



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION

H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)

Tel: (022)26776221, Fax: (022)26790095

Email: principal@hkce.edu.in Website: www.hkce.edu.in

NAAC Accredited Grade 'B'

REPORT ON INDOOR SPORTS



**HUMERAMAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION**
Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE "B"

Under Sports Committee
Organizes
**ANNUAL
SPORTS
DAY
2025**
**"Khelo Josh Mein,
Jeeto Hosh Mein!"**

Date: 17th and 18th December 2025
venue: HKCE Ground

INDOOR GAMES
Carrom
Badminton
Table Tennis

OUTDOOR GAMES
100 m Race
Sorting Objects
Relay Race

EVENT INCHARGE
DR. SANDHYA SARWADE
DR. AVANI KANAKIA
ASST. PROF SHENAZ KHAN
DR. MADHURI BENDALE

I/C PRINCIPAL
DR. VARSHA MARU

100M



**VISION: SHAPING THE PUPIL TEACHER TO SHOULDER THE RESPONSIBILITY
OF SHAPING THE FUTURE YOUTH OF THE NATION**



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Date: 17th December 2025

Timing: 12:00 pm onwards

Venue: HKCE ground & Gymkhana

Introduction: Maharashtra Education Society's Humera Khan College of Education (HKCE) organized its much-anticipated Annual Indoor Sports Day on January 11, 2025. The event was formally inaugurated by our esteemed Principal, Dr Masarrat Saheb Ali, who emphasized that sports are not just about physical strength, but also about mental fortitude and discipline. The hall was decorated with banners reflecting the college vision: *"Shaping the pupil teachers to shoulder the responsibility of shaping the future youth of the nation."* The atmosphere was electric with the spirit of competition and the collective energy of the B.Ed. department.

OBJECTIVE: The core objectives of the Indoor Sports Day were:

- To promote the concept of "Healthy Body, Healthy Mind" among future educators.
- To encourage strategic thinking through games like Chess and Table Tennis.
- To develop interpersonal skills, team spirit, and emotional intelligence through competitive play.
- To provide practical experience to B.Ed. students in organizing large-scale school events, which is a vital part of the EPC (Enhancing Professional Capacities) curriculum.

SIGNIFICANCE OF THE DAY: The outdoor sports event was a celebration of physical well-being, emphasizing the importance of sports in promoting mental and physical health. It highlighted how participating in sports can help build teamwork, discipline, and resilience among students. The day served as a reminder of the benefits of outdoor activities, offering a fun and energetic environment where students could come together, compete, and enjoy the spirit of sportsmanship.



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SPORTS INCHARGE: Dr. Sandhya Ma'am & Dr. Avani Kanakia

FACULTY MEMBERS:

- Dr. Varsha Maru Gamare (I/C Principal)
- Dr. Sandhya Sarwade Ma'am
- Dr. Avani Kanakia Ma'am
- Asst. Prof. Shenaz Ma'am
- Dr. Madhuri Bendale Ma'am
- Asst. Prof Shana Bano Shaikh Ma'am

CONTENT: The day was divided into four major sporting arenas, each supervised by dedicated faculty members to ensure fairness and adherence to rules.

- **Badminton:** The matches were held in the assembly hall. The doubles matches were particularly exciting, requiring high levels of coordination. The F.Y. students displayed remarkable agility and stamina.
- **Carrom:** Carrom remains a favourite at HKCE. Multiple boards were active simultaneously. It was a test of focus and "striking" precision. The quiet concentration in the carrom zone was occasionally broken by cheers from the supporters.
- **Table Tennis:** Known for its fast pace, the TT matches were a highlight for the audience. Participants demonstrated excellent hand-eye coordination.

The sports meet was structured to balance physical agility with strategic indoor gaming. The day began promptly at 10:00 am with three concurrent events that drew significant crowds. Dr. Sandhya Sar wade managed the Badminton court, where students displayed impressive reflexes and sportsmanship. Simultaneously, the track and field area hosted the High Jump, supervised by Dr. Avani Kanakia, and the Kick the Goal event, coordinated by Dr. Madhuri Bendale and Dr. Avani Kanakia. These outdoor activities focused on enhancing the gross motor skills and teamwork of the F.Y. B.Ed. participants.



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The second phase of the event commenced at 12:00 pm, shifting the energy to the indoor sports arena. Dr. Varsha Maru Gamare facilitated the Table Tennis matches, emphasizing the importance of focus and hand-eye coordination. Concurrently, Asst. Prof. Shenaz Khan oversaw the Carrom competition, which provided a platform for students to demonstrate precision and strategic thinking. Each faculty in-charge ensured that the rules of the games were strictly followed, fostering a sense of discipline and fair play among the students.

LEARNING OUTCOME:

The Indoor Sports Day 2025 was a resounding success, serving as a profound learning experience in leadership and coordination for the entire student body. The event successfully rejuvenated the students by providing a much-needed physical and mental refreshment, offering a vital break from the rigorous demands of the B.Ed. syllabus. Beyond the physical activity, it played a crucial role in building bonds and fostering a strong sense of community within the department by bridging the gap between the F.Y. and S.Y. students. Furthermore, the competition facilitated significant skill acquisition, teaching us the true essence of sportsmanship—the ability to win with humility and lose with grace. Ultimately, witnessing the faculty's expert management of the day provided us with a practical blueprint for future application, equipping us with the necessary insights to conduct similar events in our own professional careers as teachers.

ANNUAL SPORTS DAY – In Charge Faculty for Indoor Games 2025-26

SR.NO	EVENT	Faculty In-Charge	TIME
1	Table Tennis	Dr Varsha Gamare	12:00 pm onwards
2	Carrom	Asst. Prof. Shenaz Khan	12:00 pm onwards
3	Badminton	Dr Sandhya Sarwade	10:00 am onwards
4	Kick the Goal	Dr Avani Kanakia	10:00 am onwards
5	High Jump	Dr Avani Kanakia	10:00 am onwards



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Winners List:

Sr .No	Games	1st winner	2nd winner
1.	Carrom	Shaikh Uzma Abdul Kalam (FY) Shaikh Hena Naseem (FY)	Qureshi Ayman Mushtaq (FY) Ansari Nida Sarfaraz (FY)
2.	Badminton	Hasina Aslam Ashtikar (SY) Kojar Rubab Fatima Ali Hussain (SY)	Shaikh Mariyam Hamid (FY) Shaikh Uzma Abdul Kalam (FY)
3.	Table tennis	Shaikh Rukaiya Hassan (SY)	Kojar Rubab Fatima Ali Hussain (SY)
4.	Kick in the goal	Ansari Nida Sarfaraz (FY)	Qureshi Ayman Mushtaq (FY)
5.	High jump (Below 5 meters)	Shaikh Sidra Mohd. Umar (SY)	Shaikh Mariyam Hamid (FY)
	(Above 5 meters)	Shaikh Khushi Aish (FY)	Hasina Aslam Ashtikar (SY)



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Indoor games

Carom, Table-Tennis, Badminton





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Wall High Jump



Table Tennis





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Kick the Goal



Fun with the Friends at HKCE