



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)

Department of Sports Recreation and Wellness (DSRW)

Annual Report 2023-24

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 2023-2024, 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
- 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 2023

SIU celebrated International Day of Yoga-2023 with two distinct themes: -

- **Chair Yoga** – This unique approach to practicing yoga catered specifically to the Uni-20 participants. The objective was to provide accessible yoga and breathing techniques that could be performed from a seated position.
- **Elemental Yoga** – The second theme of the International Day of Yoga celebrations at SIU was “Elemental Yoga”. The objective was to explore the connection between Yoga and the five elements: Earth, Water, Fire, Air and Space.
- **A mass event** across all campuses was held on 21st of June in the physical mode across all campuses of SIU, wherein 415 students, 711 staff and representatives of top management participated in the Chair Yoga and Elemental Yoga. Total 1126 students, faculty and staff members participated in the event.

Fitness for Freedom Run:

- To commemorate 77 years of country's independence - Fitness for Freedom Run/Walk – 2023 from 1st August to 15th August 2023.
- Pre-FFR in the physical mode on 8th of August 2023 at all campuses.
- Finale of Fitness for Freedom Run/Walk (FFR) 12th Edition event at Lavale on 15th August 2023.

Total 920 students, faculty and staff members participated in the event.

National Sports Day (Quiz and photography) – The National Day was celebrated on the 29th of August 2023 with a Sports Quiz and Sports Photography competition. For the Quiz, 22 teams registered under the student category and 3 teams under the staff/faculty category. Photography saw 30 creative people sharing their best shots. Overall 80 participants actively participated.

Symbithon – The Department of Sports Recreation and Wellness (DSRW) organized **the 4th edition of "Symbithon 2023"** a 53KM Virtual Run/ Walk event. The event commenced on the 'World Heart Day' i.e. 29th September and culminated on the 'World Mental Health Day' i.e. 10th October 2023. The challenge was to complete 53KM in 12 days, marking 53 years of Symbiosis. The event was hosted on the 'ACTHIVE' application, and it received tremendous participation. A total of **8470** participants registered from across the globe. Being a Health Promoting University, the event aimed to promote health and well-being of the students, staff, alumni and the wider community. Symbithon season 4 also included some special Fitness testing features where the participants could take up an International Physical Activity Questionnaire (IPAQ) Survey and also complete the Coopers 12 min run/walk test.

Symbiosis Staff Sports Fest (SSSF)- Competitions were conducted in a total of twelve (12) sports, of which six (06) were team games namely, Athletics, Cricket, Kabaddi, Volleyball, Throw ball and six (06) individual games like Athletics, Badminton, Carom, Chess, Table Tennis, and Swimming. There was entry for Basketball. A total of 1953 staff (Male-1489, Female-464) 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 19th Jan 2024.

Symbi Fit – The Department of Sports, Recreation and Wellness (DSRW), in collaboration with SIDTM, hosted SYMBIFIT 2024, an exciting event that brought together 738 participants from all constituent of Symbiosis across India. The Finale round of SYMBIFIT was held on 7th February 2024 at multipurpose ground, SIU Lavale Campus. SYMBIFIT is renowned for its innovative approach, blending obstacle course running with goal setting to promote health and vitality nationwide. In the first round of Symbifit 9.0 event, participants faced a challenging circuit consisting of five intense exercises. The Final round consisted of five rigorous tasks designed to test participants strength, endurance and agility.

Annual Sports Felicitation: The program was organized by the Department of Sports, Recreation and Wellness (DSRW) on Tuesday, 5th March 2024 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.

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 **2371** students participated in Monthly events in 2023-24.

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 **150-160/day 13 Gyms**.

Competitions

Inter Institute Competitions were conducted as per annual calendar of DSRW in Athletic, Badminton, Basketball, Carrom, Chess, Cricket, Football, Handball, Squash, Swimming, Table Tennis, Triathlon, Volleyball and Yoga disciplines for students of all constituents of SIU. Taekwondo and Power Lifting new initiative this year. Total **2962** students participated in total Twenty-Nine competitions.

West Zone / AIU Tournaments: Sixteen (16) SIU teams consisting of 109 students participated in 13 game competitions conducted by AIU West Zone / AIU games in 2023-24.

