

## **S.D WOMEN'S COLLEGE, RAJGANGPUR**

### **ANNUAL SPORTS REPORT 2020-21**

The Sports Department of the College 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: -

1. Online
2. Offline

#### **Events/Activities**

##### **International Yoga Day**

The Sports Department kick started its activities for the academic year with World Yoga Day on June 21<sup>st</sup>, 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. Also the sports Dept. organize a webinar on “YOGA IMMUNITY” on the occasion of International Yoga Day- Swami Sashwatananda Saraswati , Traditional Vedanta Teacher in Arsahavidya Teaching Tradition and Vedic Vision of Yoga And Master Sundarmani Patel (Taeknondo Yoga Specialist) was the resource Persons.

##### **The Stay Fit YOGA Class Program**

The program was the first initiatives of the sports department for the academic year. The program was to give students an opportunity to keep themselves fit. Two sessions take place Monday to Saturday from 14.03.2020 at 7.00 to 8:00AM. The sessions are based on strength, conditioning and yoga with Marinating COVID-19 protocols .

100 students registered for the program. Students participated with enthusiasm and punctuality with the aim of becoming fit.

