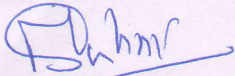


ANNUAL REPORT

(SPORTS)

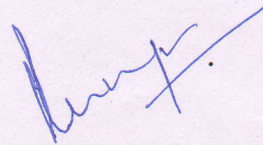
2020- 2021

Department of Student's Welfare



Dr. Mohit Sahni

(Associate Dean Students Welfare)



Dr. Nirupma Gupta

(Dean Students Welfare)

Sharda University

Plot No. 32, 34, Knowledge Park III, Greater Noida, Uttar Pradesh 201310

Annual Report 2020-2021

Sharda University believes that Sports plays a pivotal role in molding one's personality and maintaining good health. We've specially developed a sports-centric environment that matches international standards and gives a truly global experience to all our students.

Sports Department encouraged the students to travel far and wide and compete in Competitions held by prestigious institutions. Through Selection trails for the university team university got some professional players as well as the people who want to learn and achieve that position.

In Campus Activity

One Week Sessions on Mental Health, Fitness and Yoga 12th October to 17th October 2020

Yoga & Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a working woman, Yoga is a great remedy to remove her tensions which definitely affects her health because she has to nurture the home, fulfill a demanding career, take care of the family, handle Yoga is a great remedy to remove her tensions which definitely affects her health because she has to nurture the home, fulfill a demanding career, take care of the family, handle household work; she has to play multi roles with her skills. Yoga help working woman by giving her emotional strength so that she can easily manage all pressures and can give her best intellectual abilities. In view of this Sports department organized One Week Sessions on Mental Health, Fitness and Yoga held at Sharda University.

SHARDA UNIVERSITY
Beyond Boundaries

Department of Student's Welfare
invites you for a webinar on

ONE-WEEK SESSIONS ON MENTAL HEALTH, FITNESS AND YOGA
12 Oct. to 17 Oct., 2020 | 08:45 AM to 09:40 AM | Google Meet

SPEAKERS

 Dr. Sanjay Singh HOD Department of Yogic Sciences, University of Patanjali, Haridwar	 Dr. Kamakhya Kumar Dean and Head Department of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar
 Dr. Shivom Acharya Assistant professor Department of Yogic Sciences, SHSS, Sharda University	 Dr. Sudhanshu Verma Coordinator & Assistant professor Department of Yogic Sciences, SHSS, Sharda University
 Dr. Arun Kumar HOD Department of Sports, Bennett University	 Dr. Sudiksha Singh Dentist and Youth Wing Volunteer of the Art of Living

CONVENER

Dr. Nirupma Gupta
Dean
Students' Welfare,
Sharda University

CONVENER

Prof. Anubha Vashisht
Dean
School of Humanities
& Social Science, SU

CO-CONVENER

Dr. Mohit Sahni
Associate Dean
Students' Welfare,
Sharda University

MODERATOR

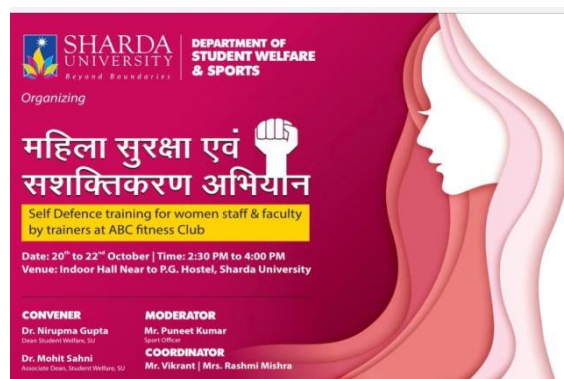
Dr. Kuldeep Dhanker
Faculty Coordinator Environment Club, SU
Assistant Professor, Public Health Dentistry, SU

Student Coordinator
Pallav Prakash (Student Coordinator, Environment Club, SU 813 0512145, Email- 2017014641.pallav@sharda.ac.in)
Kanu Chaudhary (Student Coordinator NCC, SU) | Priyanshi Martin | Pratyush

Google Meet: <https://meet.google.com/htv-nhxy-bpk> | Registration Link: <https://forms.gle/VczP6ze61767Y48>

