



॥वसुधैव कुटुम्बकम्॥

# SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with an 'A' Grade (3.58/4) | 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/ 1260

Date : 01 March 2023

## DEPARTMENT OF SPORTS RECREATION AND WELLNESS

To,

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

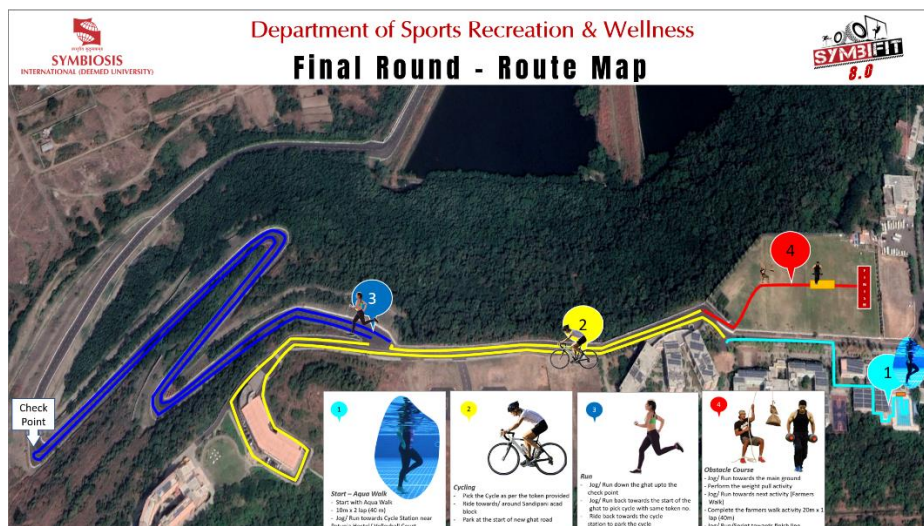
Subject: Report of Symbifit 8.0

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 8th edition of the Annual Fitness event, Symbifit in the first two months of the year 2023. The event received a very positive response and total 979 participants have participated in the event. The participants were divided into various categories: staff and students.

The first round was held between 18th January 2023 to 21st January 2023 and consisted of Beep Test and Suryanamaskar. The second round was called Max Hold and consisted of Dead Hang Challenge, Cantilever Plank and Squat Hold.



The final round was conducted on 7<sup>th</sup> February 2023. It was a 4 km race which included, 40 Mtr aqua walk, 1.6 KM cycling, 1.7 KM running, 40 Mtr farmer's walk and 70 Mtr sprint and has Hercules Hoist as an obstacle. A total of 122 participants participated across 12 heats on the final day of the event. The first heat began at 2:00 PM, and the last heat concluded at 5:15 PM.

The following people secured the top positions:

**Staff (Below 40-Male)**

Rank	Participant Name	Institute	Timing
1	Tushar Marne	SIT-Pune	16.23
2	Ganeswar Biswal	LHT (Society)	16.27
3	Rajnikant Tambe	SIC Hinjewadi (Society)	17.27

**Staff (Above 40-Male)**

Rank	Participant Name	Institute	Timing
1	Amol Bhosale	Society (LHT)	18.02
2	Yogesh Patil	SIC Hinjewadi(Society)	20.20
3	Bhushan Borotikar	SIU	20.38

**Student Female**

Rank	Participant Name	Institute	Timing
1	Mrinalini Chauhan	SIMS	19.12
2	Poojitha S	SLS Nagpur	19.28
3	Anu Reddy	SCMS	21.13

**Student Male**

Rank	Participant Name	Institute	Timing
1	Dibrujission Hazarika	SCMS-Pune	15.05
2	Pranav Agarwala	SSE	15.35
3	Dhairya Gudhale	SIT-Pune	16.05

The Symbifit Title winners of the 8<sup>th</sup> edition are:



**Amol Bhosale**

Mr. Symbifit above 40 male category



**Tushar Marne**

Mr. Symbifit below 40 male category

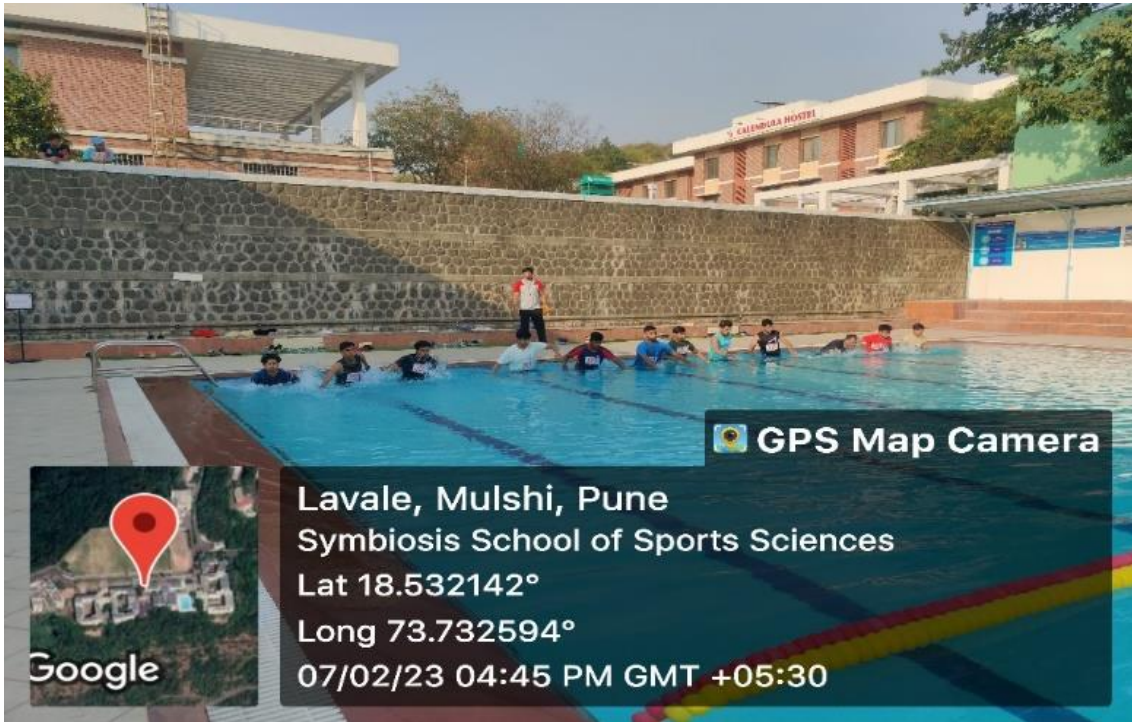


Mrinalini Chauhan  
Ms. Symbifit (Student -Female)



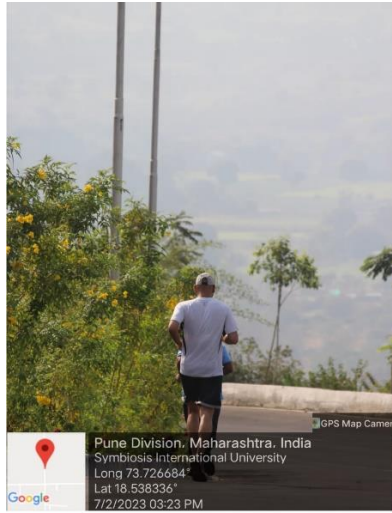
Dibrujission Hazarika  
Mr. Symbifit (Student -Male)

### Glimpses of the Event

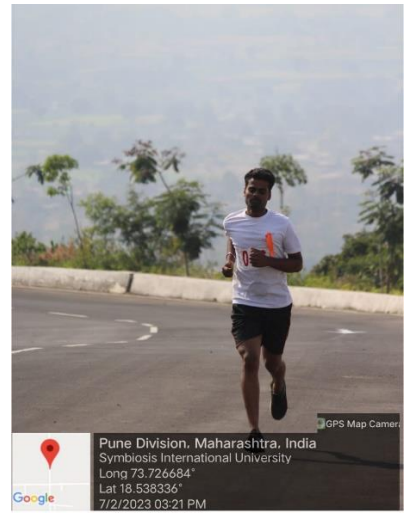




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GPQG+7JJ, Lavale, Maharashtra 412115, India  
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Lat 18.538336°  
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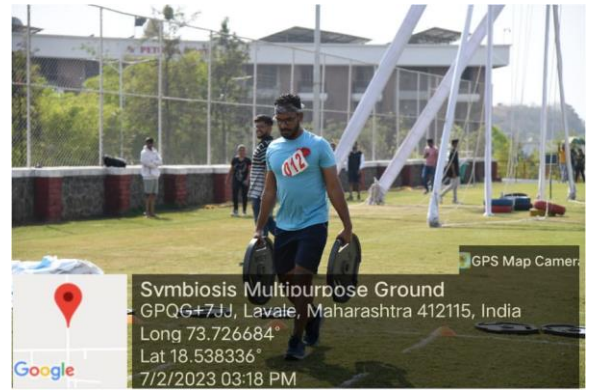
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Pune Division, Maharashtra, India  
Symbiosis International University  
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Symbiosis Multipurpose Ground  
GPQG+7JJ, Lavale, Maharashtra 412115, India  
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Symbiosis Multipurpose Ground  
GPQG+7JJ, Lavale, Maharashtra 412115, India  
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Regards,



Dr. Nayana Nimkar  
Director, DSRW

- CC: PA to Vice Chancellor  
PA to Provost  
Registrar SIU  
Head Student Welfare  
Controller of Examination  
Finance Officer, SIU  
Campus Administrator, Lavale Hill Top