



Golden Jubilee Event

# SYMBITHON

## 2020 ■ HEART - TO - HEAD ■

(29<sup>th</sup> September 2020 to 10<sup>th</sup> October 2020)



### REPORT

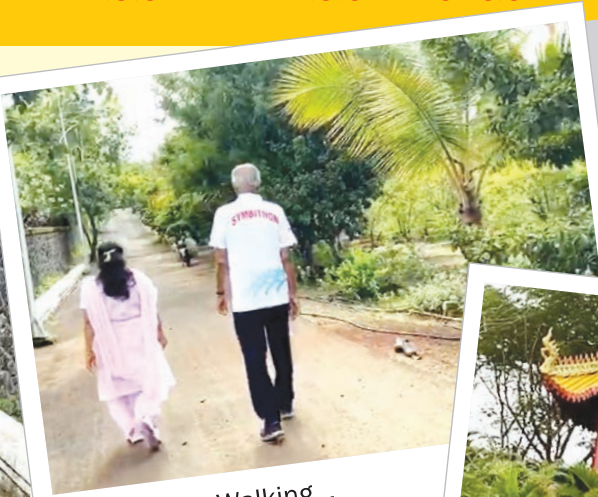


**SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)**  
**DEPARTMENT OF SPORTS, RECREATION & WELLNESS**

# WELLNESS AMBASSADORS



Prof. Dr. Mujumdar & Mrs. Mujumdar leading the way...



Walking...



Dr. Rajiv & Dr. Vidya Yeravdekar at the Pagoda...



Generations together...



Mentoring the youngsters...



Challenge Accepted...



Had a great walk...

Dr. S.B. Mujumdar; Mrs. Sanjivani S. Mujumdar; Dr. Vidya Yeravdekar; Dr. Rajiv Yeravdekar; Dr. Swati Mujumdar; Dr. Swati Yeravdekar; Mr. Aamod Chaudhary; Master Vir Yeravdekar; Master Aryan Ruikar



## DEPARTMENT OF SPORTS, RECREATION & WELLNESS



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*Presents*

***Dr. S. B. Mujumdar***

*Founder & President, Symbiosis & Chancellor,  
Symbiosis International (Deemed University)*

*With a distance of 1,52,121 Kms of Run / Jog / Walk  
(by students, staff, alumni, family & friends)*

*In Honor of your Passion, Outstanding Vision, Dedication  
& Commitment to Excellence.*

*We wish you,*

*Fitness, Health & Happiness...*



# SYMBITHON 2020

## INTRODUCTION

As Symbiosis celebrates its 50 years of glories and achievements this year, the Department of Sports Recreation and Wellness (DSRW) organised the "Symbithon 2020" a 50km Virtual Run/Jog/Walk event which was all about, Appreciating the Past, Celebrating the Present and Inspiring the Future by promoting physical activity for the entire Symbiosis fraternity (students, staff, alumni, family & friends). As the world battled a Pandemic, the DSRW propagated the importance of embracing an active lifestyle that integrates physical activity into everyday routines. The importance of a strong heart and mind was highlighted as the event kick started on the World Heart Day i.e. 29th September 2020 and culminated on the World Mental Health Day i.e. 10th October 2020.

The event crossed all geographical boundaries and encouraged participation and engagement of the Symbiosis Alumni from all over the world. The challenge was to complete 50 km in 12 days span, from any location, anytime of the day/night. The event was hosted on the Fitket app and was also published on the Symbiosis Centre of Alumni Engagement Portal wherein participants could send in the screenshots of the distance completed through any of the step counting apps.

The event is in consonance with the Prime Minister's vision of a Fit India and the launch of the Fit India Movement on 29th August 2019 where he said that fitness is the need of the hour to help promote lifelong physical activity and strive towards a healthier nation.

The Symbithon was a roaring success with a total of 6505 participants registering from the country and across the globe. All participants and finishers were awarded an e-certificate and the scores of total number of participants from each institute were added to the overall Championship scores (Rolling Trophy - awarded at the annual sports felicitation).



