



## 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 2025-26

Sr. No	Date	Days	Event
<b>Mass Events</b>			
1	21-Jun-2025	Saturday	International Day of Yoga
2	June/July/August	As per Institute requirements	Outbound
3	1 <sup>st</sup> to 10 <sup>th</sup> Aug 2025	Thursday to Saturday	Pre-FFR Run
4	14 <sup>th</sup> Aug 2025	Thursday	FFR (General Category)
5	15 <sup>th</sup> Aug 2025	Friday	Fitness for Freedom Run (Elite)
6	29 <sup>th</sup> Aug 2025	Friday	National Sports Day
7	29 <sup>th</sup> Sept to 10 <sup>th</sup> October 2025	Monday to Friday	Symbithon
8	19 <sup>th</sup> to 22 <sup>nd</sup> Jan 2026	Monday to Thursday	Symbi Staff Sports Fest
9	January & February 2026		HHC (SIMS/ NOIDA/ Bengaluru/ Hinjewadi)
10	13 <sup>th</sup> Jan 2026	Tuesday	Cyclothon
11	31 <sup>st</sup> Jan 2026	Saturday	Symbi Fit, Dance, Best Physique Annual Sports Felicitation
12	March 2026		Invitational Tournament
<b>Innovative Activities</b>			
1	Every Wednesday		Wednesday Walk
2	Twice a Month (constituent Institutes & Departments)		Activity Break
3	April		Fitness Dating

<b>AIU/WZ Competitions</b>			
1	October 2025 to March 2026	AIU/WZ Competitions for Basketball, Football, Cricket, Badminton, Table Tennis, Squash, Handball, Volleyball, Swimming, Chess, Shooting and Tennis, Taekwondo	Physical
2		Organization of AIU Badminton or Chess	
<b>Academic Activities</b>			
1	Complete Academic Calendar	Health and Wellness Module	Physical



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#### Event Calendar 2025-26

#### 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, Pickleball, Taekwondo	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.	28 <sup>th</sup> to 30 <sup>th</sup> Aug 2025	Table Tennis	Lavale Hill Top	
2.	29 <sup>th</sup> to 30 <sup>th</sup> Aug 2025	Squash	Lavale Hill Top	
3.	29 <sup>th</sup> to 30 <sup>th</sup> Aug 2025	Swimming	Kirkee Campus	
4.	29 <sup>th</sup> Aug 2025	Yoga	Lavale Hill Base	
5.	28 <sup>th</sup> to 30 <sup>th</sup> Aug 2025	Power Lifting	Viman Nagar (New)	
6.	1 <sup>st</sup> to 4 <sup>th</sup> Sep 2025	Badminton	Lavale Hill Top & SUHRC Campus	
7.	2 <sup>nd</sup> to 3 <sup>rd</sup> Sep 2025	Chess	Kirkee Campus	
8.	8 <sup>th</sup> to 11 <sup>th</sup> Sep 2025	Volleyball	Viman Nagar (New)	To be conducted campus wise, Single team from campus comprising of Best players to represent campus.
9.	11 <sup>th</sup> to 13 <sup>th</sup> Sep 2025	Futsal	Lavale Hill Base	
10.	16 <sup>th</sup> to 20 <sup>th</sup> Sep 2025	Football	Lavale Hill Top	
11.	20 <sup>th</sup> Sep 2025	Taekwondo	Lavale Hill Top	
12.	23 <sup>rd</sup> to 26 <sup>th</sup> Sep 2025	Basketball	Lavale Hill top	
13.	26 <sup>th</sup> to 27 <sup>th</sup> Sep 2025	Handball	Lavale Hill Base	
14.	25 <sup>th</sup> to 27 <sup>th</sup> Nov 2025	Tennis	Viman Nagar (New)	
15.	27 <sup>th</sup> Nov 2025	Triathlon	Lavale Hill Top	
16.	28 <sup>th</sup> to 29 <sup>th</sup> Nov 2025	Athletics	Lavale Hill Top	
17.	2 <sup>nd</sup> to 9 <sup>th</sup> Dec 2025	Cricket	Lavale Hill Top	



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### **Department of Sports Recreation and Wellness (DSRW)**

#### **Fitness Events Calendar 2025-26**

<b>Sr. No</b>	<b>Date</b>	<b>Event</b>	<b>Campuses</b>	<b>Mode of Conduct</b>
1	14 <sup>th</sup> to 18 <sup>th</sup> July 2025	Campus Specific Challenges	All Campuses	Physical
2	11 <sup>th</sup> to 14 <sup>th</sup> Aug 2025	Campus Specific Challenges	All Campuses	Physical
3	15 <sup>th</sup> to 19 <sup>th</sup> Sep 2025	Campus Specific Challenges	All Campuses	Physical
4	6 <sup>th</sup> to 10 <sup>th</sup> Oct 2025	Campus Specific Challenges	All Campuses	Physical
5	17 <sup>th</sup> to 21 <sup>st</sup> Nov 2025	Campus Specific Challenges	All Campuses	Physical
6	15 <sup>th</sup> to 19 <sup>th</sup> Dec 2025	Campus Specific Challenges	All Campuses	Physical
7	31 <sup>st</sup> Jan 2026	Mega Event - SYMBIFIT 11	Lavale Up, Pune	Physical
8	16 <sup>th</sup> to 20 <sup>th</sup> Feb-2026	Campus Specific Challenges	All Campuses	Physical
9	16 <sup>th</sup> to 20 <sup>th</sup> Feb-2026	Campus Specific Challenges	All Campuses	Physical
10	16 <sup>th</sup> to 20 <sup>th</sup> Mar-2026	Campus Specific Challenges	All Campuses	Physical

#### **Annual Wellness Checkup – Fitness Test Calendar**

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



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### Department of Sports Recreation and Wellness

#### Administrative Calendar 2025-26

Meetings			
Sr. No	Date	Day	Details
1	15 <sup>th</sup> Nov 2025	Saturday	University Sports Board Meeting
2	25 <sup>th</sup> July 2025	Friday	Common Sports Council Meeting
3	27 <sup>th</sup> March 2026	Friday	University Sports Board Meeting
4	July – Aug 2025	---	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