



## National Sports Day Report

### Prasanthi Nilayam Campus

The college successfully celebrated National Sports Day from August 25 to 31, 2024, commemorating the birth anniversary of Major Dhyani Chand. Various sporting events were organized throughout the week, culminating in a prize distribution ceremony.

#### Day1: Cricket (UG) (25-26 Aug 2024)

The undergraduate cricket match between Shanti and Prema House was held at Hill-View Stadium for two days. Dr. Niranjan Narasimhan was invited as a guest. Prema House won the toss and elected to bowl first. The match was played for 20 overs, and Prema House emerged victorious.



#### Day2: Krishnashtami celebrations (Fun games) (26 Aug 2024)

On Krishna Janmashtami, we organized fun games for all students and faculty members in the hostel. Everyone participated enthusiastically, with all students taking part in the pot-breaking game. Teachers and research scholars also joined in the festivities.





### Day3: Football (27 Aug 2024)

An undergraduate football match between two teams was held at Hill-View Stadium in the evening. Research scholars coordinated the game. Swapnil Rai and his team emerged victorious.



### Day4: 2000 m race and Basketball (28 Aug 2024)

The race was held in the morning on the road from the senior boys' hostel to Ganesh Circle. A large number of students from undergraduate, postgraduate, and research scholar programs, as well as teachers, participated in the race. Avishek secured first place from the undergraduate category followed by Krishna Yadav and Yuvaraj. In the postgraduate category, Leela Karthik, C Sai Karthik, and Jagadessh claimed the top three positions.



### Basketball:

The postgraduate basketball match between Satya and Dharma Houses was held with Denny sir as a guest, coordinated by research scholars. Despite a competitive and closely contested game, Dharma House ultimately emerged victorious, showcasing their superior basketball skills and teamwork.







### Day5: 3x3 basketball (29 Aug 2024)

The 3x3 basketball tournament was held in the indoor stadium, featuring four teams divided into two groups. In the preliminary round, two undergraduate teams faced off against each other, followed by a match between two postgraduate teams. The winners of each group advanced to the final, where the postgraduate team emerged victorious, showcasing their superior skills and teamwork.



### Prize distribution:

The National Sports Day celebration culminated with a prize-giving ceremony in the institute auditorium. Trophies and certificates were awarded to all the winners and faculty members. The director of the institute personally presented the awards to the students and staff, recognizing their outstanding achievements and contributions to the sporting events.





## **National Sports Day at Brindavan campus – A Report**

“Would you like to be a citizen of Germany?” said Adolf Hitler after one Indian hockey player scored 33 goals in 12 matches which contributed to India winning gold in three consecutive Olympic tournaments. 29<sup>th</sup> August marks the birthday of legendary hockey player Major Dhyan Chand and is celebrated as the National Sports Day in India.

The integral education system of Sri Sathya Sai Institute of Higher Learning designed by our beloved founder Chancellor Bhagawan Sri Sathya Sai Baba gives a lot of importance to the physical aspect of the body. The sportsman spirit is welcomed and celebrated in the form of various tournaments and sports activities all over the years. The Annual Sports and Cultural Meet is one such extravaganza that gives the students to celebrate the story of sports.

As part of the National Sports Day celebration, at the Brindavan campus, we conducted 4 events which covered the sports of tennis, table tennis, and badminton. Here are the details of the events.

### **1. Postgraduate Badminton singles final: - (27/8/24)**

The tournament started with 24 participants. First, a preliminary round was conducted to take the top 16 players for the main draw. In the main draw, we had matches of 3 sets of 21 points each. After intense matches and neck-to-neck competition. The final was played between Sairaj Pany of first-year MBA and Sai Ganesh of first-year MBA. Sairaj Pany emerged victorious after winning the first two sets.

### **2. Postgraduate Lawn Tennis final: - (28/8/24)**

Power, finesse, and placement were on display in each match as a total of 12 participants fought for that one crown. The main draw saw 8 players coming to the court to prove their dominance. With the full strength of the hostel witnessing the final. The final was played between S. Shashidhar and Sai Shri Datta both from 2<sup>nd</sup> year MBA. It turned out to be a one-sided affair as Shashidhar emerged victorious in just two sets.