## SYMBITHON - HIGHLIGHTS

- Participants - Symbiosis Society, Symbiosis International (Deemed University), Symbiosis Skills & Professional University, Symbiosis Alumni, Symbiosis Schools, Symbiosis College of Arts & Commerce, Symbiosis Open Education Society and also family & friends
- Gamification on the Fitket App
- Inaugural walk and closing walk/cycle at Lavale Campus
- Activities conducted across all campuses
- Walk at home session (everyday on zoom for those unable to walk outdoors)
- Teasers
- Media coverage
- Branding and Promotions on Social media platform like Instagram, Facebook, Twitter
- e-Certificate for participation & completion

# FIRST TIME EVER...

**Beginning of a New Physical Activity Revolution at Symbiosis ...**

**The First time ever in the history of DSRW events....**

**Global  
Participation**

**Alumni  
Connect**

**Virtual  
Event**

**Friends &  
Family**

**Inclusion of Entire  
Symbiosis Fraternity**

**6000 plus  
Participants**



**Probably the first University in the country to organize  
a virtual event with such big numbers**

# 'SYMBITHON' GLOBAL PRESENCE

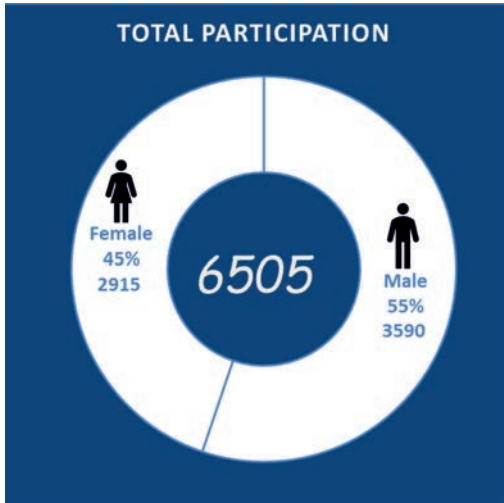


## Participant Locations in India

- Andhra Pradesh
- Assam
- Bihar
- Chhattisgarh
- Goa
- Gujarat
- Haryana
- Himachal Pradesh
- Jharkhand
- Karnataka
- Kerala
- Madhya Pradesh
- Maharashtra
- Manipur
- Odisha
- Punjab
- Rajasthan
- Tamil Nadu
- Telangana
- Uttar Pradesh
- Uttarakhand
- West Bengal
- Chandigarh
- Delhi
- Jammu and Kashmir
- Puducherry

