



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-Accredited by NAAC with 'A++' Grade I 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 2024-25

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	
1.	21 st to 23 rd Aug 2024	Table Tennis	Lavale Hill Top	
2.	21 st to 23 rd Aug 2024	Squash	Lavale Hill Top	
3.	21 st to 23 rd Aug 2024	Yoga	Lavale Hill Base	
4.	21 st to 23 rd Aug 2024	Swimming	Lavale Hill Top	
5.	23 rd to 24 th Aug 2024	Power Lifting	New Viman Nagar / Nagpur Campus	
6.	27 th to 30 th Aug 2024	Chess	Kirkee	
7.	27 th to 30 th Aug 2024	Badminton	Lavale Hill Top & SUHRC Campus	
8.	27 th to 30 th Aug 2024	Tennis	New Viman Nagar	
9.	30 th to 31 st Aug 2024	Dance	Lavale Hill Top	
10.	02 nd to 06 th Sep 2024	Volleyball	New Viman Nagar	
11.	02 nd to 06 th Sep 2024	Taekwondo	Lavale Hill Top	
12.	02 nd to 06 th Sep 2024	Handball	Lavale Hill Top	
13.	09 th to 13 th Sep 2024	Basketball	Lavale Hill top	
14.	10 th to 13 th Sep 2024	Futsal	Lavale Hill Base	
15.	01 st to 09 th Oct 2024	Football	Lavale Hill Top	
16.	20 th Nov 2024	Triathlon	Lavale Hill Top	
17.	21 st to 23 rd Nov 2024	Athletics	Lavale Hill Top	
18.	26 th Nov to 03 rd Dec 2024	Cricket	Lavale Hill Top	
19.	29 th to 30 th Nov 2024	Best Physique	New Viman Nagar / Nagpur Campus	



॥सम्बुद्धिं युद्धमकम्॥

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)

Event Calendar 2024-25

Sr. No	Date	Days	Event
Mass Events			
1	21-Jun-2024	Friday	International Day of Yoga
2	June/July/August	As per Institute requirements	Outbound
3	1 st to 10 th Aug 2024	Thursday to Saturday	Pre-FFR Run
	13 th Aug 2024	Tuesday	FFR (General Category)
4	15 th Aug 2024	Thursday	Fitness for Freedom Run (Elite)
5	29 th Aug 2024	Thursday	National Sports Day
6	29 th Sept to 10 th October 2024	Sunday to Thursday	Symbithon (5km live on last day)
7	21 st to 25 th Jan 2025	Tuesday to Saturday	Symbi Staff Sports Fest
8	January, 2025		HHC – Bangalore
9	18 th Jan '25	Saturday	Symbi Fit
10	4 th week of Feb 2025		Annual Sports Felicitation
11	Aug '24 to May '25		Inter Institute Virtual – Fantasy Premier League (Football)
Innovative Activities			
1	Every Wednesday		Wednesday Walk
2	Twice a Month (constituent Institutes & Departments)		Activity Break

AIU/WZ Competitions			
1	October 2024 to March 2025	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
2	Complete Academic Calendar	Well for Life	Physical
3	Complete Academic Calendar	Sports and Fitness courses	Physical



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)

Fitness Events Calendar 2024-25

Sr. No	Date	Event	Campuses	Mode of Conduct
1	3 rd Week of Jun 2024	Campus Specific Challenges	All Campuses	Physical
2	3 rd Week of Jul 2024	Campus Specific Challenges	All Campuses	Physical
3	3 rd Week of Aug 2024	Campus Specific Challenges	All Campuses	Physical
4	2 nd Week of Oct 2024	Folk Dance Garba	All Campuses	Physical
5	4 th Week of Nov 2024	Campus Specific Challenges	All Campuses	Physical
6	3 rd Week of Dec 2024	Campus Specific Challenges	All Campuses	Physical
7	3 rd Week of Jan 2025	Campus Specific Challenges	All Campuses	Physical
8	3 rd Week of Feb-2025	Campus Specific Challenges	All Campuses	Physical
9	3 rd Week of Mar-2025	Campus Specific Challenges	All Campuses	Physical
10	3 rd Week of Apr-2025	Campus Specific Challenges	All Campuses	Physical

Annual Wellness Checkup – Fitness Test Calendar

Sr.no	Category	Activity	Month	Mode
1	UG & PG 1 st Year Students	Fitness Test during DSRW Tour	June to Sep	Physical
2	UG & PG 2 nd Onwards Students	Fitness Test (1Mile Walk/Run) during Symbithon	Oct to Feb	Physical
3	Staff	Fitness Test	Feb to Mar	Physical



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

Administrative Calendar 2024-25

Meetings			
Sr. No	Date	Day	Details
1	15 th Nov 2024	Friday	University Sports Board Meeting
2	July 2024	---	Common Sports Council Meeting
3	28 th March 2025	Friday	University Sports Board Meeting
4	July – Aug 2024	---	Sports Council Meeting (Respective Institute)
5	Feb – March 2025	---	Sports Council Meeting (Respective Institute)

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.
- All the activities will be shown under Fit India.

Dr. Nayana Nimkar
Director, DSRW