



NIRMALA NIKETAN INSTITUTE'S  
**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:- 10<sup>th</sup> 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.

  
10/12/24

Teacher Incharge

  
10/12/24

JC Co-ordinator



  
Principal

**PRINCIPAL**  
College of Home Science,  
Nirmala Niketan  
49 New Marine Lines,  
Mumbai - 400020,



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**Title: -** Jiya K Parikh's Achievements in Aquatic Sports Competition

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**Objectives:**

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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**

**District Sports Organization (DSO) – Inter College Swimming Event – Sept 2023**

50 M Breast Stroke : Bronze Medal (3<sup>rd</sup> Place)

**GMAAA – MCF (Borivali) – Inter school / Junior College Swimming championship - Dec 2023**

100 M Breast Stroke : Bronze Medal (3<sup>rd</sup> Place)

100 M Free Style : 5<sup>th</sup> Place



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

100 M Free Style : Bronze Medal (3<sup>rd</sup> Place)  
200 M Individual Medley : Bronze Medal (3<sup>rd</sup> Place)

**MIG Club 9<sup>th</sup> Open Swimming Gala – Inter Club - Mar 2024**

4 x 25 M Free Style Relay (Women) : Gold Medal (1<sup>st</sup> Place)  
4 x 25 M Medley Relay (Women) : Silver Medal (2<sup>nd</sup> Place)  
50 M Breast Stroke (Women Under 30) : Bronze Medal (3<sup>rd</sup> Place)  
100 M Free Style (Women Under 30) : 4<sup>th</sup> Place  
50 M Free Style (Women Under 30) : 6<sup>th</sup> Place

**Khar Gymkhana Open Swim Gala – Inter Club - Apr 2024**

50 M Free Style (Women Under 30) : 4<sup>th</sup> Place  
100 M Free Style (Women Under 30) : Bronze Medal (3<sup>rd</sup> Place)  
100 M Breast Stroke (Women Under 30) : Silver Medal (2<sup>nd</sup> Place)  
4 x 50 M Free Style Relay (Women Open) : Bronze Medal (3<sup>rd</sup> Place)  
4 x 50 M Medley Relay (Women Open) : Silver Medal (2<sup>nd</sup> Place)

**37<sup>th</sup> Otters Open Swim Gala – Inter Club – April 2024**

100 M Breast Stroke (Women) : Bronze Medal (3<sup>rd</sup> Place)

**District Sports Organization (DSO) – Inter College Swimming Event – District Level - Sept 2024**

50 M Breast Stroke : 3<sup>rd</sup> Place  
100 M Breast Stroke : 3<sup>rd</sup> Place  
100 M Free Style : 2<sup>nd</sup> Place

**District Sport Council Mumbai Sub & District Office Mumbai Sub Division Level Swimming Competition – Divisional Level - Sept 2024**

100 M Free Style: 4<sup>th</sup> Place

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

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



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50 M Free Style : Bronze Medal (3<sup>rd</sup> Place)  
100 M Individual Medley : Bronze Medal (3<sup>rd</sup> Place)

**Sport: Water Polo**

**Maharashtra Aquatic Association (MAA) 50<sup>th</sup> Junior Water Polo Championship – Inter State – June 2024**

Mumbai won Bronze medal (3<sup>rd</sup> Place)

**Swimming Federation Of India (SFI) Maharashtra State Senior Aquatic & Water Polo Championship – Inter State – Sept 2024**

Mumbai won Silver Medal (2<sup>nd</sup> Place)

**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.

*J. Parikh*  
10/12/24

Teacher-in-charge

*S. Talekar*  
10/12/24

JC Coordinator



*[Signature]*  
Principal

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