



SYMBIOSIS

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 Promoting Physical Wellness @ Symbiosis International (Deemed University)

The Department of Sports, Recreation & Wellness in Symbiosis places emphasis on promoting **Physical Literacy** among all stakeholders at the University. The focus is to improve **Quality of Life through physical activity**. The DSRW provides **access to sporting facilities** and also some unique and amazing **physical activity programs to encourage participation in sports, recreation and leisure activities**. We boast of 13 indoor and outdoor fitness centers, offer many Group classes, Coaching facilities, Yoga for rejuvenation and stress management, also options to participate in Outbound programs and Competitions (inter-institute, AIU) at all levels. Last year we had virtual classes and events due to the Pandemic.

During the Covid-19 Pandemic the Department of Sports, Recreation & Wellness has introduced;

- Online weekly workout sessions & challenges for the staff & students
- Virtual runs/walks/marathons
- Personalized yoga classes
- Daily live virtual physical activity sessions (Zumba, Aerobics, Yoga, Strength Training etc.)
- Virtual sports quiz
- Virtual activity breaks
- Self-fitness testing (at home).

The virtual activities are a coordinated and comprehensive approach to promoting the health and well-being of all stakeholders at the University during this health crisis.

DSRW designs and **offers diverse programs, activities and mass events** to achieve its primary goal of a **Healthy, Fit and Physically Literate Symbiosis Community**. With an emphasis on advocacy and an attempt towards **behavior modification for Life**.

The broad categories of the offerings are in these areas:

- Physical Fitness
- Mass sporting and Physical activity events
- Competitions
- Innovative activities
- Academic offerings



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1. Physical Fitness

- **Physical Fitness Assessment:** All students and staff are administered standardized **fitness test every year**, as fitness testing is a great way to **monitor and assess various physical abilities**. The data collected is **analyzed, interventions recommended and free counseling and personal training sessions** are offered. Last year due to the pandemic the self-fitness tests were conducted in the virtual mode. The interventions include personalized Counselling for all in need and a special effort was made to target the executives. **Fitness assessment** was conducted for **10353 participants including 8290 students and 2063 staff members**. Virtual fitness training sessions were conducted during the lockdown period and **attended by 1005 students and 600** staff members.

2. Mass Sporting and Physical Activity events: Emphasis is given to Sporting and Physical Activity events which are **live events, highly visual and very inspiring**. These are accessible and welcoming for all ages, shapes and paces. They work towards **personal wellness** rather than only fitness and build **confidence rather than competitiveness**. Some events that were conducted in the virtual mode are:

- **Symbithon** - Symbithon is a run/walk event organized to raise public awareness of NCDs, with particular emphasis on exercise and fitness as a component of preventing and managing these diseases. It aims to create healthy working, learning and living environments for students, staff and the community at large, encourage, inspire and motivate youth from varied backgrounds to improve their health through running and exercise. **Symbithon 2020 had 6505 participants from 13 countries.**
- **Cyclothon** - Symbiosis International University - Department of Sports Recreation & Wellness (DSRW) campaigned and organized Cyclothon on 30th December 2020 under the aegis of Fit India Movement and initiative taken by Ministry of Youth Affairs and Sports (Government of India). The event is in consonance with the Prime Minister's vision of Fit India and the launch of the Fit India Movement on 29th August 2019. **Total 33 staff members participated in the event.**
- **Kite Flying Activity** - was organized by the Department of Sports, Recreation & Wellness (DSRW) on 19th January 2021 for the staff at Symbiosis International University (SIU) Lavale. **Total 62 staff members participated in the event.**



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- **National sports day (Quiz and photography)** - National Sports Day was celebrated on 29th of August 2020 (virtually). An Inter Institute Sports Quiz and Sports Photography Competition was held. **Total 67 participants including 52 students and 15 staff members of SIU participated.**
- **Fitness for Freedom Run-** Virtual Fitness for Freedom Run/Walk (9th Edition) 2020-21 was organized on the 15th August 2020. Participants were given a choice to run/walk any one of the race distances of 1.6 KM, 3 KM, 5 KM, 10 KM remotely, wherever they were located and at any time on 15th Aug 2020 (6:00 am - 11:00 pm) at their convenience. Participants were asked to use any step count mobile app and share the screenshot. **Total 2054 participants including 1367 students and 687 staff members of SIU participated in the event.**

3. Competitions

- **Inter institute Chess (Women) 2020 competitions** was conducted in virtual mode from 26 Nov to 27 Nov 2020. Total 94 students participated in completion from 26 institutes of SIU.
- **SIU shooting team participated in** Selection trials for the India University Shooting Team from 25th to 28th Feb 2021, held at **Manav Rachna International Institute, Faridabad, Haryana.**

4. Innovative Activities

These activities provide the variation and challenge that everyone is looking for and include:

- **Activity Breaks** -Short duration breaks which maybe icebreakers, action songs, Yoga or an exercise sequence conducted during academic meetings, conferences, workshops and in office settings. Total 293 activity breaks were conducted in A.Y 2020-21 with **total participation of 7370 staff members.**
- **Yoga Pop ups** -The concept involves promoting the practice of Yoga through Pop-Ups which would display on every employee's desktop at a specified time throughout the day -4 times a day in all campuses.
- **The 108 Days Yoga Challenge** - The Participants were asked to invest a minimum of 15 minutes of their time every day in the first edition of 2017 and 20-30 minutes in 2018 for a duration of 108 days. In 2020 challenge was to perform 5 minutes to 30 minutes of Pranayama regularly at a specified pace. The participants had to click their best workout



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picture and share the data on a website which was specifically created. Challenge was completed by **29 participants which includes 8 Students and 21 staff members.**

- **10,000 steps Challenge** -A challenge for the staff and students to achieve a min. of 10,000 steps per day to promote Physical activities.
- **Wellness sessions for non-teaching staff** - Physical Fitness, Health and Wellness sessions were conducted for **913 non- teaching staff of SIU**. They were also administered the IPAQ and HRPF components were assessed.
- **Wellness sessions for Grade-IV Staff** - Physical Fitness, Health and Wellness sessions were conducted for **225 Grade-IV staff of SIU**.
- **Walk over COVID Challenge** – During the second wave of the pandemic ‘Walk Over COVID Challenge’ a 15 days virtual Walkathon from 10th – 24th May 2021 was organized for students, staff, family and friends to keep them active during the lockdown Wherein **338 students and 604 staff members participated** in the challenge.

5. Academic offering:

Credit Programs: This is an initiative to promote Physical Literacy among the student community. There are 9 Credit courses and 1 value added course offered in Physical fitness,

- **Wellness, Yoga, Sports and Life skills** are offered as floating credit programs and value-added courses in the existing PG and UG programs
- **Well for Life** for 801 students of six institutes and **Fitness and Lifestyle Management** for 410 students of two institutes were conducted during A.Y. 2020-21.