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SPORTS REPORT 2025-26 (SEM I)			
Sr. no.	Event Details	Name Of The Staff Events Co- Ordinator	Date
SEM -I			
	Commencement of First Term Of Academic Year 2025-26		
1.	Yoga day celebration	Prof. Deepali Morey	23/06/2025
2.	Sahaz Yoga	Prof. Deepali Morey	26/08/2025
3.	Independence day	Prof. Deepali Morey	15/08/2025
4.	National Sports Day	Prof. Deepali Morey	29/08/2025
5.	Teachers Day	Prof. Deepali Morey	05/09/2025
6.	Non Teaching Staff Medical Checkup	Prof. Deepali Morey	14/10/2025
7.	Inter Collegiate Competitions	Prof. Deepali Morey	22/08/2025
8.	Judo Event	Prof. Deepali Morey	24/09/2025
9.	Football Event	Prof. Deepali Morey	11/10/2025
10.	FY Medical Checkup	Prof. Deepali Morey	27-28 / 11 /2025



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SEM-I

Department of Physical Education Activity Report 2025-26

Date: 23/06/2025

Yoga Day



Yoga Day

Program Level: College Level Celebration

Program Type: Yoga's Day Celebration

Date: 23rd June, 2025

Topic: Yoga Day

Organized by: Sports Committee, AISSMS IOIT

AISSMS IOIT, organized a vibrant event to celebrate World Yoga Day on June 23rd. The event aimed to promote yoga, create awareness about its benefits, and encourage a healthy lifestyle among participants. The event included the following highlights:

Yoga Sessions: Professional instructors led invigorating yoga sessions, guiding participants of all ages and fitness levels through various asanas and breathing exercises. Attendees practiced poses such as Tadasana, Vrikshasana, Bhujangasana, Balasana, and Savasana.

Workshops and Demonstrations: Informative workshops covered meditation techniques, stress management through yoga, and the philosophy behind it. Skilled practitioners demonstrated advanced yoga poses, inspiring attendees to deepen their practice.

Key outcomes of the event were:

Increased Awareness: The event raised awareness about the physical, mental, and spiritual benefits of practicing yoga, promoting overall well-being.

Skill Enhancement: Participants enhanced their yoga skills through expert-led sessions, workshops, and demonstrations, learning new techniques and gaining confidence.

Inspiration and Motivation: The event inspired attendees to incorporate yoga into their daily lives, with



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talks and exposure to advanced practitioners igniting enthusiasm and a desire to continue their yoga journey

Community Building: The event fostered a sense of community among like-minded participants, offering networking opportunities and creating a supportive environment for growth. The yoga day was conducted by Dr. Deepali Morey and Mrs. Priya under the guidance of Dr. P. B. Mane, principal of AISSM IOIT



Report Submitted by: **Dr. D.S. Morey**

Signature:

Date:



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Department of Physical Education Activity Report 2025-26

Date: 06/08/2025

Sahaz Yoga

Program Level: College Level Celebration

Program Type: Sahaz Yoga

Date: 6th August, 2025

Topic: Sahaz Yoga

Organized by: Sports Committee, AISSMS IOIT

Sahaja Yoga is a spiritual practice founded in 1970 by Shri Mataji Nirmala Devi in India. The term "*Sahaja*" means spontaneous or born with, and "*Yoga*" means union. Sahaja Yoga aims at achieving self-realization through the awakening of the Kundalini energy, which is believed to reside within every human being. This method emphasizes inner transformation rather than ritualistic practices.

The core principle of Sahaja Yoga is Self-Realization, which is the experience of becoming aware of one's true self. According to Sahaja Yoga philosophy, once the Kundalini energy rises through the central channel and pierces the Sahasrara (crown chakra), a person experiences a state of mental silence, peace, and balance. This awakening is said to occur naturally and effortlessly without physical strain.

Sahaja Yoga is based on the concept of seven chakras or energy centers within the human body, each governing specific physical, emotional, and spiritual qualities. When these chakras are balanced and energized, individuals experience improved well-being, clarity of thought, and emotional stability. Regular meditation helps in clearing negative energies and maintaining harmony within the system.

