



# 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)

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## Department of Sports Recreation and Wellness (DSRW)

### Annual Report 2022-23

Sports and Games are essential components of human resource development, helping to promote good health, comradeship and the spirit of healthy competition. This in turn has positive impact on the holistic development of personality of the youth who is the potential source of energy, enthusiasm and inspiration for development, progress and prosperity of a Nation. Symbiosis International (Deemed University) established its University Sports Board in 2010 and the Department of Sports, Recreation & Wellness (DSRW) was established in 2019. The DSRW particularly is responsible for the development of sports infrastructure, participation in sports at grass-root level, fitness testing for students and staff as well as excelling in National Sports Tournaments. The emphasis is on Physical Literacy of the students, faculty and staff for lifelong improvement in their quality of life. The Department provides access to state of art playfields and Gymnasiums at all campuses, fitness and wellness programs, multiple group classes, sports competitions and counselling.

In the academic year 2022-2023, the university's sports program witnessed a lot of action across various disciplines. Our dedicated athletes and supportive faculty worked together to make it a remarkable year for sports and events. The university's commitment to fostering an environment of excellence, sportsmanship, and teamwork resulted in several outstanding accomplishments in both intercollegiate and intramural competitions. The following are some of the programs and events:

- Online weekly workout sessions and challenges for students and staff
- Runs/walks/marathons in hybrid mode
- Personalized yoga classes
- Daily live virtual physical activity sessions (Zumba, Aerobics, Yoga, Strength Training etc.)
- Virtual Sports quiz
- Activity breaks in physical mode
- Fitness testing.

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 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. In fact, we have observed that we could engage bigger numbers in all our events. The highlight of the year being two-fold, the first being, physical fitness testing and Azadi ka Amrut Mahotsav year-long celebrations.

### ACTIVITIES CONDUCTED

**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 following personal training sessions are offered.

- Cardio HIIT
- Full body workout
- Personal transformation sessions
- Zumba
- Yoga
- General Asanas & Meditation
- Cyclic meditation
- Weekly Yoga challenges
- Fitness counselling

**Mass Sporting and Physical Activity events:** The mass sporting and physical activity events continued to be a vibrant part of campus life, attracting enthusiastic participation from students, faculty, and staff. Various sports and events were organized throughout the year, fostering a sense of camaraderie and healthy competition within the university community. Some events that were conducted are:

#### **International Day of Yoga –**

- **Yoga challenges** - The challenges commenced in the month of April, 2022 and continued until the 21<sup>st</sup> June 2022; weekly Yoga challenges were shared with students, faculty and staff. 348 participants registered for these challenges and the participants also shared their pictures at completion.
- **15- Day pre IDY virtual program** - A well-structured program was designed based on Common Yoga Protocol (CYP) given by the Government of India (GoI), a modern-day take on the centuries-old Yoga tradition. The aim was to help beginners get initiated into the rewarding world of Yoga. The 15- day pre-IDY virtual program commenced on the 20th May and culminated on the 6th of June. The total registrations for the programme were 1351 this included the students, teaching, non-teaching staff, family and friends.
- **Virtual session on the eve of IDY '22** - On 20<sup>th</sup> June a virtual yoga session was conducted for maximum involvement and active participation of all students and of Symbiosis from 7.00 pm to 7.45 pm. Over 837 participants joined via Zoom, Instagram and YouTube.
- **International Day of Yoga 2022** – A mass event across all campuses was held on 21<sup>st</sup> of June in the physical mode across all campuses of SIU, wherein 1088 students, staff and representatives of top management participated in the CYP and Suryanamaskar. Total 3624 students, faculty and staff members participated in the event.

### **Fitness for Freedom Run:**

- **Azadi Ka Amrit Mahotsav Fitness for Freedom Run/Walk – 2022** from 6<sup>th</sup> August to 15<sup>th</sup> August 2022.
- **Azadi Ka Amrit Mahotsav Sports Gala** at all Campuses of SIU from 6<sup>th</sup> August to 10<sup>th</sup> August 2022.
- **Pre-FFR** in the physical mode on the **8<sup>th</sup> of August 2022**.
- **Azadi Ka Amrit Mahotsav Fitness for Freedom Run 11<sup>th</sup> Edition** event at **Lavale** on 15<sup>th</sup> August 2022.

