma        | SYJC-B   | Gold          |
| 8  | Niranjan Choudhary | SYJC-B   | Bronze        |
| 9  | Balamurugan        | SYJC-B   | Silver        |
| 10 | Vahbiz Nikorawala  | FYJC-B   | Participation |
| 11 | Chikirsha Jain     | FYJC-B   | Bronze        |
| 12 | Riddhi Prakash     | FYJC-B   | Participation |
| 13 | Naqiya Meeyajiwala | FYJC-B   | Participation |
| 14 | Shirin Nadamal     | FYJC-B   | Participation |
| 15 | Ramalaxmi Konar    | FYJC-B   | Sliver        |
| 16 | Nayan Jain         | SYBBI    | Bronze        |

Subbulaxmi thevar got BEST FIGHTER AWARD.



**YOGA:**

The Navi Mumbai Yoga Krida Association had organized yoga competition on 13<sup>th</sup> August 2017 it was held at Sanpada.

| Sr.No | Name          | Class | Achievement  |
|-------|---------------|-------|--------------|
| 1     | Chmanyi Patil | SYBBI | First Place  |
| 2     | Komal Palve   | FYBBI | Second Place |



**WUSHU:**

The following student won at state level Wushu championship held at Nanded

| Sr.no | Name              | Class | Achievement |
|-------|-------------------|-------|-------------|
| 1     | Subbulaxmi thevar | SYBAF | 2 Gold      |



**SWIMMING:**

The following student won 3<sup>rd</sup> place in 200m breaststroke event in Inter-Collegiate swimming Championship Conducted by University of Mumbai at Chari Road.

| Sr.no | Name          | Class    | Achievement           |
|-------|---------------|----------|-----------------------|
| 1     | Shubham Rawal | SYBSC IT | 3 <sup>rd</sup> Place |



Chess:

DSO chess competition held at NHP Airloi on 2<sup>nd</sup> September 2017.

The following were the students who participated.

| Sr.no | Name          | Class | Achievement           |
|-------|---------------|-------|-----------------------|
| 1     | Tejas Patkar  | SYJC  | 1 <sup>st</sup> place |
| 2     | Apurva Godkar | FYJC  | 4 <sup>th</sup> place |

Both selected for zonal level match.



Table tennis:

Inter-collegiate table tennis competition organized in malad.

| Sr.no | Name           | Class | Achievement           |
|-------|----------------|-------|-----------------------|
| 1     | Shivani Sharma | SYBAF | 2 <sup>nd</sup> place |



She is seated second from right black t-shirt.

Handball:

The following student won 3<sup>rd</sup> place handball event in Inter-Collegiate Championship Conducted by University of Mumbai at CKT ground panvel  
The following were the students who participated.

| Sr.no | Name                   | Class  | Achievement           |
|-------|------------------------|--------|-----------------------|
| 1     | Adarsh Jha             | TYBFM  | 3 <sup>rd</sup> Place |
| 2     | Shahilkhan Mehmoodkhan | FYBFM  |                       |
| 3     | Akshat Hiran           | SYBMS  |                       |
| 4     | Yash Chawan            | FYBMS  |                       |
| 5     | Karn Bhatia            | TYBcom |                       |
| 6     | Sanjay Vishwakarma     | SYBMS  |                       |
| 7     | Joel Rao               | SYBBI  |                       |
| 8     | Pawan Patterm          | SYBMS  |                       |
| 9     | Rohan Sawant           | SYBMS  |                       |



Adarsh Jha, Yash Chawan was selected to represent west zone inter-university handball Tournament 2017-18 for Men to be held at Rani Durgavati Vishwavidyalaya, Jabalpur (M.P.) from 25th October to 29th October, 2017.

Roller Skating:

Shreya Sawant of FYJC Won 1<sup>st</sup> Place in DSO roller skating and qualify for division match.



Triple Jump:  
Akansha Belote of FYJC secured 2<sup>nd</sup> place in triple jump in DSO and selected for zonal match.





Second from left.



Degree College Football Team.



Degree College Basketball Team.



Degree College Basketball Team.



Shreya Swant FYJC A Secured 3rd place in division for roller skating  
She is wearing yellow t shirt  
Venue : Ameya Classic Club, Yeshwant Nagar Virar ( W )



Abdul T of SYBMS won first round of boxing at marine lines (University of Mumbai) 02/11/2017



Cricket team won two matches of inter- Collegiate organised by University of Mumbai.



| Sr.no | Name               | Class  |
|-------|--------------------|--------|
| 1     | Ghag Harsh Mangesh | FYBCOM |

Represent the West Zone Inter University Chess (M) Championship 2017-18 being organized by Jagran Lakecity University Mugaliyachhap, Bhopal from 27th to 31st October, 2017.