One of the distinctive features of Sahaja Yoga is that it is completely free of cost. Shri Mataji emphasized that spiritual growth cannot be bought or sold. Sahaja Yoga is practiced worldwide through meditation sessions, workshops, and collective programs conducted voluntarily by practitioners.

Sahaja Yoga also contributes positively to physical and mental health. Practitioners report



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reduced stress, better concentration, emotional balance, and improved overall health. It has been practiced by people from various cultural, social, and religious backgrounds, making it a universal approach to spirituality.

Conclusion :-

In conclusion, Sahaja Yoga is a simple, spontaneous, and effective method of meditation that promotes inner peace, self-awareness, and holistic development. By encouraging self-realization and inner balance, Sahaja Yoga helps individuals lead a more meaningful, harmonious, and stress-free life.





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Department of Physical Education Activity Report 2025-26

Date: 15/08/2025

Independence Day

Program Level: College Level Celebration

Program Type: Independence Day

Date: 15th August, 2025

Topic: Independence Day

Organized by: Sports Committee, AISSMS IOIT

Independence Day is one of the most significant national festivals of India, celebrated every year on 15th August. On this day in 1947, India gained freedom from British rule after a long and determined struggle led by great freedom fighters. This historic occasion marks the birth of a sovereign, democratic nation.

The celebration of Independence Day honors the sacrifices of national leaders such as Mahatma Gandhi, Jawaharlal Nehru, Subhas Chandra Bose, Bhagat Singh, and many others who devoted their lives to the freedom movement. Their courage, dedication, and patriotism laid the foundation of modern India.

On Independence Day, the Prime Minister of India hoists the national flag at the Red Fort in New Delhi and addresses the nation. The speech highlights the country's achievements, ongoing challenges, and future goals. The national anthem is sung with pride, and various cultural programs are organized across the country.

Educational institutions celebrate the day with great enthusiasm through flag hoisting ceremonies, patriotic songs, speeches, skits, and parades. These activities help instill a sense of patriotism, unity, and responsibility among students and citizens.

Independence Day reminds every citizen of their duties toward the nation. It encourages people to uphold democratic values, maintain unity in diversity, and work honestly for the progress and development of the country.

In conclusion, Independence Day is not just a celebration of freedom but also a reminder of the responsibility to protect and strengthen the nation. It inspires every Indian to contribute positively toward building a strong, peaceful, and prosperous India.



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National Sports Day

Program Level: College Level Celebration

Program Type: National Sports Day

Date: 29th August, 2025

Topic: National Sports Day

Organized by: Sports Committee, AISSMS IOIT

National Sports Day is celebrated in India every year on 29th August to commemorate the birth anniversary of Major Dhyan Chand, the legendary hockey player known for his exceptional skill and contribution to Indian sports. This day highlights the importance of sports and physical fitness in building a healthy nation.

The primary objective of National Sports Day is to promote awareness about the role of sports in maintaining physical and mental well-being. It encourages people, especially students and youth, to actively participate in sports and adopt a disciplined and healthy lifestyle.

On this occasion, various sports activities, competitions, fitness programs, and awareness sessions are organized in schools, colleges, and sports institutions across the country. Students take part in games such as athletics, football, cricket, volleyball, and indoor sports, showcasing teamwork, sportsmanship, and enthusiasm.

National Sports Day also recognizes excellence in sports through prestigious awards such as the Major Dhyan Chand Khel Ratna Award, Arjuna Award, and Dronacharya Award, which honor outstanding athletes and coaches for their achievements and dedication.

The celebration of National Sports Day inspires young talents to pursue sports as a career and understand the value of perseverance, discipline, and fair play. It strengthens the spirit of unity and national pride among citizens.

In conclusion, National Sports Day serves as a reminder that sports play a vital role in shaping a healthy, disciplined, and progressive society. By encouraging active participation in sports, the day contributes to the overall development of individuals and the nation.