Total 2840 students, faculty and staff members participated in the event.

**National Sports Day (Quiz and photography)** – The National Day was celebrated on the 29<sup>th</sup> of August 2022 with a Quiz and Sports Photography competition. A total of 37 teams with 101 participants registered under the student category and 8 teams under the staff/ faculty category. Photography saw 11 creative people sharing their best shots.

**Symbithon** – The Department of Sports Recreation and Wellness (DSRW) organized **the 3rd edition of "Symbithon 2022"** a 52KM 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 52KM 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, America & Europe** 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.

**Symbiosis Staff Sports Fest (SSSF)**- Competitions were conducted in a total of twelve (12) sports, of which six (06) were team games namely, Athletics, Basketball, Cricket, Volleyball, Throw ball and six (06) individual games like Badminton, Carom, Chess, Table Tennis, and Swimming. A total of 2476 staff (Male-1696, Female-780) from various institutes and departments. The event witnessed participation from 13 Campuses including 4 off campuses.

**Kite Flying Activity** – Kite festival was also amalgamated in the Symbiosis Staff Sports Fest and conducted on 25<sup>th</sup> Jan 2023.

**Symbi Fit** – The Department of Sports, Recreation and Wellness (DSRW) organized the 8<sup>th</sup> edition of the Annual Fitness event, Symbi Fit in the first two months of the year 2023. The event received a very positive response and a total of 979 participated in the event. The participants competed in student and staff category. The first round was held from the 18<sup>th</sup> January 2023 to 21<sup>st</sup> January 2023 and consisted of Beep Test and Suryanamaskar. The second round was called the 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.

**Annual Sports Felicitation** : The program was organized by the Department of Sports, Recreation and Wellness (DSRW) on **Friday, 3rd March 2023 at the Multipurpose ground Lavale, HillTop Campus**. The program acknowledged the hard work, dedication and the performances of athletes representing Symbiosis International (Deemed University) at the West Zone and the AIU (Association of Indian Universities) competitions. Sports scholarship was awarded to the athletes who excelled during the academic year and the overall Championship trophy was presented to the institute excelling in the Inter-institute competitions.

**International Women's Day:** Department of Sports, Recreation and Wellness (DSRW) along with the HR department organized a Women's Day event called "Dus Ka Dum" on 8<sup>th</sup> March 2023, the target was to complete 10000 steps per day for 30 days. Women's day celebration was a month-long program which was held from 8<sup>th</sup> March 2023 to 7<sup>th</sup> April 2023. The total number of Women participants were 2048 (SIU, Symbiosis School, Symbiosis Society)

## Monthly Events

Department of Sports, Recreation and Wellness promotes Physical Health and Wellness among Students and Staff. Develop physical talents to their maximum potential. Engage in competitive activities, while promoting sound health, safety, and physical fitness. Total 2510 students participated in Monthly events in 2022-23

## Gym Footfall

Fitness wing of DSRW offers comprehensive physical movements found in activities such as workout and yoga involve varying combinations of resistance and flexibility training that can help to build functional fitness. Average footfall per day is 603.

## Competitions

**Inter institute competitions** were conducted as per annual calendar of DSRW in Badminton, Basketball, Chess, Carrom, Cricket, Futsal, Squash, Swimming, Table Tennis and Volleyball and Yoga disciplines for students of all constituents of SIU. Total 2719 students participated in total twenty-seven competitions.

**West Zone / AIU Tournaments:** Sixteen (16) SIU teams consisting of 108 students participated in 11 game competitions conducted by AIU West Zone / AIU games in 2022-23.

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

- **Activity Breaks:** Two activities break per month per Institute / Department for faculty and staff. Total 4560 faculty and staff members participated in activity breaks in 2022-23.
- **Yoga Pop ups** – Yoga pop ups are flashed on desktop twice a day
- **Wednesday Walk** –Walks on 42 Wednesdays conducted for faculty and staff across all campuses of SIU with total participation of 3,526.

Participation details in events and activities conducted by DSRW during A.Y. 2022 - 23 are as appended below in Table No.1 to Table No. 5.