*\*For representation purpose only. Map not to scale.*

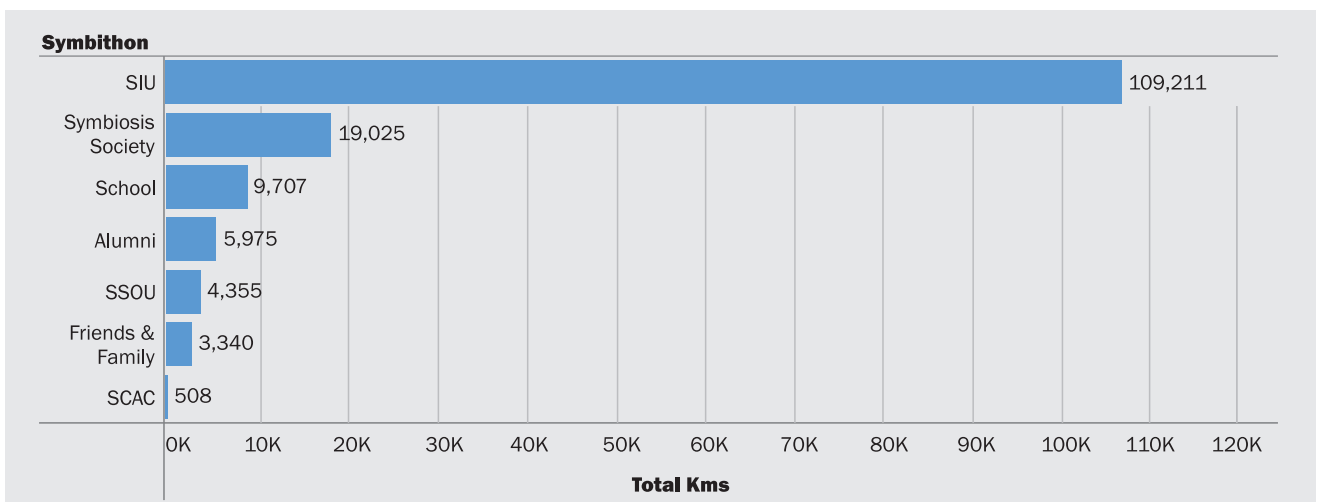
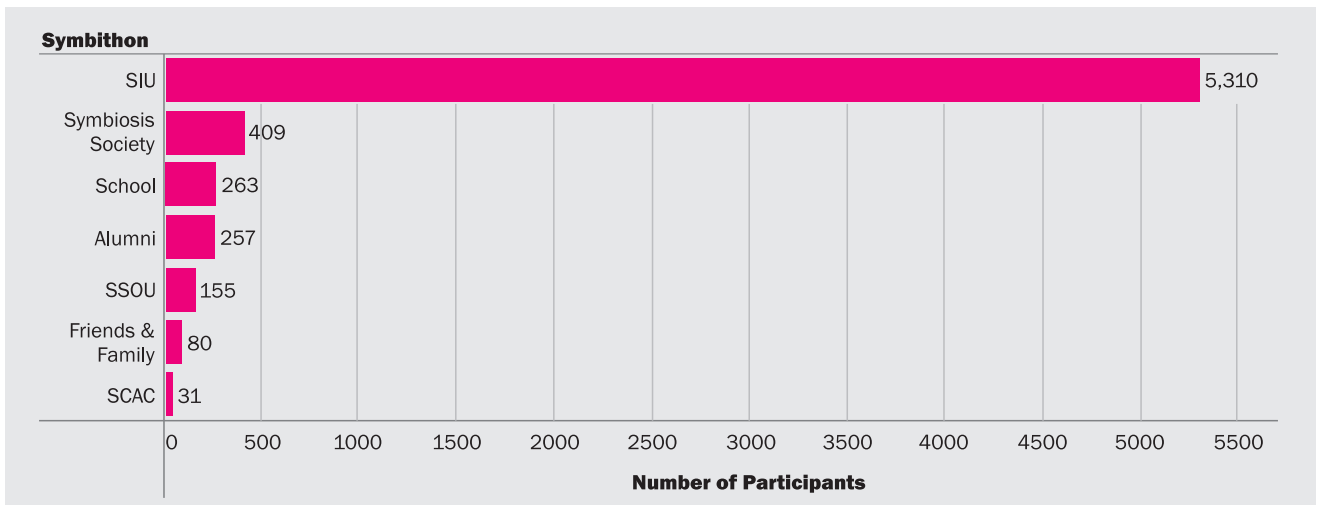
# DEEP DIVE ANALYSIS



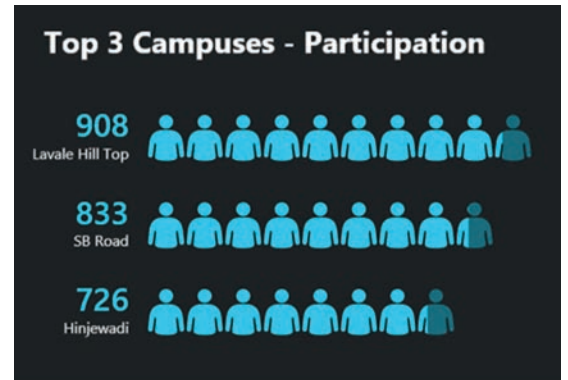
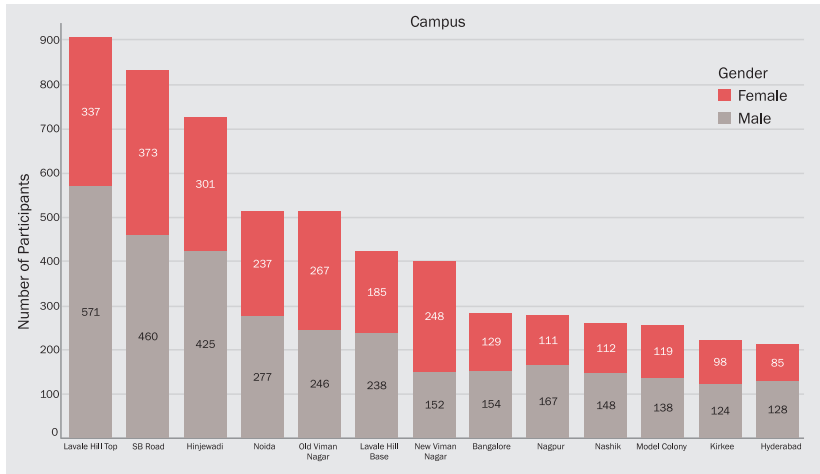
### TOTAL KMS - GENDER WISE



