

Board of Sports & Cultural Activities

Annual Sports Report

2020-21

The Sports Department of the Pravara Institute of Medical Sciences witnessed a very unusual year, due to the pandemic that began in March and put an end to most, if not all activities. Despite the situation the department got through various hardships to give the students the same entertainment and opportunities that sports gives us. The following are the activities and events that took place in the academic year 2020- 2021 on both platforms: - A) Online B) Offline

A) Online Events/ Activities

1. International Yoga Day.

The Sports Department kick started its activities for the academic year with World Yoga Day on June 21st, 2020. Students sent in videos of themselves practicing the ancient form of meditation and the importance of it during this time of crisis. It was a wonderful and enriching display by students and the faculty that were involved in this. The theme for the year 2020 was 'Yoga at home and yoga with family'. So, we encouraged Students to perform Yoga at home and send pictures and upload on social media websites. With the COVID-19 pandemic exacerbating psychological suffering and mental health problems, many people have been embracing Yoga to stay healthy and to fight isolation and depression.

Sports department also organized Webinar on this day. Eminent & well experienced **Dr. Pallavi Kavhane** (Director, Maharashtra Mandal's Yoga and Ayurved Prabhodini, Vishwanand Yoga Research Centre, Pune) and **Ms. Aarti Pal** (Asst. Professor, Yoga Education, Savitribai Phule Pune University, Pune & Secretary, Yoga and Sports welfare Association) were invited for guiding about importance of Yoga. The Webinar was chaired by Hon'ble Vice Chancellor Dr Y.M. Jayaraj. The participants registered themselves for the webinar and participated online through Microsoft team's app. Dr. Pallavi Kavhane delivers the benefits of Yoga for Wellness. She also demonstrates some Asana's to be performed while sitting in the chair in the office or elsewhere. Ms. Aarti Pal guided about the Pranayama and Yoga for Medical Practitioners.



2. Fit India Freedom Run

Fit India Movement was launched by Prime Minister Narendra Modi on 29/8/2019. Its vision is to use the youth as change agents and catalysts to take the cause of fitness to India's masses. On 15 August 2020 there was an online launch of Fit India Youth Club which included activities such as the Fit India Freedom run where participants ran a route of their choice and tracked their kilometers manually.

The other activity was the Fit India Movement where participants practiced fitness at home with their family and motivated others to undertake fitness activities. Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. The students made a video and shared it on the university you tube channel and shared it on whats app groups and inspired others to live a healthier and a fitter life.

The Plank Challenge and Yoga with family activity garnered good response from students who performed the activities with their families. These activities were also posted on official page of Dr APJ AK COPT Facebook and Instagram with the hash tag #Fit India.



B) Offline Events/ Activities

1. 1. 20-20 Cricket league tournament

Sports Department organized the 20-20 Cricket league tournaments on 7th February to 8th February 2021 .Three teams were participated in this tournament which includes the players from the various constituent colleges of PIMS DU. The names of these teams are 1.Northern Rhinos 2.Super Sambhaji Rangers & 3. Eastern Rangers. Runner Up of this tournament was Super Sambhaji Rangers and winner was Northern Rhinos. Winners were awarded with the Trophies.



2. Fitness plan.

Sports department organized Physical Fitness Test Programme for newly admitted First Year M.B.B.S. Students. In this programme following test were conducted:

- **Anthropometry measurement :**
 1. Height
 2. Weight
- **Physical Fitness Test :**
 1. Seat & Reach for Flexibility
 2. Pushups for Measuring Strength
 3. 12 Minute Run Walk Test for Measuring Cardiovascular fitness
 4. Body Composition (MI Body Composition Scanner) considering the following components as – (BMI, Body Score Body Fat%, Protein %, Basal Metabolism, Visceral Fat, Muscle Mass, Total body water %, Bone Weight)

Test conducted for the 200 First year MBBS Students in which 86 male and 114 Female students.

**Asst. Director Sports
PIMS DU**