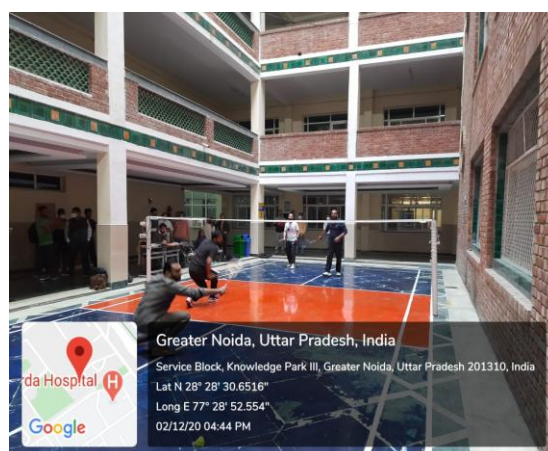
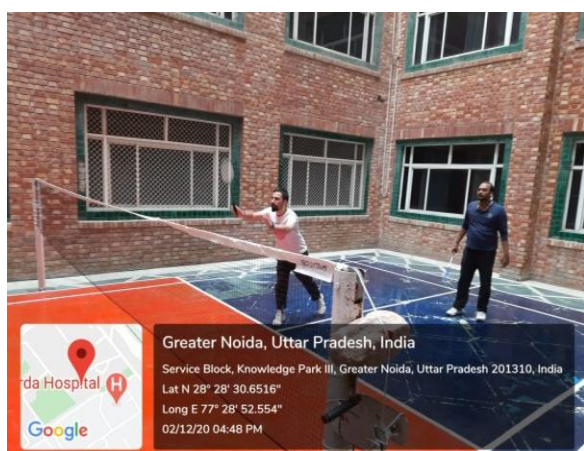
Self-Defence Training for Women Faculty and Staff (20th -22nd October,2020)

A Three-day Self-Defence Training for Women Faculty and Staff was organized by Department of Students Welfare, conducted by trainers of Aesthetic Body Calisthenics from 2:30pm -3:30 pm at Indoor Sport Hall, Sports Arena, Sharda University on 20th -22nd October 2020. The resource person, Mr. Pratik Bajaj teaches various skill to women, as a part of his Right to Safety Programme.



Staff Badminton Championship-2020 (01 Dec 2020 to 11 Dec 2020)

Sports Department (D.S.W) along with Human Resource Department, Sharda University organized a Staff Badminton Championship day of Tuesday, 01/12/2020 to 11/12/2020. In this event total 16 teams participated which includes 31 Departments from University.



7 Aside Football Tournament for International Students (19th Dec 2020 to 1st Jan 2021)

Sports Department, Department of Students' Welfare, Sharda University organized this sports event 7Aside Football tournament for International Students. In this tournament 5 teams were participated. Out of 5 teams 2 team were winners. This tournament was held in month of 19th December 2020 to 1st January 2021, total 23 matches were played between teams.



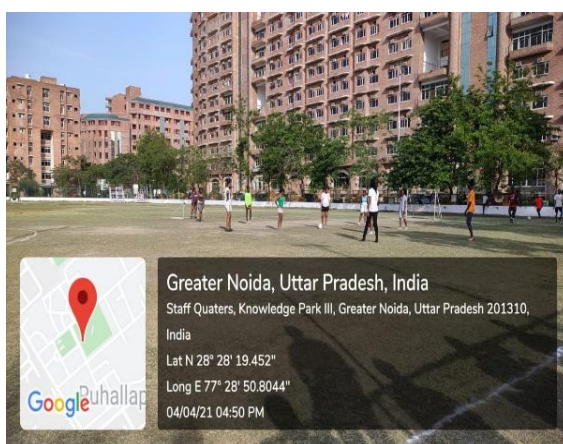
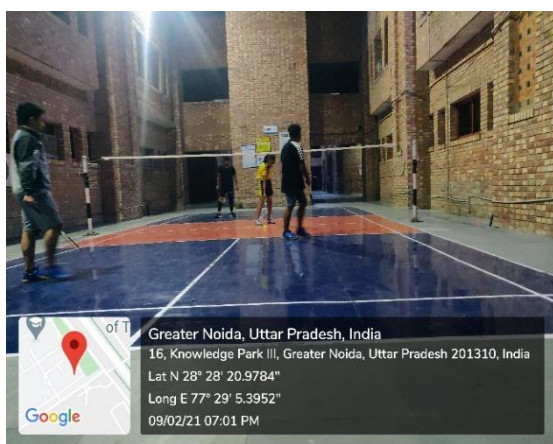
3rd T10 Staff Cricket Championship (11th January 2021 To 22nd January 2021)

Sports Department, Department of Students' Welfare, Sharda University and Department of Human Resource organized this Cricket tournament 12 combined teams from 37 different departments with supporting staff played in this tournament. The tournament was played on league basis. 6 teams in 2 pools each. Every team played with 1 female faculty. Total 33 matches were played in this tournament.