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 2023-24.
- **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. 2023 - 24 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
Fitness Test	A.Y 2023-24	Physical	16399	1351	17750
Fitness counselling (students / Staff and Executives)	A.Y 2023-24	Physical	286		286

**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- 2023	May - June 2023	Physical	1126		1126
Fitness for Freedom Run	August 2023	Physical	920		920
National sports day (Quiz)	29 August 2023	Physical	80		80
National sports day (Photography)	29 August 2023	Physical			
Symbithon	29 Sep to 10 Oct 2023	Physical	8470		8470
SSSF	16 Jan to 19 Jan 2024	Physical	Nil	1953	1953
Symbifit	Feb 2024	Physical	738		738
Monthly Event (RWC)	July - 2023 to March - 2024	Physical	2371		2371
Happy Healthy Campus		Physical	1800		1800
Outbound		Physical	6265		6265

**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 (29)	Jul to Dec 2023	Physical	2962	Nil	2962
AIU Competitions (13)	Oct 23 to Feb 24	Physical	109	Nil	109

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

Sr. No.	Sports	Winner list	No of participation
1	Badminton Men	1st Place – SCMS, Pune	430
		2nd Place - SSE	
2	Badminton Women	1st Place - SSE	430
		2nd Place - SLS, Pune	
3	Basketball Men	1st Place – SCMS, Pune	430
		2nd Place – SIT, Pune	
4	Basketball Women	1st Place – SLS, Hyd.	349
		2nd Place - SIMS	
5	Cricket	1st Place - SIMS	132
		2nd Place - SCIT	
6	Chess (M) Individual	1st Place – Mayank Ranade (SIT)	461
		2nd Place – Thiruvengadam (SIIB)	
7	Chess (W) Individual	1st Place – Bhoomi Tank (SLS)	156
		2nd Place – Ritika Deshpande (SSBF)	
8	Chess (Team Game)	1st Place – SLS, Noida	32
		2nd Place - SIMS	
9	Football Men	1st Place – SIT, Pune	156
		2nd Place - SCMS, Pune	
10	Football Women	1st Place - SSSS	32
		2nd Place - SSLA	
11	Handball Men	1st Place – SCMS, P	32
		2nd Place - SIMS	
12	Squash Men	1st Place - Rishit Jain (SIT)	32
		2nd Place – Shrey Garg (SIIB)	
13	Squash Women	1st Place – Anjali Tripathi (SCMC)	32
		2nd Place – Arya Chitale (SSSS)	

14	Swimming Men	1st Place - SIT, Nagpur	81
		2nd Place - SSE	
15	Swimming Women	1st Place - SSSS	81
		2nd Place - SSE	
16	Table Tennis Men	1st Place - SIT, Pune	185
		2nd Place - SCMS, Pune	
17	Table Tennis Women	1st Place - SCMS, Pune	185
		2nd Place - SIT, Nagpur	
18	Volleyball Men	1st Place – SIT, Pune	430
		2nd Place - SIBM	
19	Volleyball Women	1st Place – SLS, Pune	430
		2nd Place – SLS, Hyd.	
20	Tennis Men	1st Place - Arjun (SIT, Pune)	38
		2nd Place - Shreeyansh (SLS, Pune)	
21	Tennis Women	1st Place – Gayathri (SIMS)	38
		2nd Place - Sachi (SSSS)	
22	Yoga Men	1st Place – Naveen Kumar Ladha (SIT P)	71
		2nd Place – Rishik Sirohi (SCMS)	
23	Yoga Women	1st Place – Sanika Brahme (SLS P)	71
		2nd Place – Siddhi Shinde (SSSS)	
24	Triathlon Men (Individual)	1st Place – L. Shresth (SIT)	25
		2nd Place – Pranav Agarwalla (SSE)	
25	Triathlon Men (Team)	1st Place - SIT	25
		2nd Place - SICSR	
26	Taekwondo (Women)	1st Place – Madhura Mazumdar (SLS Noida)	31
		2nd Place – Navya Tidke (SSSS)	
27	Taekwondo (Men)	1st Place – Kartik Sahni (SSSS)	31
		2nd Place – Gagan Rayapura (SIT – Pune)	
28	Powerlifting (Men)	1 st Place – SLS, Noida	111
		2 nd Place - SIMS	
29	Powerlifting (Women)	1 st Place - SIMS	111
		2 nd Place – SLS, Pune	