Secured Second Place as team event.

Selected for All-India Chess Tournament.



Harsh G of FYBCom secured 5th place in National chess (team event) tournament played from University of Mumbai (second from right)

Rutuja Sarjerao Patil (SYB.Com) organised by Reliance Youth Sports

Secured 1<sup>st</sup> place in 5000m race



| Sr.no | Name        | Class   |
|-------|-------------|---------|
| 1     | Abdul Tariq | SYBMS-B |

Secured 3rd place in National KICKBOXING Championship conducted by Kickboxing federation of India from 27th - 31th Dec 2017 at patliputra sports complex, Kankarbagh, Patna



| Sr.no | Name                  | Class   |
|-------|-----------------------|---------|
| 1     | Rutuja Sarjerao Patil | SYB.Com |

She was part of inter-university hockey team and they secured 2<sup>nd</sup> place in hockey match which was held in Gujarat, which was held from 02<sup>nd</sup> Jan to 6<sup>th</sup> Jan 2018.

### YOGA:

The National Youth Sports Fest, Talent Search Program had organised Yoga competition on 23<sup>rd</sup> to 24<sup>th</sup> April 2017 held at Sarasvati Shishu Mandir High School Kachrod (Ujjain M.P) she's in black t-shirt

| Sr.No | Name        | Class | Achievement |
|-------|-------------|-------|-------------|
| 1     | Komal Palve | FYBBI | First Place |



## **SPRINTS 2017-18**

24<sup>th</sup> & 25<sup>th</sup> January 2018.

Sports Committee of SIES college Nerul organised SPRINTS 'Carnival of Sports' on 24<sup>th</sup> and 25<sup>th</sup> January.

Sprints is the annual Sports Festival of SIES College which is held every year. But this year around it was very special. All the streams showed active participation and poured their hearts out in every event. This year girls also participated in huge number.

The list included

- Football



- Athletics
- Indoor games and may more.

Bcom Department won the overall competition. All the streams played well. All the winners were awarded with medals and the Streams were given Trophies.

The event wouldn't have been a success without the collective efforts of The Sports convenor Ashish Shukla Sir and the Sports Committee.























## **SIES COLLEGE OF ARTS SCIENCE AND COMMERCE, NERUL**

### **Workshop on healthy living & exercise for Non-teaching Staff**

30<sup>th</sup> November, 2017

Sports committee of SIES College (Nerul) organized a workshop on Healthy Living and Exercise for Non-Teaching staff on 30<sup>th</sup> November, 2017 in SIES (Nerul) College of ASC, AV Room.

The seminar was conducted by Dr. Ramkrishnan (professor & HOD of Kinesiotherapy & physical department), Dr. Sathya and Dr Sukhada Prabhu.

The dignitaries were felicitated by Ashish Sir and Ms Suma Nair (central training department).

The seminar began with the session by Dr Ramkrishnan followed by sessions of Dr Sathya and Dr Sukhada Prabhu. The practical sessions and the presentations were very useful for the non-teaching staff and the sessions helped the non-teaching to lead a better and a healthy life.

Exercises were demonstrated for lower back, shoulder, neck and knee pain.

Also important tips were provided on how to avoid problems which is very common among non-teaching staff.

The whole workshop was coordinated by Ashish Shukla sir and Ms Suma Nair from SIES Central Training Department and was organized by sports committee.

The seminar was very helpful for all the non-teaching staff and the event was a great success.









**SIES COLLEGE OF ARTS SCIENCE AND COMMERCE,  
NERUL  
Seminar on healthy living & exercise for  
teachers**

16 September, 2017

Sports committee of SIES College (nerul) organized a seminar on Healthy Living and Exercise for Teachers on 16 September, 2017 in SIES (Nerul) College of ASC, AV Room.

The seminar was conducted by Dr. Ramkrishnan (professor & HOD of Kinesiotherapy & physical department), Dr. Sathya and Dr Sukhada Prabhu.

The dignitaries were felicitated by Vice Principle Prof, Koel Roy Chaudhary, Prof Vasanti Ma'am and Ms Suma Nair (central training department).

The seminar began with the session by Dr Ramkrishnan followed by sessions of Dr Sathya and Dr Sukhada Prabhu. The practical sessions and the presentations were very useful for the teachers and the sessions helped the teachers to lead a better and a healthy life.

Exercises were demonstrated for lower back, shoulder, neck and knee pain.

Also important tips were provided on how to avoid chalk powder allergy which is very common among teachers.

The whole seminar was coordinated by Ashish Shukla sir and Ms Suma Nair from SIES Central Training Department and was organized by sports committee.

The seminar was very helpful for all the teachers and the event was a great success.