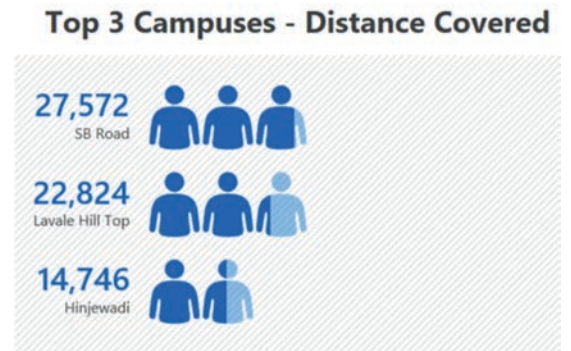
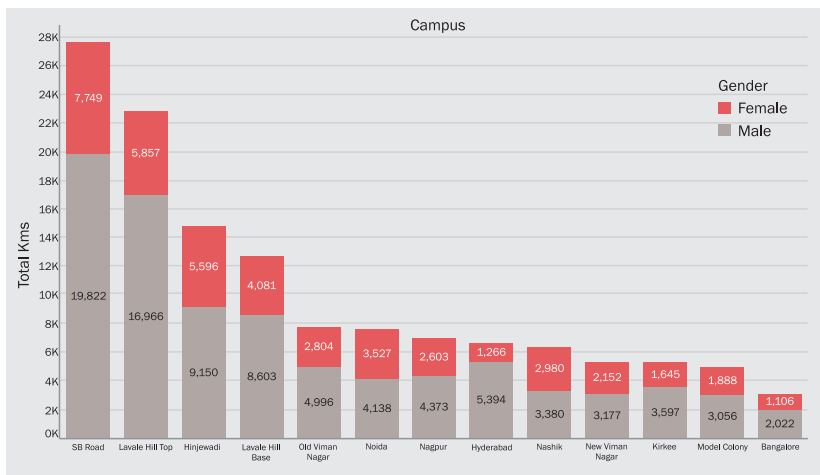
### Symbithon Category Wise Participation & Distance Covered