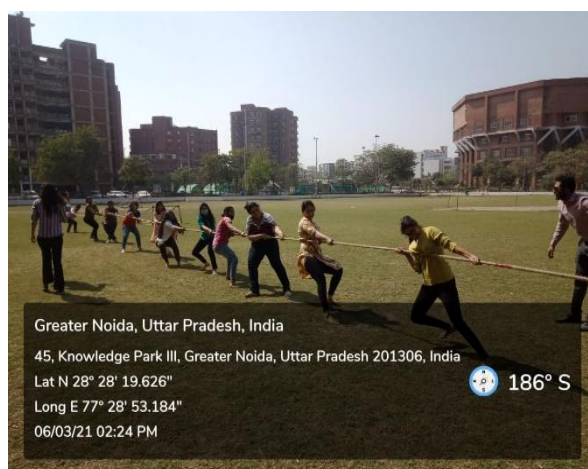
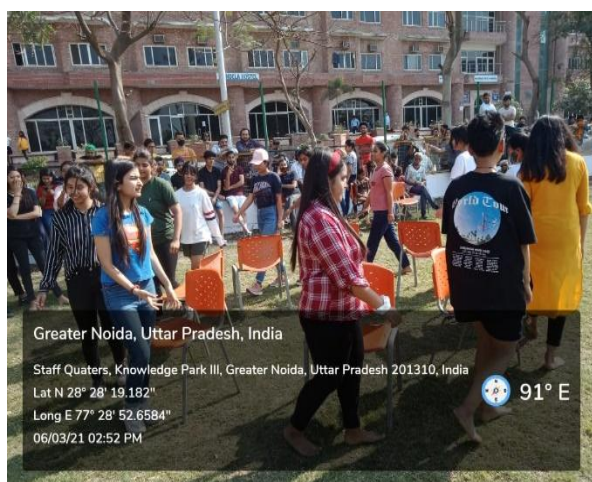
Foundation Course (MBBS Batch 2020) Sports activity (18th Jan to 15th May 2021)

Sports department organized various sports activity for 1st year MBBS Students. The class of this batch used to be 2 days in a week. In this programme sports department described the warm up exercises for students to start the activity, Introduction of Sports and Physical activity for students, Role of Diet & Nutrition in sports, Role of Posture in sports and normal students, Fundamental & basic skills for Games- Volleyball and Basketball, Football, Badminton, Cricket, Importance of Exercise and stretching in Everyday Life



Sports Event & Self-Defence Training for Women Faculty/ staff & Female Students (6th March, 2021)

Self-Defence Training for Women Faculty and Staff was organized by Department of Students Welfare, (Sports) conducted by trainers of Aesthetic Body Calisthenics from 1:30pm -4:30 pm, Sharda University 6th March,2021. This Training gave the wide variety of opportunities to showcase their ability to learn skills, strategies, along with That Sports Department also organize Tug of War & Music Chair an event for female faculty (Staff) and female students for fun and entertainment.

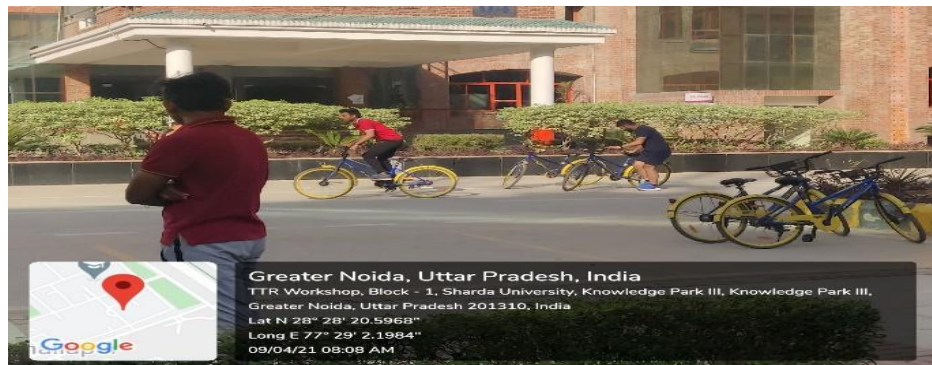
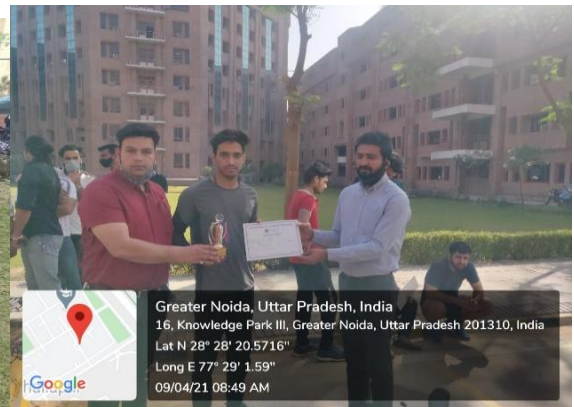
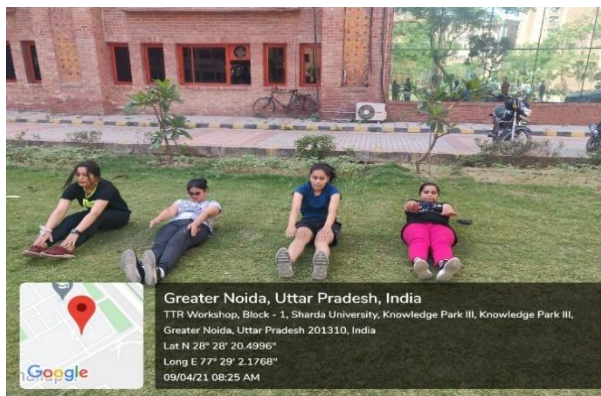




