



## SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-Accredited by NAAC with 'A++' Grade | Awarded Category I by UGC

Founder: Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D. (Awarded Padma Bhushan and Padma Shri by President of India)

### Department of Sports Recreation and Wellness (DSRW)

#### Event Calendar 2024-25

Sr. No	Date	Days	Event
<b>Mass Events</b>			
1	21-Jun-2024	Friday	International Day of Yoga
2	June/July/August	As per Institute requirements	Outbound
3	1 <sup>st</sup> to 10 <sup>th</sup> Aug 2024	Thursday to Saturday	Pre-FFR Run
	13 <sup>th</sup> Aug 2024	Tuesday	FFR (General Category)
4	15 <sup>th</sup> Aug 2024	Thursday	Fitness for Freedom Run (Elite)
5	29 <sup>th</sup> Aug 2024	Thursday	National Sports Day
6	29 <sup>th</sup> Sept to 10 <sup>th</sup> October 2024	Sunday to Thursday	Symbithon (5km live on last day)
7	5 <sup>th</sup> Dec 2024	Thursday	Cyclothon
8	21 <sup>st</sup> to 25 <sup>th</sup> Jan 2025	Tuesday to Saturday	Symbi Staff Sports Fest
9	January, 2025		HHC – Bangalore
10	18 <sup>th</sup> Jan '25	Saturday	Symbi Fit
11	4 <sup>th</sup> week of Feb 2025		Annual Sports Felicitation
12	Aug '24 to May '25		Inter Institute Virtual – Fantasy Premier League (Football)
<b>Innovative Activities</b>			
1	Every Wednesday		Wednesday Walk
2	Twice a Month (constituent Institutes & Departments)		Activity Break

<b>AIU/WZ Competitions</b>			
1	October 2024 to March 2025	AIU/WZ Competitions for Basketball, Football, Cricket, Badminton, Table Tennis, Squash, Handball, Volleyball, Swimming, Chess, Shooting and Tennis.	Physical
<b>Academic Activities</b>			
1	Complete Academic Calendar	Fitness for Life (1 Credit Course)	Physical
2	Complete Academic Calendar	Well for Life	Physical
3	Complete Academic Calendar	Sports and Fitness courses	Physical



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#### Event Calendar 2024-25

##### Intra Campus Sports Competitions

Sr. No	Month	Sport	Mode of Conduct	Remarks
1	July (Min 2 per month)	Basketball, Football/Futsal, Cricket, Badminton, Table Tennis, Squash, Handball, Volleyball, Swimming, Chess, Tennis, Water polo, skating	Physical	As per the sports facilities available at respective campuses
2	August (Min 2 per month)			

