

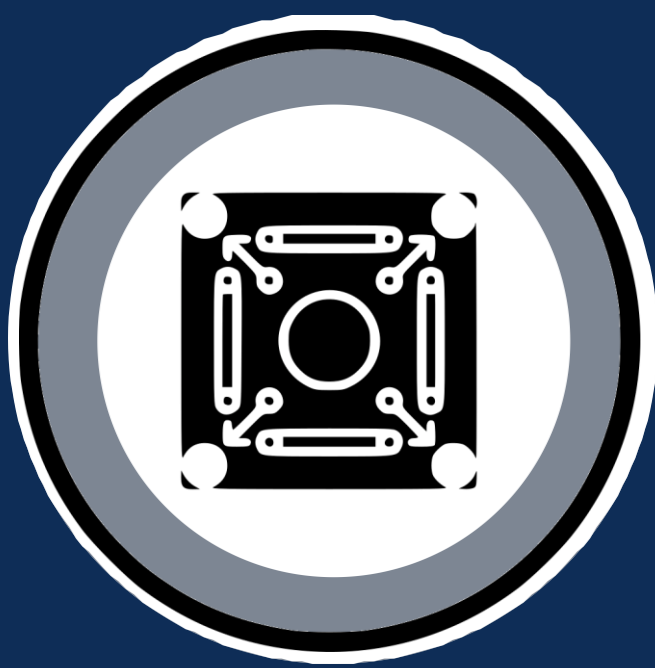
Deccan Education Society's

SHRI. NAVALMAL FIRODIA LAW COLLEGE,
PUNE

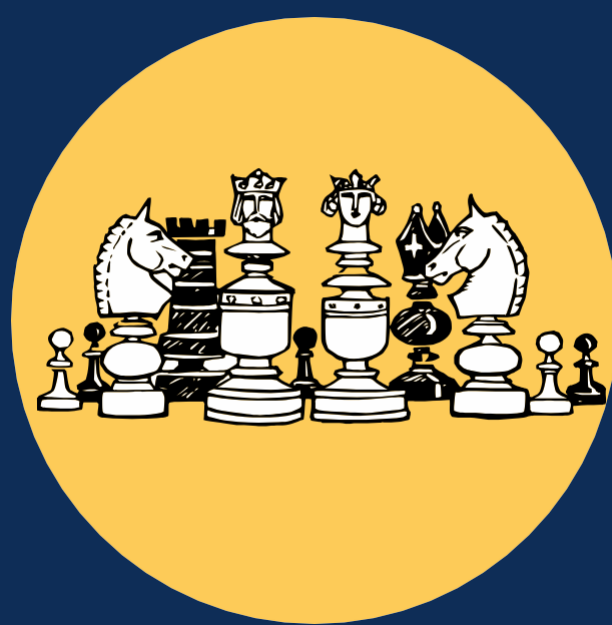
SPORTS DEPARTMENT

Organizes

FIT INDIA WEEK



Carrom



Chess



Badminton



Tug of War

CONVENERS

ADV.ASHOK PALANDE

CDC CHAIRMAN
DES SNFLC

DR. SUNITA ADHAV

PRINCIPAL
DES SNFLC

2023

DECEMBER

18 - 23

SCHEDULE OF ACTIVITIES

Activities	Date
Carrom - 10:00 am - 04:00 pm Chess - 10:00 am - 04:00 pm Badminton- 12:00 am - 04:00 pm	18-12-2023
Poster Making Competition	19-12-2023
Tug Of War	20-12-2023
Fitness Assessment	21-12-2023
Meditation Session	22-12-2023
Prize Distribution and Pledge	23-12-2023

GENERAL RULES

- **STUDENTS SHOULD REGISTER THEMSELVES THROUGH A GOOGLE FORM PROVIDED.**
- **ALL PLAYERS ARE BOUND TO FILL THE REGISTRATION FORM AND DECLARATION.**
- **NO LIMIT FOR PARTICIPATION FROM CLASS.**
- **IN TEAM EVENTS, PLAYERS ARE FREE TO CHOOSE PLAYERS FROM OTHER CLASSES.**
- **FOR TUG OF WAR STUDENTS SHOULD COLLECT OFFLINE FORMS FROM FACULTY INCHARGE AND SUBMIT IT BEFORE THE GIVEN DATE.**
- **TEAMS SHOULD REPORT 30 MINUTES BEFORE THEIR MATCH.**
- **THE REFEREE'S DECISION WILL BE ADHERED TO, AT ALL TIMES. IN CASE OF ANY CONFLICT, THE MANAGEMENT'S DECISION WOULD BE FINAL.**
- **ALL PLAYERS ARE BOUND TO FOLLOW THE INSTRUCTIONS OF THE ORGANIZERS AND DEPARTMENT IN-CHARGE. ANY MISBEHAVIOUR WILL LEAD TO DISQUALIFICATION FROM COMPETITION.**
- **STUDENTS SHOULD WEAR SPORTS, TRAINING OUTFITS.**

GAME RULES

BADMINTON

- ID CARDS ARE COMPULSORY.
- PLAYERS SHOULD GET THEIR OWN RACQUET'S AND NON-MARKING SHOES.
- PLASTICS SHUTTLES WILL BE USED.
- ALL KNOCKOUT MATCHES WILL BE OF 21 POINTS AND SINGLE SET.
- SEMIFINAL AND FINAL WILL BE OF 15 POINTS OF 3 SETS.
- ALL STANDARD INTERNATIONAL RULES WILL BE FOLLOWED.
- DECISION MADE BY REFEREE REGARDING FACTS CONNECTED TO PLAY WOULD BE FINAL.