Triathlon Sports Event for Boy's and Girl's (Fresher's mashup) 9th March 2021

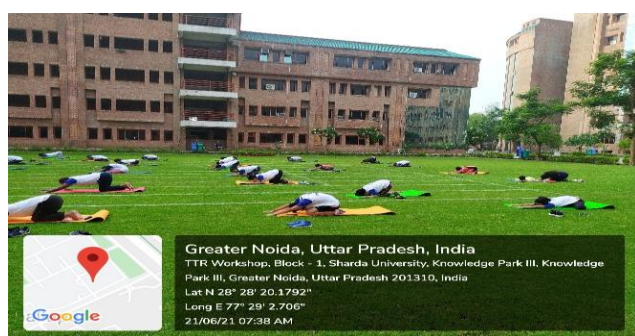
Sports Department, Department of Students' Welfare, Sharda University organized this sports event for fresher's (Boys & Girls). In this event around 25 to 30 students participated. A triathlon is an endurance multisport race consisting of cycling, swimming, and running over various distances. In this event all players have to follow the three component sequence.

- (A) Cycling (B) Crunches for boys = 30
For girls = 20
(c) Running



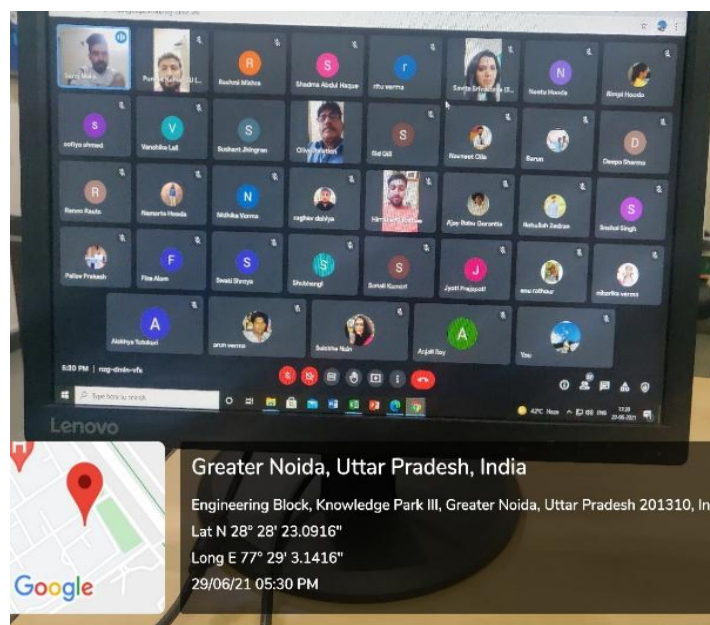
International Day of Yoga (21st June 2021)

The University Grant Commission (UGC) had released guidelines for celebration of International Day of Yoga 2021. This year as per UGC this event had to be in accordance with the social-distancing protocol. Hence, UGC had asked universities and colleges to encourage students and faculty member to perform 'Be with Yoga, Be at Home'. Sports Department, Department of Students' Welfare, Sharda University organized an International day of yoga on 21st June 2021. In this event around 150 faculty and students participated. Department of Student Welfare along with Department of Yogic Science (SHSS) Organized an Online Live Streaming yoga session for the celebration of the same for University Faculty staff and students.