**Table No 1  
Physical Fitness**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Self-Fitness Test	A.Y 2022-23	Physical	12339	1357	13696
Fitness counselling (students / Staff and Executives)	A.Y 2022-23	Physical	564		564

**Table No 2  
Mass Sporting and Physical Activity events**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
International Day of Yoga- 2022	May - June 2022	Physical	3624		3624
Fitness for Freedom Run	August 2022	Physical	2840		2840
National sports day (Quiz)	29 August 2022	Physical	101		101
National sports day (Photography)	29 August 2022	Physical			
Symbithon	29 Sep to 10 Oct 2022	Physical	5795		5795
SSSF	23 to 27 Jan 2023	Physical	Nil	2476	2476
Symbifit	Feb 2023	Physical	979		979
Monthly Event (RWC)	July - 2022 to March - 2023	Physical	2503		2503
10 ka Dum	8 March to 7 April 2023	Physical	Nil	2048	2048
<b>Happy Healthy Campus</b>		Physical	1800		1800

<b>Outbound</b>		Physical	2644	2644
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**Table No. 3  
Competitions**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Inter institute Competitions (26)	Jul to Dec 2022	Physical	2719	Nil	2719
AIU Competitions (16)	Oct 22 to Feb 2023	Physical	108	Nil	108

**Table No 3 (A)  
Inter Institute Competitions**

Sr. No.	Sports	Winner list	No of participation
1	Badminton Men	1st Place - SIT	220
		2nd Place - SCMS, Pune	
2	Badminton Women	1st Place - SSE	468
		2nd Place - SLS, Pune	
3	Basketball Men	1st Place - SCMS, P	308
		2nd Place - SIT	
4	Basketball Women	1st Place - SLS, HYD	132
		2nd Place - SSLA	
5	Cricket	1st Place - SLS, HYD	443
		2nd Place - SIT	
6	Chess (M) Individual	1st Place - Arunabh Gohin (SSPAD, Nagpur)	92
		2nd Place - Mukund Arora (SLS, Pune)	
7	Chess (W) Individual	1st Place - Sweekruthi Prabhakar (SLS, HYD)	45
		2nd Place - Seeya Thakre (SIT, Nagpur)	
8	Chess (Team Game)	1st Place - SICSR, Pune	443
		2nd Place - SIT, Pune	
9	Football Men	1st Place - SSE	92
		2nd Place - SLS, HYD	
10	Football Women	1st Place - SSLA	45
		2nd Place - SIT	
11	Handball Men	1st Place - SCMS, P	45
		2nd Place - SIT	
12	Squash Men	1st Place - Shrey Garg (SIIB)	45

		2nd Place - Rishit Jain (SIT)	
13	Squash Women	1st Place - Sneha Manikandan (SSE)	
		2nd Place - Maitri Saklani (SIMS)	
14	Swimming Men	1st Place - SIT, Pune	134
		2nd Place - SSE	
15	Swimming Women	1st Place - SSSS	216
		2nd Place - SIT, Pune	
16	Table Tennis Men	1st Place - SIT, Pune	384
		2nd Place - SCMS, Pune	
17	Table Tennis Women	1st Place - SIT, Pune	165
		2nd Place - SLS, HYD	
18	Volleyball Men	1st Place - SCON	384
		2nd Place - SLS, Pune	
19	Volleyball Women	1st Place - SLS, Pune	165
		2nd Place - SID	
20	Tennis Men	1st Place - Adarsh (SICSR, Pune)	57
		2nd Place - Ansh (SCMS, Pune)	
21	Tennis Women	1st Place - Aditi (SCMC)	55
		2nd Place - Nandita (SSLA)	
22	Yoga Men	1st Place - Rishab Kumar Jha (SIMS)	57
		2nd Place - Mohak Kasat (SLS, Nagpur)	
23	Yoga Women	1st Place - Shreya Panywani (SIMC)	55
		2nd Place - Meha (SIG)	
24	Triathlon Men (Individual)	1st Place - Rananjay Bika (SIMS)	55
		2nd Place - Ankur Sinha (SIMS)	
25	Triathlon Men (Team)	1st Place - SIIB C	55
		2nd Place - SICSR (A)	
26	Triathlon Men (Team Mix)	1st Place - SSSS	55
		2nd Place - SID	