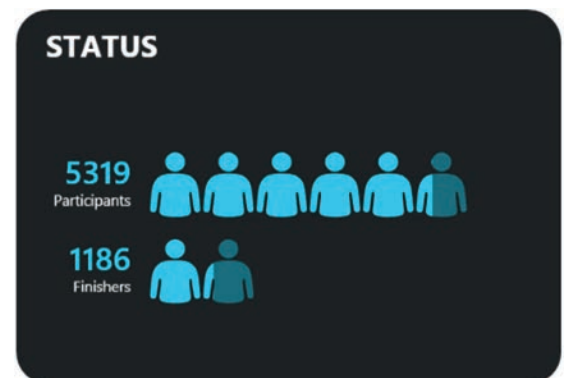
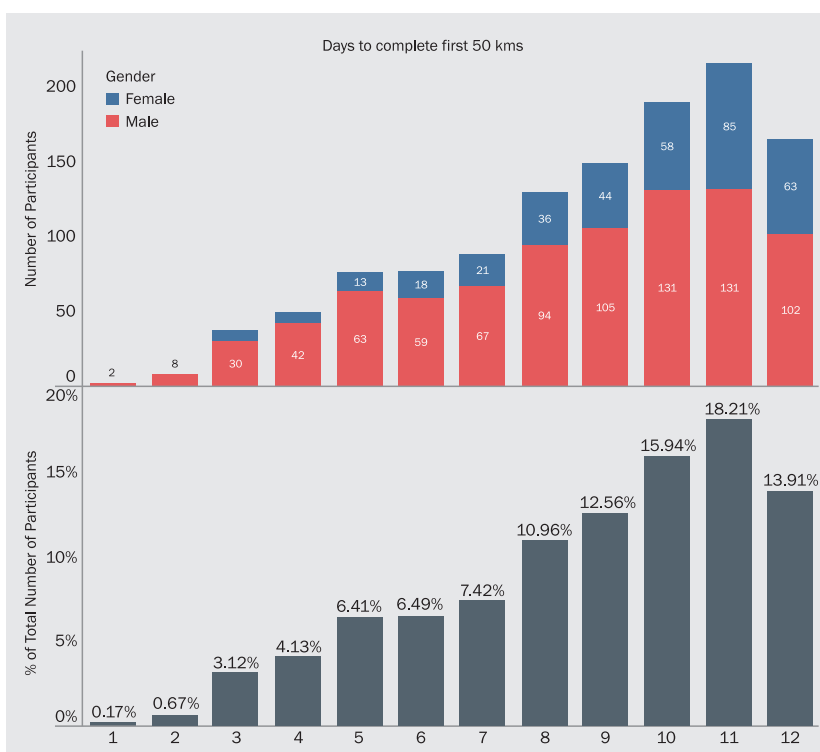
## Campus wise Participation



## Campus wise Total Kms

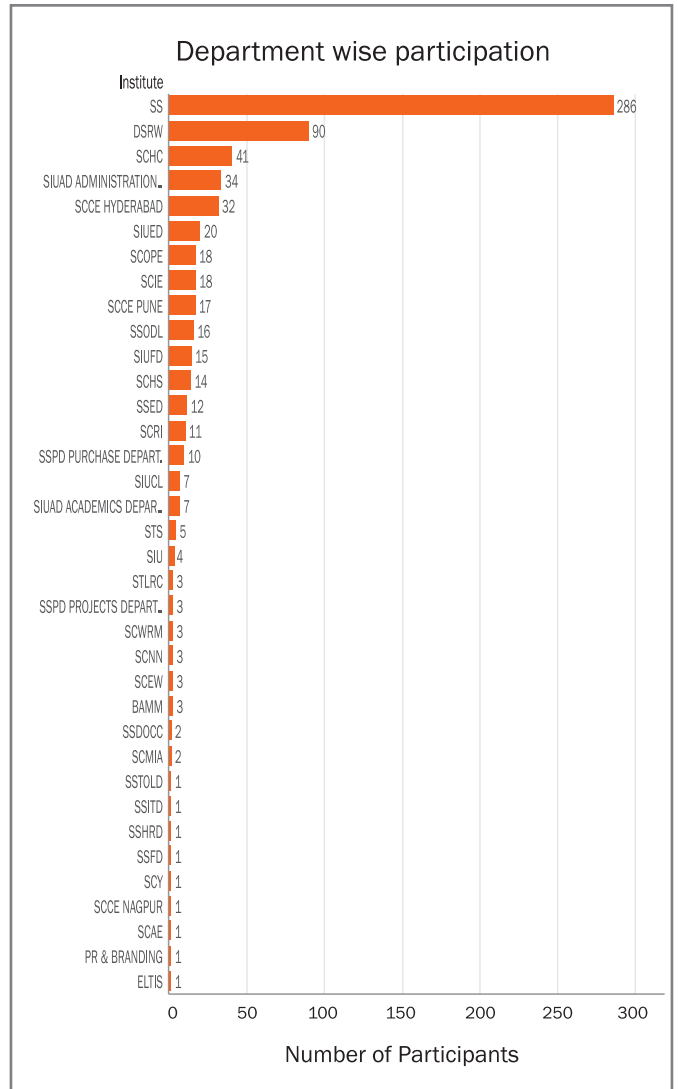
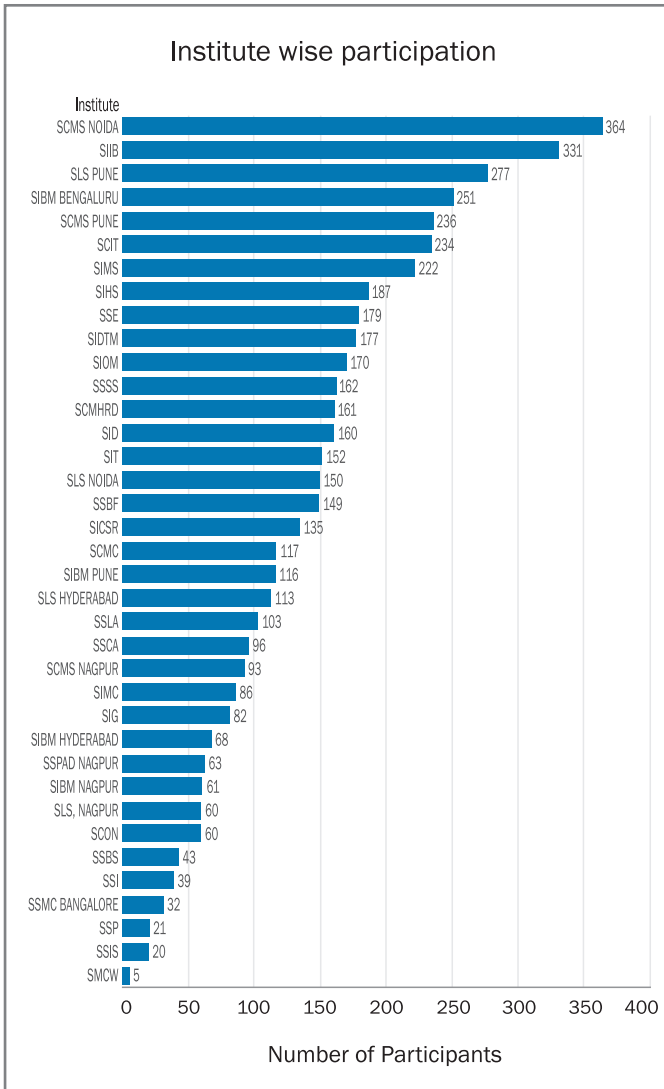