Online Sports Activity for all the students (29th June ,2021)

Online Sports activity for all the students was organized by Department Students Welfare, (Sports) conducted by Suraj Malik (Certified strength and conditioning Fitness trainer) from 4:30pm -5:30 pm, Sharda University 29th June 2021. In this event 80 to 90 students participated. The resource person, Mr. suraj Malik teaches various skill & exercises to Students.






SHARDA UNIVERSITY
Beyond Boundaries


DEPARTMENT OF STUDENTS' WELFARE (SPORTS)
Webinar on

“HOW PANDEMIC IMPACTED ON SPORTS IN INDIA”


SPEAKERS




Dr. Vikram Singh
Senior Asstt. Director Physical Education
J.N.U. New Delhi



Dr. Nama Ashish Prem Singh
Associate professor
Motilal Nehru college Delhi University




Dr. Yashwant Singh
Sports In-charge
Lala Lajpatrai University of veterinary and animal sciences, Hissar, Haryana




Ms. Shiba Maggon
FIBA Player, Coach and Referee

CONVENOR




Dr. Nirupma Gupta
Dean - Student Welfare




Dr. Mohit Sahni
Associate Dean - Student Welfare

COORDINATOR



Mr. Puneet Kumar
Sports Officer



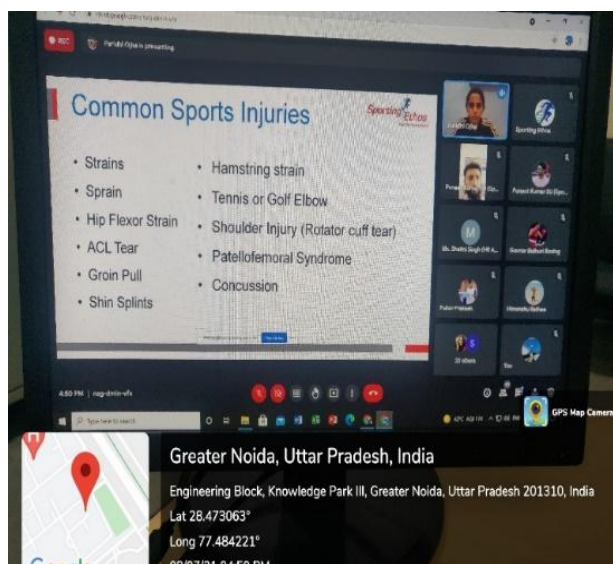
Ms. Vinti Hooda
Sports Officer

Student Coordinator: Mr. Pallav Prakash

Date: 1st July, 2021 Time: 4:00pm to 5:00 pm <https://meet.google.com/nzg-dmin-vfx>

2 Day's Workshop on How to prevent workout and sports injuries (07 to 08 July 2021)

This workshop was organized by the Department of student welfare (Sports) for all the students on 07 to 8 July 2021. The main objective of the workshop was how to make students aware about Sports injuries. This workshop was conducted by **Sporting Ethos** from 4:30pm -5:30 pm, Sharda University. The resource person Mr. Rishab Jaiswal (High Performance Director) told various common injuries to students. And Ms. Paridhi Ojha (Sports Physiotherapist) told that if the injury is happening, then how it is rehabilitated. Gaurav Vidhuri (International boxer world ranking 11) also interacted with the students got knowledge about Boxing . In this event 70-80 students participated.





SHARDA UNIVERSITY

Beyond Boundaries

DEPARTMENT OF STUDENTS' WELFARE (SPORTS)
organizes workshop on

“HOW TO PREVENT SPORTS & WORKOUT INJURIES,,

SPEAKERS



Mr. Rishab Jaiswal
High-Performance Director - Sporting Ethos



Ms. Paridhi Ojha
Sports Physiotherapist - Sporting Ethos



Mr. Gaurav Bidhuri
World Boxing Championship Bronze Medalist
(Ranked 11th in the world)

CONVENORS



Dr. Nirupma Gupta
Dean - Students Welfare



Dr. Mohit Sahni
Associate Dean - Students Welfare

COORDINATOR



Mr. Puneet Kumar
Sports Officer



Ms. Vinti Hooda
Sports Officer

Student Coordinator: Shubhrit Awasthi

Date: 7-8 July, 2021

Time: 4:30 pm to 5:30 pm

<https://meet.google.com/nzg-dmin-vfx>