



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)

Ref/SIU/Sports/4607

Date: 13th September 2023

Department of Sports Recreation and Wellness

To,
All Directors / Heads
Constituent Institute of
Symbiosis International (Deemed University)

Subject: Report of Inter-Institute Yoga Competition 2022-23

Dear Madam / Sir,
Good wishes and warm greetings from the Department of Sports, Recreation, and Wellness!

The DSRW is very glad to inform you that the Inter Institute Yoga Competition was organised by the Department of Sports, Recreation and Wellness, in association with the Symbiosis Institute of Health Sciences (SIHS). The competition was held separately for men and women categories on the 19th of August 2023 at SUHRC Yoga Group Hall. The participation of students was seen in unexpected numbers with each individual being well versed in their asanas.

The event came to an end with the prize distribution and closing ceremony held on the same day evening at SIU Hilltop Campus, Lavale. A total of 71 contestants (31 boys and 40 girls) were down to compete with each other. The achievements of the players were given a round of applause with medals and certificates for the first standings.

Following is the list of our final achievers

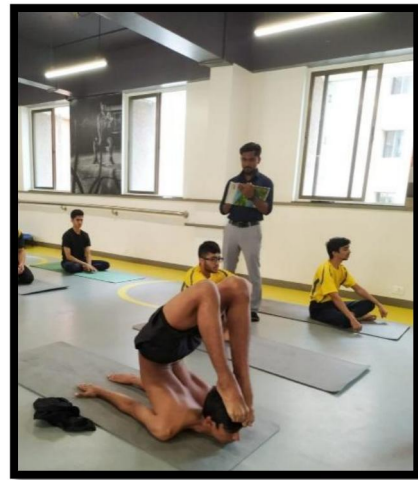
Result (Men)

Sr No.	The Name of the Participant	Institute	Rank
1.	Naveen Kumar Ladha	SIT P	1 st
2.	Rishik Sirohi	SCMS	2 nd
3.	Rishabh Kumar Jha	SIMS	3 rd
4.	Anand Rana	SIBM HYD	4 th
5.	Piyush Bali	SCMS P	5 th
6.	Jatin Kalkal	SSSS	6 th

Result (Women)

Sr.no	Name of the participants	Institute	Rank
1.	Sanika Brahme	SLS P	1 st
2.	Siddhi Shinde	SSSS	2 nd
3.	Harita Varade	SIG	3 rd
4.	Meha	SIG	4 th
5.	Meghavati Tingre	SSSS	5 th
6.	Medhali Sharma	SIMS	6 th

Men Yoga Competition Optional Asanas



Women Yoga Competition Asanas



Men Winning Team



Women Winning Team



The competition was well organized by SIHS under the supervision of DSRW. Cheers to all the members and volunteers of the SIHS and faculty members of the SIHS who supported the members throughout the championship.



Encl.: List of Probables

Regards,

Dr. Nayana Nimkar
Director DSRW

Copy to: EA to Vice Chancellor
Head Student Welfare
Campus Admin (SUHRC)

PA to Provost FoMHS
Controller of Examination

Registrar, SIU
Finance Officer