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Department of Physical Education Activity Report 2025-26

Date: 05/09/2025

Teachers Day

Program Level: College Level Celebration

Program Type: Teacher's Day Celebration

Date: 4th September 2025

Topic: *Teachers – Guiding Light of Students*

Organized by: Student Council, AISSMS IOIT

Objective

The purpose of the program was to pay tribute to teachers for their dedication, mentorship, and lasting influence on students' academic and personal growth.

Event Details

The Teacher's Day celebration took place in the college's Multipurpose Hall with great zeal and respect. The event commenced with the traditional lighting and a devotional *Saraswati Vandana* set a serene tone for the program.

Mr. Soham Kale presented the schedule of the day's proceedings, after which students delivered heartfelt speeches and expressing their appreciation for teachers. The program also included the **distribution of prizes to teachers** as a token of acknowledgment for their guidance.

Ms.Sarika Zaware addressed the gathering with a speech highlighting the academic progress of the institute, encouraging both students and faculty to continue striving for excellence. The program also recognized the efforts of students through the **Best Class Distribution**, applauding collective discipline and achievements.

The event concluded with a Vote of Thanks from a student representative. As a meaningful closing gesture, the **Green Club distributed Tulsi plants** to promote values of purity, sustainability, and respect for nature.

Conclusion

The program was filled with admiration, warmth, and gratitude. It not only celebrated the invaluable role of teachers but also strengthened the teacher-student bond. The occasion truly



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reflected the theme “*Teachers – Guiding Light of Students*” and left lasting memories for everyone present

Glimpses:



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Department of Physical Education Activity Report 2025-26

Date: 14/10/2025

Non Teaching Staff Medical Checkup

Program Level: College Level

Program Type: Non Teaching Staff Medical Checkup

Date: 14th October, 2025

Topic: Non Teaching Staff Medical Checkup

Organized by: Sports Committee, AISSMS IOIT

A medical check-up camp for non-teaching staff was successfully conducted by the institution with the objective of promoting health awareness and ensuring the well-being of its non-teaching employees. The initiative reflected the institution's commitment toward the welfare of its staff members.

The medical check-up was organized on the college premises in coordination with qualified medical professionals. Various basic health parameters such as blood pressure, blood sugar levels, body mass index (BMI), general physical examination, and consultation were carried out during the camp.

All non-teaching staff members actively participated in the medical check-up. The doctors provided health advice, preventive care suggestions, and guidance on maintaining a healthy lifestyle. Staff members requiring further medical attention were advised to seek specialized treatment.

The program helped in early detection of health issues and raised awareness about the importance of regular medical examinations. It also encouraged staff members to prioritize their health while balancing professional responsibilities.

In conclusion, the medical check-up camp for non-teaching staff was conducted smoothly and successfully. The initiative contributed to creating a healthier and more supportive work environment and was highly appreciated by the staff members.



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Department of Physical Education Activity Report 2025-26

INTER COLLEGIATE COMPETITIONS

Program **Level:** Inter-Collegiate level matches
Program Type: Inter-collegiate level sports matches

Our college actively participated in various Inter-Collegiate Sports Competitions conducted during the academic year, showcasing a strong commitment towards the promotion of sports, physical fitness, and overall student development. The institution encourages students to actively engage in extracurricular activities alongside academics, and participation in inter-collegiate sports forms an integral part of this vision.

During the said academic year, our college participated in a total of 19 sports disciplines, including events for both men and women. The students competed with great enthusiasm, discipline, and sportsmanship, representing the college with pride in all the events. These competitions provided an excellent platform for students to demonstrate their athletic abilities, teamwork, leadership qualities, and competitive spirit.

The consistent training, guidance from physical education staff, and support from the college management played a significant role in the students' performances. The participants displayed dedication and perseverance throughout the competitions, competing against teams from various colleges across the region.

As a result of their outstanding performances in the inter-collegiate events, five (5) men athletes and two (2) women athletes were selected to represent the college at the Zonal-level competitions. This achievement is a notable milestone for the institution and highlights the quality of sports training and encouragement provided to the students.