FACULTY CO-ORDINATORS

ASST.PROF. KAVERI DEO

ASST.PROF. HANUMANT DODKE

CHESS

- ID CARDS ARE COMPULSORY.
- A PLAYER SHOULD NOT CARRY ANY ELECTRONIC DEVICE IN POCKET. MOBILE PHONES TO BE SWITCHED OFF OR KEPT ON SILENT MODE DURING THE GAME. IF FOUND HE OR SHE WILL BE EXPELLED FROM THE ROUND AND THE OPPONENT AUTOMATICALLY WINS.
- TOUCH-MOVE AND EN-PASSANT IS TO BE RESPECTED. TWO ILLEGAL MOVES WILL RESULT IN AUTOMATIC FORFEITURE OF THE GAME.
- ALL STANDARD INTERNATIONAL RULES WILL BE FOLLOWED.
- THE PLAYER MUST APPROACH THE COORDINATOR IF HE OR SHE HAS ANY QUERIES.

FACULTY CO-ORDINATOR

ASST.PROF. SUMIT TAK

CARROM

- **ID CARDS ARE COMPULSORY.**
- **SINGLES MATCH WILL HAVE GAME OF 2 BOARDS. PLAYER WITH MAXIMUM POINTS AT THE END OF 2 BOARDS WILL BE DECLARED WINNER.**
- **QUEEN WILL HAVE 3 POINTS AND ALL OTHER PIECES WILL HAVE 1 POINT EACH.**
- **FINAL MATCH WILL NOT HAVE LIMIT OF BOARDS, WHOEVER REACHES 25 POINTS FIRST WILL BE DECLARED AS THE WINNER.**
- **ALL STANDARD INTERNATIONAL RULES ARE APPLICABLE.**
- **DECISION MADE BY REFEREE REGARDING FACTS CONNECTED TO PLAY WOULD BE FINAL.**

FACULTY CO-ORDINATOR

ASST.PROF. MADHURA APTE

TUG OF WAR

- **ID CARDS ARE COMPULSORY.**
- **EACH TEAM CONSISTS OF 8 PLAYERS AND MAXIMUM 4 SUBSTITUTES.**
- **BEST OF 3 SETS WILL BE WINNER.**
- **ALL STANDARD INTERNATIONAL RULES WILL BE FOLLOWED.**
- **DECISION MADE BY REFEREE REGARDING FACTS CONNECTED TO PLAY WOULD BE FINAL.**
- **TEAM CAN INCLUDE PLAYER FROM ANY CLASS.**

FACULTY CO-ORDINATORS

ASST.PROF. AJINKYA WAGHMARE

ASST.PROF. PRADNYA YADAV

POSTER MAKING RULES

TOPICS

1. ROLE OF SPORTS IN PERSONALITY DEVELOPMENT
2. SPORTS- A TOOL FOR SOCIAL CHANGE
3. 75 YEARS OF JOURNEY IN SPORTS
4. IMPORTANCE OF SPORTS

RULES

- POSTER SHOULD BE IN STANDARD CHART PAPER SIZE.
- MAIN THEME OF POSTER SHOULD BE RELATED TO ABOVE TOPICS.
- POSTER MUST BE HANDMADE, PRINTED CONTENT (PHOTOS, TEXT) IS NOT ALLOWED.
- STUDENTS SHOULD PREPARE THE POSTER AT HOME.
- 1 TEAM CAN CONSIST OF 1 OR MAXIMUM 2 STUDENTS.
- STUDENTS SHOULD GIVE A SHORT EXPLANATION ON THIER POSTER.

FACULTY CO-ORDINATOR

ASST.PROF. ADITI KULKARNI

FITNESS ASSESSMENT

- ALL STUDENTS SHOULD BE PRESENT ON THE DAY OF FITNESS ASSESSMENT.
- FITNESS ASSESSMENTS OF STUDENTS WILL BE DONE ON MOBILE APP.

FACULTY CO-ORDINATOR

ASST.PROF.JYOTI SHETE

MEDITATION SESSION

- 30 MINS OF MEDITATION SESSION WILL BE CONDUCTED ON 22 DECEMBER AT 07:30 AM.
- STUDENTS SHOULD WEAR SPORTS, TRAINING OUTFITS.

FACULTY CO-ORDINATOR

ASST.PROF. ANAGHA BALDOTA

PRIZE DISTRIBUTION AND PLEDGE

- PRIZE DISTRIBUTION WILL BE CONDUCTED ON THE LAST DAY OF FIT INDIA WEEK.
- WINNERS AND RUNNER UPS OF EACH COMPETITION WILL BE FELICITATED WITH MEDALS AND ACHIEVEMENT CERTIFICATES.
- ALL STUDENTS AND FACULTIES WILL TAKE A FITNESS OATH AT END OF THE CEREMONY.

FACULTY CO-ORDINATOR

ASST.PROF. SAURABH JADHAV

SPORTS FACULTY IN-CHARGE

ASST.PROF. SANDIP BORSE

ASST.PROF. PRITHVIRAJ CHAVAN