## 50 Kms Completion Trends



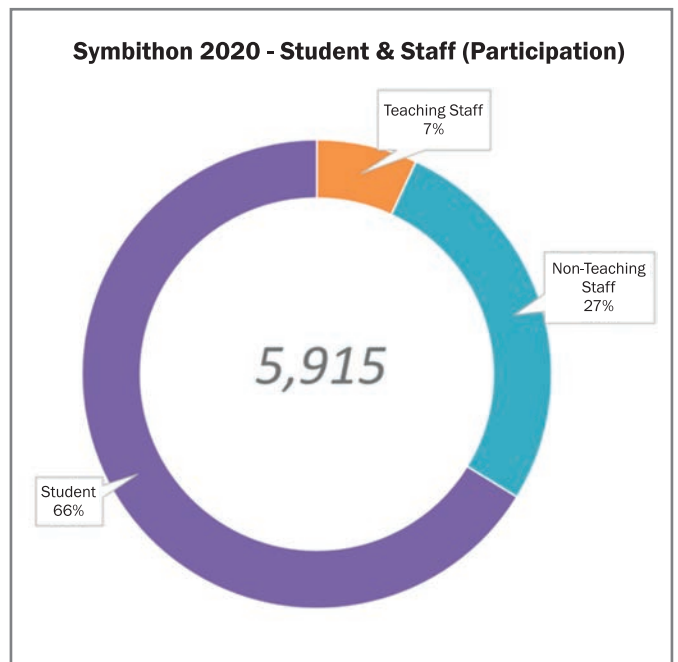
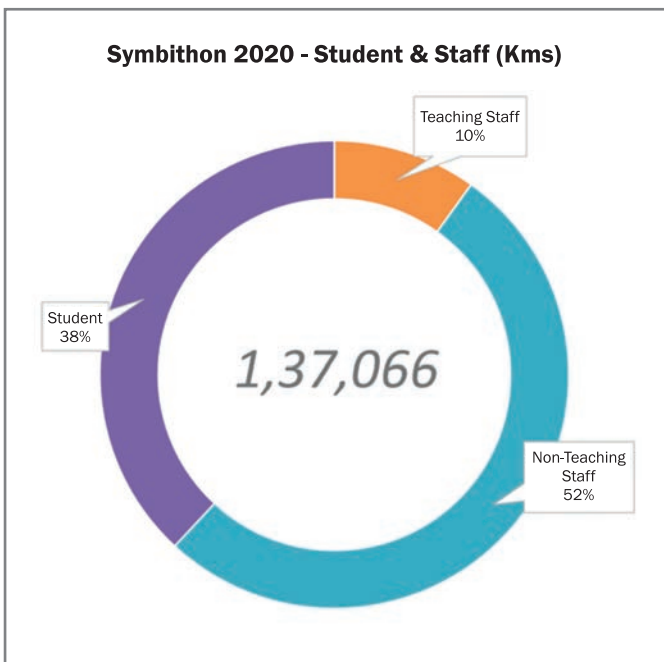