##### Inter Institute Sports Competitions

Sr. No	Dates	Sport	Venue	
1.	21 <sup>st</sup> to 23 <sup>rd</sup> Aug 2024	Table Tennis	Lavale Hill Top	
2.	21 <sup>st</sup> to 23 <sup>rd</sup> Aug 2024	Squash	Lavale Hill Top	
3.	21 <sup>st</sup> to 23 <sup>rd</sup> Aug 2024	Yoga	Lavale Hill Base	
4.	21 <sup>st</sup> to 23 <sup>rd</sup> Aug 2024	Swimming	Lavale Hill Top	
5.	23 <sup>rd</sup> to 24 <sup>th</sup> Aug 2024	Power Lifting	New Viman Nagar / Nagpur Campus	
6.	27 <sup>th</sup> to 30 <sup>th</sup> Aug 2024	Chess	Kirkee	
7.	27 <sup>th</sup> to 30 <sup>th</sup> Aug 2024	Badminton	Lavale Hill Top & SUHRC Campus	
8.	27 <sup>th</sup> to 30 <sup>th</sup> Aug 2024	Tennis	New Viman Nagar	
9.	30 <sup>th</sup> to 31 <sup>st</sup> Aug 2024	Dance	Lavale Hill Top	
10.	02 <sup>nd</sup> to 06 <sup>th</sup> Sep 2024	Volleyball	New Viman Nagar	
11.	02 <sup>nd</sup> to 06 <sup>th</sup> Sep 2024	Taekwondo	Lavale Hill Top	
12.	02 <sup>nd</sup> to 06 <sup>th</sup> Sep 2024	Handball	Lavale Hill Top	
13.	09 <sup>th</sup> to 13 <sup>th</sup> Sep 2024	Basketball	Lavale Hill top	
14.	10 <sup>th</sup> to 13 <sup>th</sup> Sep 2024	Futsal	Lavale Hill Base	
15.	01 <sup>st</sup> to 09 <sup>th</sup> Oct 2024	Football	Lavale Hill Top	
16.	20 <sup>th</sup> Nov 2024	Triathlon	Lavale Hill Top	
17.	21 <sup>st</sup> to 23 <sup>rd</sup> Nov 2024	Athletics	Lavale Hill Top	
18.	26 <sup>th</sup> Nov to 03 <sup>rd</sup> Dec 2024	Cricket	Lavale Hill Top	
19.	29 <sup>th</sup> to 30 <sup>th</sup> Nov 2024	Best Physique	New Viman Nagar / Nagpur Campus	



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#### Fitness Events Calendar 2024-25

Sr. No	Date	Event	Campuses	Mode of Conduct
1	3 <sup>rd</sup> Week of Jun 2024	Campus Specific Challenges	All Campuses	Physical
2	3 <sup>rd</sup> Week of Jul 2024	Campus Specific Challenges	All Campuses	Physical
3	3 <sup>rd</sup> Week of Aug 2024	Campus Specific Challenges	All Campuses	Physical
4	2 <sup>nd</sup> Week of Oct 2024	Folk Dance Garba	All Campuses	Physical
5	4 <sup>th</sup> Week of Nov 2024	Campus Specific Challenges	All Campuses	Physical
6	3 <sup>rd</sup> Week of Dec 2024	Campus Specific Challenges	All Campuses	Physical
7	3 <sup>rd</sup> Week of Jan 2025	Campus Specific Challenges	All Campuses	Physical
8	3 <sup>rd</sup> Week of Feb-2025	Campus Specific Challenges	All Campuses	Physical
9	3 <sup>rd</sup> Week of Mar-2025	Campus Specific Challenges	All Campuses	Physical
10	3 <sup>rd</sup> Week of Apr-2025	Campus Specific Challenges	All Campuses	Physical

#### Annual Wellness Checkup – Fitness Test Calendar

Sr.no	Category	Activity	Month	Mode
1	UG & PG 1 <sup>st</sup> Year Students	Fitness Test during DSRW Tour	June to Sep	Physical
2	UG & PG 2 <sup>nd</sup> Onwards Students	Fitness Test (1Mile Walk/Run) during Symbithon	Oct to Feb	Physical
3	Staff	Fitness Test	Feb to Mar	Physical



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### **Department of Sports Recreation and Wellness**

#### **Administrative Calendar 2024-25**

<b>Meetings</b>			
<b>Sr. No</b>	<b>Date</b>	<b>Day</b>	<b>Details</b>
1	15 <sup>th</sup> Nov 2024	Friday	University Sports Board Meeting
2	July 2024	---	Common Sports Council Meeting
3	28 <sup>th</sup> March 2025	Friday	University Sports Board Meeting
4	July – Aug 2024	---	Sports Council Meeting (Respective Institute)
5	Feb – March 2025	---	Sports Council Meeting (Respective Institute)

**Note:**

- DSRW reserves the right to change the dates and the mode of **Events/Tournaments/ Competitions** in case of any unavoidable reasons with due information to all participating Institutes and Sports coordinators.
- All the activities will be shown under Fit India.

Dr. Nayana Nimkar  
Director, DSRW