Participation in inter-collegiate competitions has not only enhanced the physical fitness of students but has also contributed to the development of important life skills such as discipline, time management, cooperation, and leadership. The exposure gained through these competitions has motivated students to strive for excellence and has strengthened the sporting culture within the campus.

In conclusion, the active participation and success of our college in inter-collegiate competitions reflect the institution's dedication to holistic education. The college remains committed to providing ample opportunities and facilities for students to excel in sports and aims to achieve greater accomplishments in future competitions.



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Department of Physical Education Activity Report 2025-26

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24/09/2025

JUDO EVENT

Program Level: Inter-Collegiate level matches

Program Type: Inter-collegiate level sports selection trials

Duration in days: 24/09/2025

Topic: PUNE CITY ZONE INTER-COLLEGIATE JUDO SELECTION TRIALS 2025–26

Organized by: AISSMS Institute of Information Technology (IOIT), Pune

Under the Guidance of: Dr. Deepali Morey (Physical Director, AISSMS IOIT)

Objective: Identify and select talented players for higher-level intercollegiate competitions.

Judo Inter-Collegiate Competition (Selection Trials)

Date: 24/09/2025

Venue: Vitthal Tatya Dangat Judo Hall, Pune

Event Details:

The Savitribai Phule Pune University (SPPU) City Inter-Collegiate Sports Committee organized the Pune City Zone Inter-Collegiate Judo Selection Trials (Men's & Women's Teams) for the academic year 2025–26. The event was successfully hosted by AISSMS Institute of Information Technology (IOIT), Pune at the Vitthal Tatya Dangat Judo Hall.

The primary aim of the selection trials was to identify skilled players who will represent Pune City Zone in forthcoming Inter-Zonal and Inter-University Judo Competitions. The event provided an opportunity for young athletes to showcase their talent, discipline, and sportsmanship in an organized and competitive environment.

Day-wise Abstract of Contents Covered:

Day 1 – Selection Trials

Date: 24/09/2025

On this day, student-athletes from reputed colleges affiliated with SPPU participated across various weight categories. Matches were conducted fairly and transparently, with the supervision of judges and committee members. Both Men's and Women's Judo Teams were successfully finalized.

- **Judges & Committee Members Present:**



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- o Dr. Santosh Nawle
- o Mr. Amit Girgosari
- o Mr. Vikram Pawale
- o Dr. Deepali Morey

Key Outcomes

- Provided a platform to select and nurture Judo talent at the intercollegiate level.
- Ensured equal opportunity and transparent evaluation during selection trials.
- Strengthened intercollegiate sports culture under SPPU.
- Successfully finalized teams that will represent Pune City Zone at higher-level competitions.

Conclusion

The Pune City Zone Judo Selection Trials 2025–26 were conducted in a smooth and disciplined manner, reflecting excellent sportsmanship among student-athletes. AISSMS IOIT takes pride in hosting this prestigious event under the leadership of Dr. Deepali Morey and with the efforts of the college sports committee.

The selected players will now represent Pune City Zone at Inter-Zonal and Inter-University competitions, bringing glory to their institutions and SPPU.





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Report Submitted by: Dr. Deepali. Morey

Signature:

Date:

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Department of Physical Education Activity Report 2025-26

Date: 11/10/2025

FOOTBALL EVENT

Program Level: Inter-Collegiate level matches

Program Type: Inter-collegiate level sports matches

Duration in days: 11/10/2025

Topic: INTERCOLLEGIATE FOOTBALL (WOMEN) TOURNAMENT 2025-26

Organised by : Savitribai Phule Pune University (SPPU)



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Host College: AISSMS IOIT

Objective: Develop students' extracurricular activities.

Football (Women) Inter-Collegiate Tournament

Date: 11/10/2025 & 12/10/2025

Venue: AISSMS IOIT , Pune

Event Details:

The Intercollegiate Football (Women) Tournament 2025–2026 was successfully organized by Savitribai Phule Pune University (SPPU) and hosted by **AISSMS IOIT, Pune**. The tournament was conducted on **11th and 12th October 2025** at the **AISSMS IOIT Football Ground, Pune**, commencing at 8:30 AM and concluding at 4:30 PM.