## SIU - Institute & Department wise Participation



## SIU – Participants (Students & Staff) - 25.13%

**Staff: 75.45% | Students: 18.75%**



# TESTIMONIALS



“

The Symbithon was an excellent event. It was very innovative thinking for you to arrange a virtual event. There has been huge participation from our students, staff and also alumni. Keep up the good work towards contributing to the health and wellness of the Symbiosis community!

”

**Dr. Vidya Yeravdekar**, Pro Chancellor, SIU



“

The DSRW has brilliantly incorporated technology to conduct Symbithon virtually and I am excited with the tremendous response it has got. This was a path breaking event to encourage physical activity among all.

”

**Dr. Rajani Gupte**, Vice Chancellor, SIU



“

A great Health Promoting initiative taken up by DSRW during this Pandemic. Such events lead us towards a healthy lifestyle & help prevent non-communicable diseases (NCD's).

”

**Dr. Rajiv Yeravdekar**, Dean, Faculty of Health Sciences, SIU



“

Every day I saw people walk uphill on their way to office and downhill on their way back home. The initiative taken by DSRW, is highly commendable.

”

**Dr. M. S. Shejul**, Registrar, SIU



“

Participating in Symbithon was an enriching experience. Suddenly, the office environment changed for good and everyone started emphasising on becoming healthy. Kudos to the entire team on this success!

”

**Dr. Asmita Chitnis**, Director SIIB



“

My first day at Symbiosis (Aug 1999) when Dr. Mujumdar shared his vision for SCIT, where I could see the passion and compassion in his speech for the betterment of the society and the philosophy of 'Vasudhaiva Kutumbakam'. I feel proud to be part of Symbiosis and always look forward to similar initiatives where I can participate and contribute as an Alumni towards our Symbiosis family. I found my old Symbiosis sweat shirt of 1999 and clicked with that!

”

**Mr. Prasad Khambalikal**, (London) Alumni SCIT



“

From being on the couch at home during the lockdown to taking up the Symbithon challenge and running outdoors in the hot & humid weather in Kuwait, I feel proud to complete 84 kms in 12 days. Thank you DSRW! Looking forward to more such activities.

”

**Mr. Anthony A. K.** (Kuwait), Alumni SIHS





# TESTIMONIALS

“

Symbithon has created tremendous enthusiasm at the New Viman Nagar campus. Staff has started looking leaner and fitter. Our staff has taken to daily 20 minutes cycling under the guidance of DSRW staff. ”

**Col. Radkar**, Campus Admin, New Viman Nagar Campus.

“

Symbithon motivated all of us to take care of our health. I do hope many more of these kinds of events will come up in the near future. Congratulations to team DSRW for this success! ”

**Mr. Anand Singh**, Admin Officer, SIBM (Pune)

“

I lost 2 kg in just 8 days since I started walking and have continued walking an average of 7 to 8 km everyday with colleagues and my family. ”