Table No 3 (B)
Inter University Participation 2023 – 24

Sr. No.	Sport	University	Date of competition	Participant count
1	Badminton (Men)	Devi Ahilya Vishwavidyalaya, Indore	23rd to 29th Dec 23	06
2	Badminton (Women)	Shri. Vaishnav Vidyapeeth, Indore	19th to 25th Nov 23	04
3	Basketball (Men)	University of Rajasthan, Jaipur	24th to 31st Dec 23	12
4	Basketball (Women)	ITM University, Gwalior	28 th Dec 23 to 8th Jan 24	12
5	Chess (Women)	HSNC University, Mumbai	21st Nov to 24 th Nov 2023	05
6	Cricket	Kavayitri Bahibai Chaudhari North Maharashtra University, Jalgaon	17th Feb to 28th Feb 24	16
7	Football (Men)	HSNC University, Mumbai	31 st Dec 23 to 4th Jan 24	18
8	Football (Women)	ITM University, Gwalior	20 th Dec to 26 th Dec 23	15
9	Swimming (Men)	SRM University, Chennai	31 st Dec to 5th Jan 24	02
10	Swimming (Women)	SRM University, Chennai	31 st Dec to 5th Jan 24	02
11	Table Tennis (Men)	IES University, Bhopal, Madhya Pradesh	19th to 23rd Dec 23	04
12	Taekwondo (Men)	Shri Jagdishprasad Jhabarmal Tibrewala University.	2nd to 5th Nov 23	01
13	Volleyball (Men)	SRTM University, Nanded	12th to 18th Dec 23	12

**Table No.4
Innovative Activities**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Activity Break (2 per month in each institute/department)	A.Y 2023 - 24	Physical / Virtual	Nil	4560	4560
Wednesday Walk (42 per campus/year)	A.Y. 2023 - 24	Virtual / Physical	Nil	3526	3526
Weekly Work out Challenges (44)	A.Y. 2023 - 24	Virtual	2941		2941
Gym Footfall	A.Y. 2023 - 24	Physical	189985		189985

**Table No.5
Academic Activities**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Fitness for Life	A.Y. 2023 - 24	Physical	4488	Nil	4488