The event aimed to develop students' extracurricular activities and promote physical fitness, teamwork, and sportsmanship among college students. The tournament witnessed enthusiastic participation from various colleges affiliated with SPPU, showcasing skill, discipline, and a strong competitive spirit.

The **Winner** is **ARHIANT COLLEGE**, the runner-up is **CACPE**, and the third place is **Cummins**.

Day-wise Abstract of Contents Covered:

Day 1 – Tournament Matches

Date: 11/10/2025

The tournament day began with the knockout matches among the participating colleges and semifinal matches. The matches were highly competitive, with each team exhibiting outstanding strategy, stamina, and coordination. Our institute's team performed admirably, showing exceptional teamwork, focus, and determination throughout the tournament.

Day 2 – Tournament Matches

Date: 12/10/2025

The second day of the tournament continued with the final round, third placement and selection rounds. The atmosphere was electric, with teams giving their all in pursuit of a spot in the finals. Spectators witnessed thrilling gameplay, close finishes, and remarkable sportsmanship. Our institute's team maintained their strong momentum, displaying tactical brilliance, unwavering focus, and commendable discipline. Their performance earned praise from participants and organisers alike, reinforcing their reputation as formidable contenders in the tournament.

Key Outcomes

- Promoted active student participation in intercollegiate football competitions.



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- Strengthened teamwork, leadership, and coordination among players.
- Provided exposure to university-level sports events and competitive play.
- Reinforced the institute's focus on holistic student development through sports and physical activities.

Conclusion

The Intercollegiate Football (Women) Tournament 2025–2026 was a successful one-day sporting event that provided an excellent platform for students to demonstrate their football skills, teamwork, and competitive spirit. Our participants represented the institute with pride, enthusiasm, and sportsmanship, reflecting the college's continued commitment to encouraging extracurricular excellence alongside academic growth.





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Report Submitted by: Dr. Deepali. Morey

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Department of Physical Education Activity Report 2025-26

Date: 27-28/11/2025

FY Medical Checkup

Program Level: College Level

Program Type: FY Medical Checkup

Date: 27th & 28th November, 2025

Topic: Non Teaching Staff Medical Checkup

Organized by: Sports Committee, AISSMS IOIT

A medical check-up for First Year Engineering students was organized at AISSMS Institute of Information Technology as per the guidelines of Savitribai Phule Pune University (SPPU), Pune. The medical examination was conducted on 27th and 28th November 2025 at the Gymkhana Office (Second Floor, Room No. 205).

The objective of the medical check-up was to assess the general health condition of students and ensure their physical fitness as mandated by the university. The medical test was compulsory for all First Year students, and it was clearly informed that students who failed to undergo the medical examination would not be permitted to appear for the university examination.

The medical check-up was carried out in a systematic and department-wise manner according to a predefined schedule. On 27th November 2025, students from departments such as COMP-B, INSTRU, EntC-A, IT-A, IT-C, AI&DS-A, and COMP-C attended the medical check-up at their allotted time slots. On 28th November 2025, students from COMP-A, EntC-B, AI&DS-C, IT-B, EL-A, and AI&DS-B participated as per the schedule.

All the respective GFM (Guardian Faculty Members) were present with their students to ensure smooth coordination and discipline during the process. The check-up included basic medical examinations conducted by authorized medical personnel.

The medical check-up program was conducted smoothly under the guidance of Dr. D. S. Morey (Physical Director), Dr. M. P. Gajare (HOD, FE), and Dr. P. B. Mane (Principal). The initiative ensured compliance with university norms and contributed to promoting health awareness among students.



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In conclusion, the medical check-up for First Year Engineering students was successfully conducted, achieving its objectives of health assessment, discipline, and adherence to SPPU regulations.



Report Submitted by: **Dr. D.S. Morey**

Signature:

Date: