

## SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with 'A' Grade (3.58/4) I 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/5315

Date: 1st November, 2022

## **DEPARTMENT OF SPORTS RECREATION AND WELLNESS**

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

Subject: Report of Symbithon 2022-23.

Dear Sir/Madam,

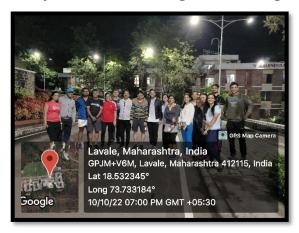
Good wishes and warm greetings from Department of Sports Recreation and Wellness!

The Department of Sports Recreation and Wellness (DSRW) organized **the 3rd edition of "Symbithon 2022"** a 52k Virtual Run/ Walk event. The event commenced on the 'World Heart Day' i.e. 29<sup>th</sup> September and culminated on the 'World Mental Health Day' i.e. 10<sup>th</sup> October 2022. The challenge was to complete 52K in 12 days, marking 52 years of Symbiosis.

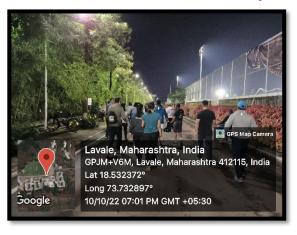
The event was hosted on the 'Necessary Devil' website, wherein **5795** participants registered from across the globe. The event registered **participants from Asia, Africa, Australia, Europe & America** covering a total of **21 Countries**. Being a Health Promoting University, the event aimed to promote health and well-being of the students, staff, alumni and the wider community.

The event culminated on the 10<sup>th</sup> Oct 2022 with a **Night Walk** from DSRW to the Bandara. 52 lamps were released in the waters by the dignitaries which included, **Dr. Rajiv Yeravdekar** (Provost, FoHS), **Dr. Nayana Nimkar** (Director DSRW & SSSS), **Dr. Ruchi Jaggi** (Dean FoMC), **Dr. T. Vijaya Sagar** (Dean, SMCW & SUHRC), **Dr. M.S. Shejul** (Registrar), **Dr. Hardik Vachharajani** (Director QMB), **Brig. Satish Ratnaparkhi**, (Chief Admin). Students from the Symbiosis Medical College for Women also participated in the closing program.

## Glimpses of the Closing event "Night Walk" on the 'World Mental Health day'













## Participants on their 52K Journey.....



Col G. S. Radkar



Mr. Atharva Nikam



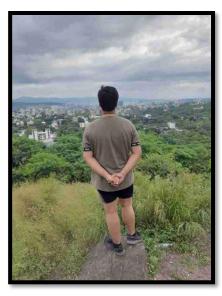
Ms. Vanshika Agarwal with friends



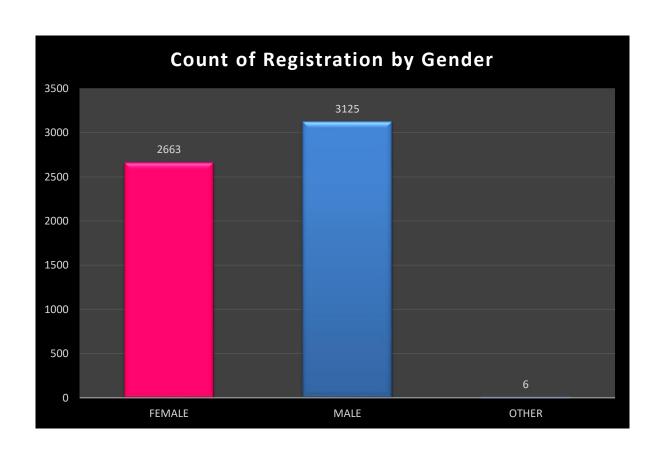
Ms. Archana B.