**Table No.4  
Innovative Activities**

<b>Name of Event</b>	<b>Date of Event</b>	<b>Mode of Conduct</b>	<b>No of Students Participated</b>	<b>No of Staff participated</b>	<b>Total Participation</b>
Activity Break (2 per month in each institute/department)	A.Y 2022 - 23	Physical / Virtual	Nil	4560	4560
Wednesday Walk (42 per campus/year)	A.Y. 2022 - 23	Virtual / Physical	Nil	3256	3256
Weekly Work out Challenges (44)	A.Y. 2022 - 23	Virtual	2941		2941
Gym Footfall	A.Y. 2022 - 23	Physical	150190		150190

**Table No.5  
Academic Activities**

<b>Name of Event</b>	<b>Date of Event</b>	<b>Mode of Conduct</b>	<b>No of Students Participated</b>	<b>No of Staff participated</b>	<b>Total Participation</b>
Fitness for Life	A.Y. 2022 - 23	Physical	4452	Nil	4452



## Photographs of Events and Activities- 2022 - 23

### International Day of Yoga 2022



### Fitness for Freedom Run (Virtual + Physical) -2022





**Flag off by  
Dr. S.B Mujumdar Sir**

### National Sports Day-2022



SYMBITHON 2022, Lavale Campus



**Department of Sports Recreation & Wellness**

**SYMBIFIT 2022-23 Winners**

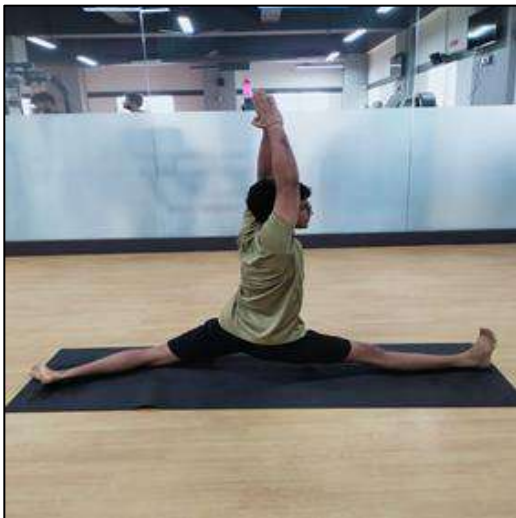
**Amol Bhosle**  
LHT-Society

**Tushar Marane**  
SIT-LHB

**Mrinalini Chauhan**  
SIMS-Kirkee

**Dibrujission Hazarika**  
SCMS-Pune

## Weekly Workout Challenges



# Inter Institute Competitions 2022-23



Athletics



Badminton



Basketball



Chess



Cricket



Football



Handball



Squash



Swimming



Tennis



Volleyball



Yoga



## Sports

## Gala



## SIU TEAMS at West Zone / AIU Tournaments

**SIU BADMINTON MEN TEAM 2022-23**



**SIU BASKETBALL WOMEN TEAM 2022-23**



**SIU BASKETBALL MEN TEAM 2022-23**



**SIU BADMINTON WOMEN TEAM 2022-23**



**SIU CRICKET MEN TEAM 2022-23**



**SIU FOOTBALL MEN TEAM 2022-23**





## SIU KARATE WOMEN TEAM 2022-23



## SIU SHOOTING MEN TEAM 2022-23



## SIU TABLE TENNIS WOMEN TEAM 2022-23



## SIU SWIMMING TEAM 2022-23



## SIU TABLE TENNIS MEN TEAM 2022-23



## SIU TENNIS MEN TEAM 2022-23



### SIU VOLLEYBALL MEN TEAM 2022-23



### SIU YOGA TEAM 2022-23



### Director's Team Building Activity



## Symbiosis Staff Sports Fest 2022-23



## Happy Health Campus 2022-23





## Outbound 2022-23



## Annual Felicitation 2022-23





Symbiosis University Lavale Hill Top  
Annual Felicitation 2022-23

Latitude: 18;32;22.8626159832346  
Longitude: 73;43;46.38269986689327



Dr. Nayana Nimkar  
Director, DSRW