### **3. Undergraduate Lawn Tennis final: - (29/8/24)**

With 16 participants and 8 main draw players. We got to witness some fast-paced rallies and skillful drops. The final was played between Satwik Bhat and Abhay Shah both from 3<sup>rd</sup>

B.com. (Hons.). With the match going right down to the third set, we saw the test of stamina speed, and agility. Satwik Bhat eventually emerged victorious.

#### **4. Postgraduate Table Tennis final: - (31/8/24)**

The cheers were on the high and the spirits were rising with every rally in this tournament. With a total of 21 participants. The semi-finals were nail-biting affairs which went right down to the last sets. In the final, we had Sai Kartikeya Reddy and Omkar Reddy both from 1<sup>st</sup> year MBA. Omkar Reddy clinched the 1<sup>st</sup> place with the fight going to the 4<sup>th</sup> set.





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## Report on National Sports Day Celebrations

29 August 2024

### Anantapur Campus

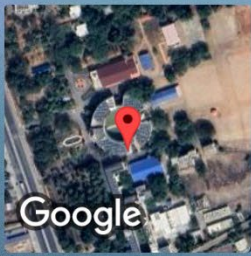
In celebration of National Sports Day, the Sports & Fitness Nutrition Club of the Department of Food & Nutritional Sciences organised a program titled "**Optimizing Athletic Performance through Nutrition & AI**" on 29<sup>th</sup> August 2024 at the Multimedia Learning Centre, SSSIHL, Anantapur Campus. The event brought together students and faculty members for an insightful session on the role of nutrition in sports and fitness, as well as new technological innovations in the field.

The workshop began with an introductory note by **Dr. Tapasya Anand**, who highlighted the importance of celebrating National Sports Day. Following this, **Dr. (Mrs.) M. Srijaya**, Head of the Department of Food and Nutritional Sciences, was invited to speak about Dr. Geetanjali Bhide, the distinguished guest speaker for the day.

**Dr. Geetanjali Bhide (Alumnus, SSSIHL)** is a highly respected Sports & Fitness Nutritionist, and Founder Director of Dr. Geetanjali Bhide's Nutrition & Research LLP. Dr. Bhide is also the Founder Secretary of the Association of Sports, Nutrition & Fitness Sciences, Pune. With an extensive background in sports nutrition, Dr. Bhide's talk titled "**Nutrition to Enhance Fitness in Sports**," centred on optimising fitness through proper nutritional practices. Her talk offered a comprehensive overview of how tailored nutrition plans can significantly boost athletic performance. She emphasised the importance of balancing macronutrients and micronutrients to meet the specific needs of athletes. Dr. Bhide also discussed the role of hydration, meal timing, and the integration of supplements in sports nutrition. Her insights were not only informative but also practically applicable, providing students with actionable strategies to improve their own fitness levels.

Following Dr. Bhide's talk, **Ms. Stuti Pahuja (Alumnus, SSSIHL)** delivered an engaging talk titled "**Fuelling the Future: The Role of AI in Revolutionising Sports Nutrition**." She is a Nutrition Specialist from the Marketing Media Team at QUA Nutrition Clinics, Bangalore. Ms. Pahuja is known for her expertise in the intersection of nutrition and technology. She highlighted how artificial intelligence is currently being used to customise nutrition plans for athletes, optimising their performance based on individual needs and data-driven insights. Ms. Pahuja discussed emerging trends in sports nutrition and how AI could potentially transform the industry by making nutrition advice more accessible and personalised. Her presentation was well-received, and the audience appreciated the futuristic perspective on sports nutrition.

The event concluded with a vote of thanks from Ms. Yauvani Govindsamy, a third-year BSc FNS student. This workshop proved to be an invaluable experience for all participants, offering valuable insights into the crucial role of nutrition in sports and the potential for modern technology to advance this field further.



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