

Sports Department

(A.Y. 2020 – 21)

Faculty in-charge

Asst. Prof. Sandip Borse
Asst. Prof. Saurabh Jadhav

Ours is a college that emphasises on sports and physical activities just as much as it does on academics. We believe that sporting activities complement the intellectual growth of a human being like nothing else. In pursuance of this, we, at DES's Shri Navalmal Firodia Law College, strive to encourage participation in sports to the fullest possible extent.

Our students always faced the heat and still stood tall. We relentlessly continued to broaden our horizons, push our limits and enhance our abilities through the class 3D philosophy – dedication, discipline and determination.

A team, no matter how strong, will never achieve true success if it lacks a capable leader. A direct personification of this is our beloved Sports Representatives, Miss. Shubhada Chondekar and Mr. Prathamesh Paithankar and dedicated sports coordinators.

DUM 2020-21

Sports is ingrained in the history of our college. Sports has played an inevitable role in the development of our college. Continuing with the annual event of Dum, our sports fest, students, teachers, management and support staff made a coordinated effort even this time on. Due to the ongoing pandemic and government guidelines, this time Dum was held online - this time for a cause. Dedicated to our frontline workers, we had the annual sports event online with different activities. Coordinators, event heads and volunteers participated enthusiastically. More than 200 participants participated. **Activities like Push Up, Plank, Jumping Squats, High Knees, Chess, Virtual Running, DES Got Talent, The Balancing Challenge, Khele Hum Jee Jaan Se (Sports Quiz) were planned.** It was a 4-day event filled with fun and fanfare where everyone could showcase their talents.

It proved to be another example of how sports can bring people together. Online organisation, coordination and participation was altogether a new experience for each one but it was a case in point where humans can with ease come under a common umbrella for a cause.

Event Head

Prathamesh Paithankar
Shubhada Chondekar

Events Coordinators

Sr. No.	Name of the Event	Co-ordinators Boys	Co-ordinators Girls
1	Push Ups	Mandar Gate	Devashree Jadhavrao
2	Event-Plank	Vaishnavi Naikare	Sakshi Venkatesh Shinde
3	Jumping Squats	Kshitij Devkhile	Taniya Shah Harshada Parbhane
4	High Knees	Raj Shinde, Ajinkya Shinde	Rajlaxmi Nimbalkar
5	Chess	Nihal Singh, Prathamesh Paithankar	Vaishnavi Naikare, Shriya Haridas
6	Virtual Running	Prathamesh	Aarya Rajebhosale

		Paithankar	
7	DES Got Talent	Siddhant Singh	Shubhada Chondekar
8	The Balancing Challenge	Raunak Nenwani	Pranoti Shete, Ketaki Patil
9	Khele Hum Jee Jaan Se(Sports Quiz)		Urja Mishra, Aditi Bhal

Winners of Dum

Sr. No.	Name of the Event	Gender	Winners	Runners Up
1	Push Ups	Boys	Shritej Ghule	Anurag Dhaygude
		Girls	Vaishnavi Naikare	-
2	Plank	Boys	Siddhant Vashishth	Rupesh Raut
		Girls	Rama Sane	Prabha Goswami
3	Jumping Squats	Boys	Rupesh Raut	Anirudha Lokhande
		Girls	Rajlaxmi Nimbalkar	Vaishnavi Naikare
4	High Knees	Boys	Anirudha Lokhande	Rupesh Raut

		Girls	Vaishnavi Naikare	Samaruddhi Veer
5	Chess	-	Divya Prakash	Ajinkya Karad
6	Virtual Running	Boys	Anirudha Lokhande	Yunus Sayyad
		Girls	Vaishnavi Naikare	Rajlaxmi Nimbalkar
7	DES Got Talent	Boys	Rupesh Raut	-
		Girls	Sejal Lahane	-
8	The Balancing Challenge	-	Rajlaxmi Nimbalkar	Nirvikalp Kale
9	Khele Hum Jee Jaan Se(Sports Quiz)	-	Nikhil Pratap Singh, Deepak Gupta	Mihika Chitale, Pushpit Mathur, Divya Prakash, Anirudha Lokhande Sushant Javir

6th International Day Of Yoga 2020

Yoga is a light which once lit will never dim. The better you practice, the better the flame.

The **21st of June** is celebrated as Yoga day globally. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in India. The yoga Day was inceptioned in 2015.

Yoga is not just doing some body- twisting postures- it is experiencing the union of the body, mind and breath. It is enjoying peace of mind.

On the occasion of 6th International Day of Yoga with the theme 'Yoga at Home' and 'Yoga with Family' and performed common Yoga protocol. Our two students have participated in National Competition organized by Ministry of AYUSH.

Participants	1)Prathamesh Paithankar 2)Anshika Pandey
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Sports rejuvenates, nourishes and moisturisers the mind, body and soul. Continuous encouragement to sports and its growth will only add to the personality of our students. The college and Sports Department is active and willing to expand the horizon of sports activities and cultivate talent among our students. Resilience, grit and strong headedness are aspects that are important as is also shown by the pandemic. What better way to cultivate these than play sports.

Play hard, play full, play right !!!