Photographs of Events and Activities- 2023 – 24

INTERNATIONAL DAY OF YOGA 2023



FITNESS FOR FREEDOM RUN



NATIONAL SPORTS DAY -2023



SYMBITHON -2023



SYMBIOSIS INTERNATIONAL UNIVERSITY
Department of Sports Recreation & Wellness

SYMBITHON - 2023

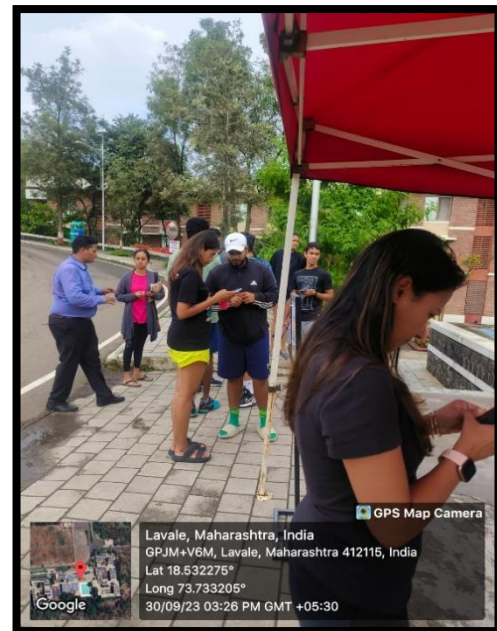
53K

RUN / WALK

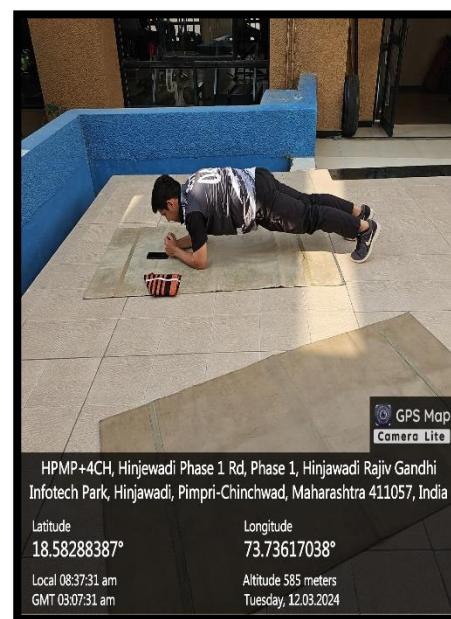
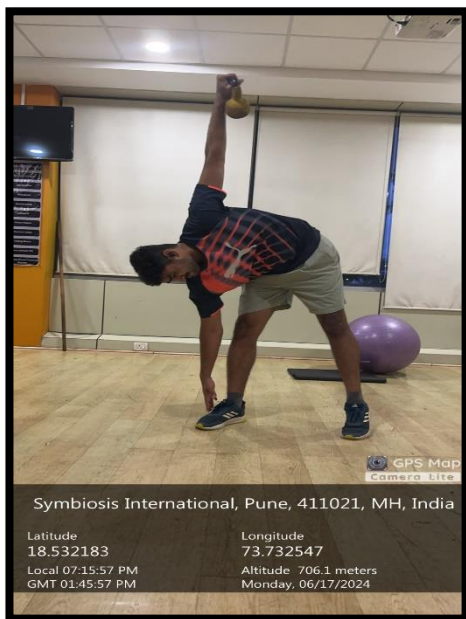
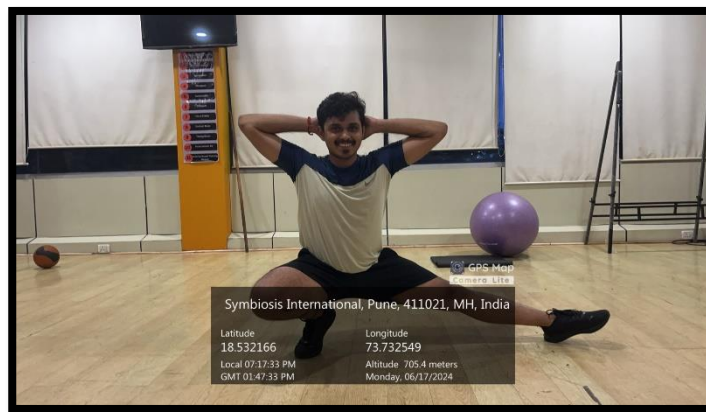
World Heart Day(29th Sep) - World Mental Health Day(10th Oct)

from : Any Location Any Terrain Any Time

ACTIVE #healthpromotinguniversity



Weekly Workout Challenges



INTER INSTITUTE COMPETITIONS - 2023



Basketball



Yoga



Cricket



Athletics



Tennis



Football



Handball



Powerlifting



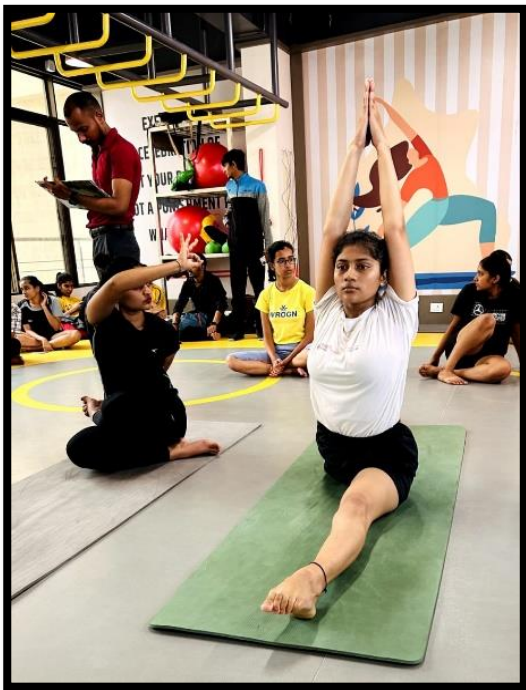
Swimming



Symbifit



Volleyball



Yoga

SIU TEAMS at West Zone / AIU

SIU Badminton Men 23-24



SIU Badminton Women 23-24



SIU Basketball Men 23-24



SIU Basketball Women 23-24



SIU Football Men 23-24



SIU Football Women 23-24



SIU Aquatics Men & Women 23-24



SIU Chess Women 23-24



SIU Table Tennis Men 23-24



SIU Taekwondo Men 23-24



SIU Volleyball Men 23-24



SYMBIOSIS STAFF SPORTS FEST 2023-24



HAPPY HEALTHY CAMPUS 2023-24



OUTBOUND 2023-24



ANNUAL FELICITATION 2023-24





Dr. Nayana Nimkar
Director, DSRW