

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

AFFILIATED TO THE UNIVERSITY OF MUMBAI NAAC Accredited 'A+' Grade

49, New Marine Lines, Churchgate, Mumbai - 400 020. Phone: 2207 6503 / 2200 7544 E-mail: principal@nnchsc.edu.in / office@nnchsc.edu.in Web: www.nirmalaniketan.com

Date:- 10th Dec 2024

Junior College

Type of Activity:

District and Interschool/Junior college competitions

Theme: -

Jiya K Parikh's Achievements in Aquatic sports competition

Duration: -

Academic year 2023-2024 and 2024-2025

Objective: -

1. To help student build confidence, sense of achievement

- 2. To provide opportunity to show her skills, knowledge and talents in competitive settings
- 3. To help student enhance her swimming techniques
- 4. To develop and mould self-discipline, sportsmanship and team work
- 5. To help her learn to set goals and support in achieving the goals

Number of Events: - 11

Outcome: - The student (Jiya Parikh) experienced increase in her level of confidence, developed positive self-image and belief in her abilities as athletes. She learned to accept defeat and to respect other competitors. She was able to enhance her swimming skills.

Teacher Incharge

Statekar.

JC Co-ordinator

College of Home Science,

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Report:

Congratulations to Ms Jiya Parikh, Junior college student, for her outstation performance in Aquatic sports competitions held by various organisations such as District sports office (DSO), GMAAA – MCF (Borivali), Mumbai YMCA – 43rd Inter school, MIG Club 9th Open Swimming Gala – Inter Club, Khar Gymkhana Open Swim Gala – Inter Club, 37th Otters Open Swim Gala – Inter Club, Maharashtra Aquatic Association (MAA) 50th Junior Water Polo Championship – Inter State, and Swimming Federation Of India (SFI) Maharashtra State Senior Aquatic & Water Polo Championship – Inter State.

She has showed her incredible talent and exceptional skill, sportsmanship throughout all swimming competition in which she participated.

Results:

Sport: Swimming

<u>District Sports Organization (DSO) – Inter College Swimming Event – Sept 2023</u>

50 M Breast Stroke: Bronze Medal (3rd Place)

<u>GMAAA – MCF (Borivali) – Inter school / Junior College Swimming championship – Dec 2023</u>

100 M Breast Stroke: Bronze Medal (3rd Place)

100 M Free Style: 5th Place



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<u>Mumbai YMCA – 43rd Inter school / Junior College Swimming championship - Dec 2023</u>

100 M Free Style : Bronze Medal (3rd Place)

200 M Individual Medley: Bronze Medal (3rd Place)

MIG Club 9th Open Swimming Gala - Inter Club - Mar 2024

4 x 25 M Free Style Relay (Women) : Gold Medal (1st Place)

4 x 25 M Medley Relay (Women): Silver Medal (2nd Place)

50 M Breast Stroke (Women Under 30): Bronze Medal (3rd Place)

100 M Free Style (Women Under 30): 4th Place

50 M Free Style (Women Under 30): 6th Place

Khar Gymkhana Open Swim Gala - Inter Club - Apr 2024

50 M Free Style (Women Under 30): 4th Place

100 M Free Style (Women Under 30): Bronze Medal (3rd Place)

100 M Breast Stroke (Women Under 30): Silver Medal (2nd Place)

4 x 50 M Free Stye Relay (Women Open): Bronze Medal (3rd Place)

4 x 50 M Medley Relay (Women Open) : Silver Medal (2nd Place)

37th Otters Open Swim Gala - Inter Club - April 2024

100 M Breast Stroke (Women): Bronze Medal (3rd Place)

<u>District Sports Organization (DSO) – Inter College Swimming Event – District Level – Sept 2024</u>

50 M Breast Stroke: 3rd Place 100 M Breast Stroke: 3rd Place 100 M Free Style: 2nd Place

<u>District Sport Council Mumbai Sub & District Office Mumbai Sub Division Level</u> Swimming Competition – Divisional Level - Sept 2024

100 M Free Style: 4th Place

GMAAA – MCF (Borivali) – Inter school / Junior College Swimming championship – Dec 2024

100 M Breast Stroke : Silver Medal (2nd Place) 100 M Free Style : Bronze Medal (3rd Place)



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50 M Free Style: Bronze Medal (3rd Place)

100 M Individual Medley: Bronze Medal (3rd Place)

Sport: Water Polo

Maharashtra Aquatic Association (MAA) 50th Junior Water Polo Championship – Inter State - June 2024

Mumbai won Bronze medal (3rd Place)

Swimming Federation Of India (SFI) Maharashtra State Senior Aquatic & WaterPolo Championship - Inter State - Sept 2024

Mumbai won Siler Medal (2nd Place)

Outcome:

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Teacher-incharge

JC Coordinador

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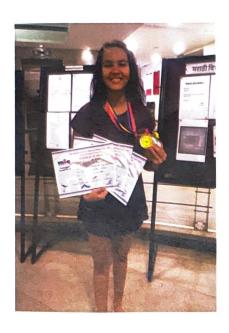


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