



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with '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)

Department of Sports Recreation and Wellness (DSRW)

Event Calendar 2022-23

Sr. No	Date	Days	Event	Mode of Conduct
Mass Events				
1	21-Jun-2022	Thursday	International Day of Yoga	Physical
2	June/July/August	As per Institute requirements	Outbound	Physical
3	26 th July	Tuesday	Sports Freshman Party	Physical
4	15 th Aug 22 (TBD) Suggested date 12 th August	Monday	Fitness for Freedom Run	Physical
5	29 th Aug 22	Monday	National Sports Day	Physical
6	29 th Sept to 10 th October, 2022	Thursday to Monday	Symbithon	Virtual (Campus wise)
7	3 rd Week of November-2022	To be finalized	Symbi Fit	Virtual / Physical
8	2 nd week of January, 2023	To be finalized	HHC – Lavale Hill base	Physical
9	1 st week of February, 2023	To be finalized	HHC – Nagpur	Physical
10	September, 2022 (Tentative - verbal)	To be finalized	HHC – Bangalore	Physical
11	7th December	Wednesday	Triathlon	Physical
12	TBC		100K	Physical
13	TBC		Everesting	Physical
14	6 th Aug 22 to 28 th May 23		Inter Institute Virtual – Fantasy Premier League (Football)	Virtual
15	3 rd week of March		Annual Sports Felicitation	Physical
16	25 th January, 2023	Wednesday	Symbiosis Mega Event	Physical
Monthly Activities				
1	June 2022 to May 2023		Walkathon	Virtual / Physical
2	June 2022 to May 2023		Cyclothon	Virtual / Physical



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with '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)

Department of Sports Recreation and Wellness

Intra Campus Sports Competitions				
Sr. No	Month	Sport	Mode of Conduct	Remarks
1	July (Min 2 per month)	Basketball, Football/Futsal, Cricket, Badminton, Table Tennis, Squash, Handball, Volleyball, Swimming, Chess, Tennis, Water polo, skating	Physical	As per the sports facilities available at respective campuses
2	August (Min 2 per month)			
Inter Institute Sports Competitions				
Sr. No	Dates	Sport	Venue	Mode of Conduct
1.	5th to 7th September	Table Tennis	Lavale Hill Top	Physical
2.	5th to 6th September	Squash	Lavale Hill Top	Physical
3.	5 th to 6 th September	Yoga	Kirkee	Physical
4.	5th to 6th September	Swimming	Lavale Hill Top	Physical
5.	13th to 14th September	Chess	Kirkee	Physical
6.	13th to 16th September	Badminton	Lavale Hill Top	Physical
7.	13th to 15th September	Tennis	New Viman Nagar	Physical
8.	20th to 23rd September	Basketball	Lavale Hill Base	Physical
9.	23rd to 24th September	Handball	Lavale Hill Base	Physical
10.	1st to 3rd November	Volleyball	New Viman Nagar	Physical
11.	8th to 12th November	Football	Lavale Hill Top	Physical
12.	22nd to 29th November	Cricket	Lavale Hill Top	Physical
13.	13th to 14th December	Athletics	Lavale Hill Top	Physical

AIU/WZ Competitions			
1	October 2022 to March 2023	AIU/WZ Competitions for Basketball, Football, Cricket, Badminton, Table Tennis, Squash, Handball, Volleyball, Swimming, Chess, Shooting and Tennis.	Physical
Academic Activities			
1	Complete Academic Calendar	Fitness for Life (1 Credit Course)	Physical /Virtual
2	Complete Academic Calendar	Sports and Fitness courses	Physical
3	January, 2023	FDP for Faculty	Physical



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with '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)

Department of Sports Recreation and Wellness

Staff Events and Activities Calendar 2022-23

Sr. No	Date	Day	Details	Mode of Conduct
1	21-Jun-2022	Thursday	International Day of Yoga	Virtual
2	15 th Aug 22 (TBD) Suggested date 12 th August	Monday	Fitness for Freedom Run	Physical
3	29 th Sept to 10 th October, 2022	Thursday to Monday	Symbithon	Virtual (Campus wise)
4	4th week of January, 2023		Symbiosis Staff Sports Fest	Physical
5	4 th Week of November-2022	To be finalized	Symbi Fit	Virtual + Physical
6	All Wednesdays	Wednesday	Wednesday Walk	Virtual / Physical
7	Every Month		Just Breathe Series	Virtual / Physical
8	Twice a month per institute		Activity Breaks	Virtual / Physical



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with '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)

Fitness Events Calendar 2022-23

Sr. No	Date	Event	Campuses	Mode of Conduct
1	3 rd Week of July 2022	Campus Specific Challenges	All Campuses	Physical
2	3 rd Week of Aug 2022	Campus Specific Challenges	All Campuses	Physical
3	3 rd Week of Sep 2022	Campus Specific Challenges	All Campuses	Physical
4	3 rd Week of Oct 2022	Campus Specific Challenges	All Campuses	Physical
5	3 rd Week of Nov 2022	Symbi Fit	All Campuses	Virtual + Physical
6	7th December - 2022	Ashtangana Flow Challenge	All Campuses	Physical
7	4 th January 2023	Animal Flow Challenge	All Campuses	Physical
8	3 rd Week February-2023	Balance it out	All Campuses	Physical
9	15 th March-2023	Abs Obstacle Challenge	All Campuses	Physical
10	12 th April-2023	Squat Fold Challenge	All Campuses	Physical

Annual Wellness Checkup – Fitness Test Calendar

Sr.no	Category	Month	Activity	Mode
1	PG Students	June to Sep	Fitness Test	Virtual +Physical
2	UG Students	Sep to April	Fitness Test	Virtual +Physical
3	Staff	Jan to April	Fitness Test	Virtual +Physical



॥वसुधैव कुटुम्बकम्॥

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with '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)

Department of Sports Recreation and Wellness

Administrative Calendar 2022-23

Meetings			
Sr. No	Date	Day	Details
1	29 th March 22	Tuesday	University Sports Board Meeting
2	26 th July-2022	Tuesday	Sports Council Meeting
3	11 th November, 2022	Friday	University Sports Board Meeting
4	March 2022, 4th Week	TBD	Sports Council Meeting

Note:

- DSRW reserves the right to change the dates and the mode of **Events/Tournaments/ Competitions** in case of any unavoidable reasons with due information to all participating Institutes and Sports coordinators.
- Physical Inter Institute competitions will take place as per the **applicable Government regulations.**
- All the activities will be shown under Fit India.

Dr. Nayana Nimkar
Director, DSRW