**Mr. Bhimanna Honagunta**, Society Staff Estate Supervisor

“

Symbithon - A super idea. A great initiative. Refreshing way of motivating self. I myself did 50 km in 5 days. Thoroughly enjoyed it. Kudos to the organisers. Looking forward to more SYMBITHONS. ”

**Ms. Anju Gharia**, Sr. Accountant, SSBF

“

The Practice during the walking club activity which was started 15 days prior by the DSRW staff helped me complete 50 km in 3 days and I went on to complete 100 km. I feel a sense of accomplishment. ”

**Mr. Tukaram Suryawanshi**, Society staff IT Site Network Admin

“

It was my first marathon and I don't think I could have had a better experience. I think the enthusiasm for health and wellness you bring to the staff and students is outstanding. I had so much fun. Thank you! ”

**Ms. Madhura Gaikwad**, Coordinator - SIDTM, Lavale Hill Top Campus

“

माझ्या मते सिम्बिथॉन हे माझ्या क्षमता जाणण्याचा एक उत्तम साधन आहे. मी नयना मॅडमचा आभारी आहे कि त्यांनी आम्हाला फिट राहण्यासाठी प्रेरित केले व नेहमीच प्रोत्साहित करतात. माझा ५० कि.मी. चालायचा अनुभव खूपच छान होता. मला दिवसभर फ्रेश आणि उत्साही वाटते. ”

**Mr. Mahesh Marane**, Office Attendant, SSSS

“

Walking every day for the symbithon helped me during this lockdown. It has calmed my nerves down and helped me make my time for self very productive. Thank You DSRW ! ”

**Ms. Arya Utkarshni**, (Student, Sports Council Member of SLS Nagpur campus)

“

Overall a great experience to be part of such an initiative. I completed my 50kms by running on the road and now I am waiting to run on the beautiful SIU campus. ”

**Mr. Utkarsh Khonde**, Student (SSSS)



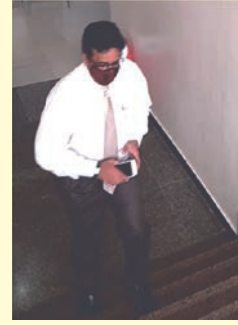
# GLIMPSES



**Dr. Rajani Gupte - Walking**



**Dr. Nayana Nimkar - Cycling**



**Mr. Atul Gokhale - Stair Climbing**



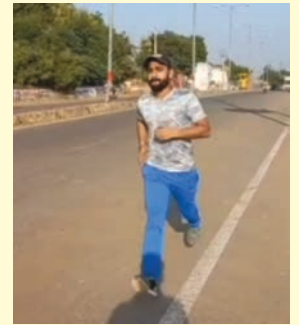
**Dr. Vandana Sonwane on Trek (Nashik)**



**Staff at Noida Campus**



**Uphill Walk @ Lavale Campus**



**Student - Running**



**Staff @ Bangalore Campus**



**Staff @ Hyderabad Campus**



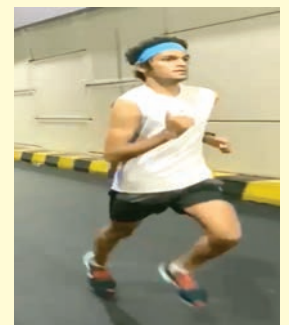
**Staff @ Hinjewadi Campus**



**Cycling Activity at Nagpur Campus**



**Staff at New Viman Nagar Campus**



**Student - Running**



**Student - Running**



**Cooling Down After The Inaugural Walk**



**Final Day Walk @ Lavale Campus**



**TEAM**  
**DSRW**



सम्पूर्ण कुटुम्बकम्

**SYMBIOSIS**  
INTERNATIONAL (DEEMED UNIVERSITY)

**DEPARTMENT OF SPORTS, RECREATION & WELLNESS**

Gram: Lavale, Tal: Mulshi, Dist: Pune - 412115. Tel.: (020) 2811 6804

Website: [www.siu.edu.in](http://www.siu.edu.in)