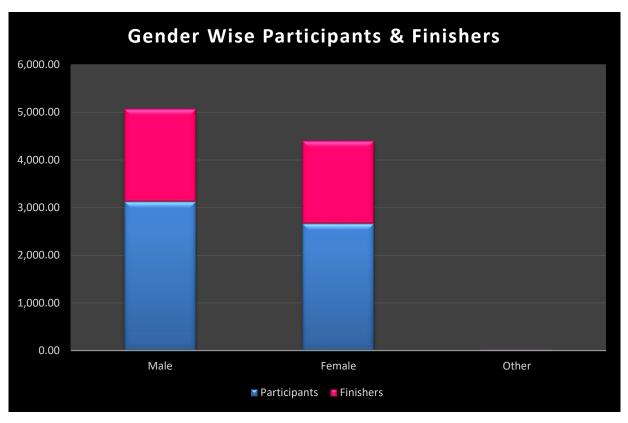


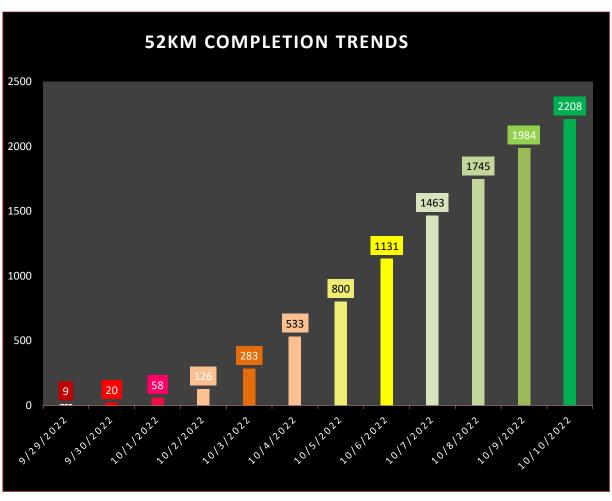


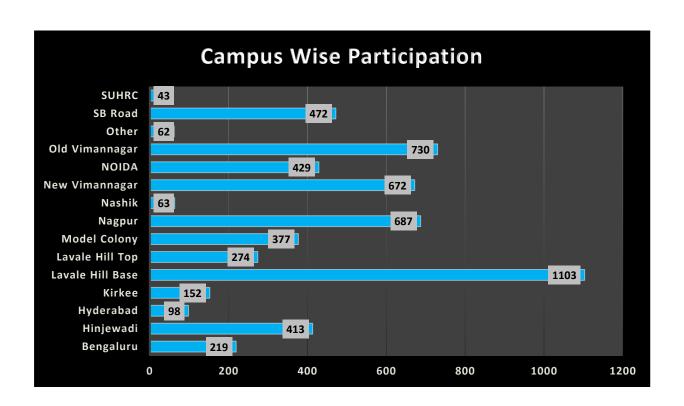


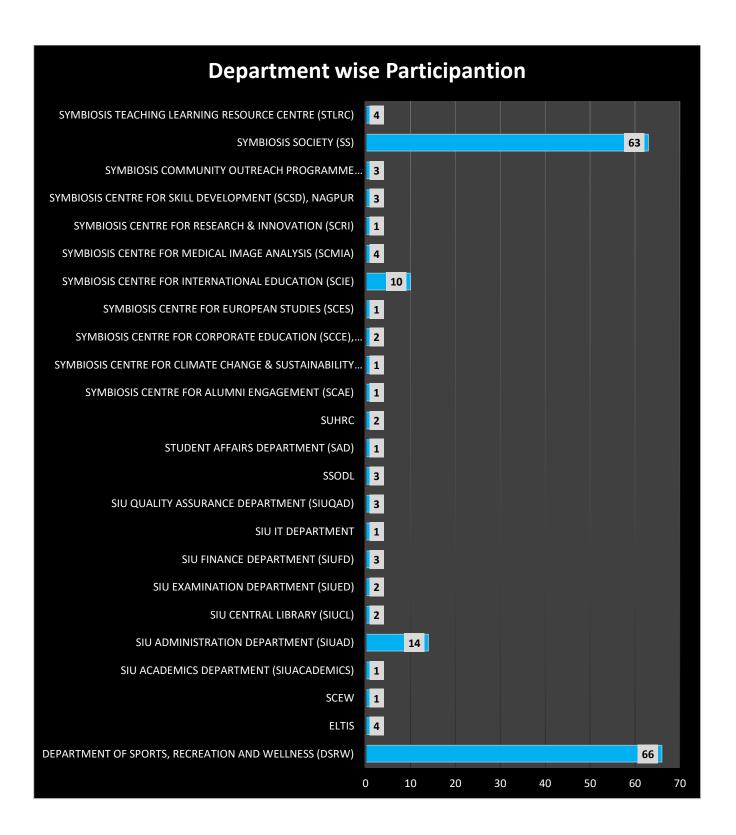
Mr. Varun Dubey Symbithon 2023 statistics:

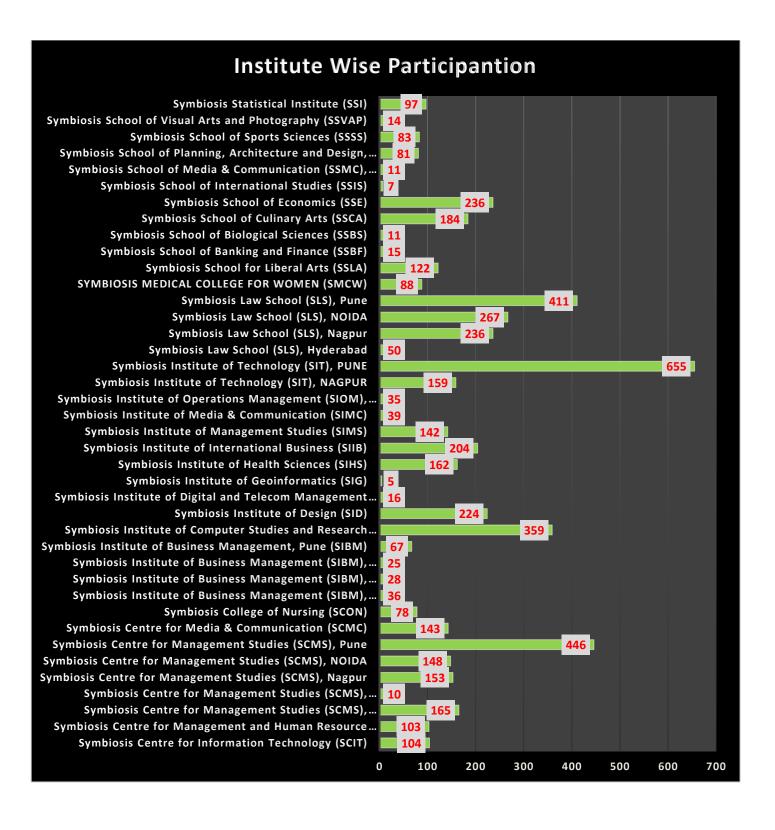


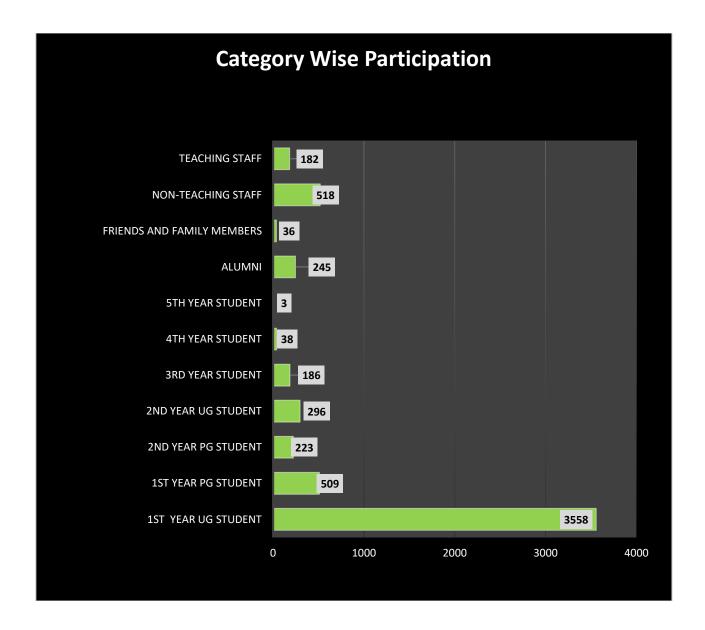












Dr. Nayana Nimkar Director, DSRW

CC: PA to Vice Chancellor

Registrar SIU

Head Student Welfare Controller of Examination

Finance Officer, SIU

Campus Administrator, Lavale Hill Top