



ST.WILFREDS INSTITUTE OF PHARMACY



# INTERNAL CO-ORDINATION COMMITTEE ACTIVITIES REPORT

## SPORTS DAYS REPORT

2018-2019

**ORGANIZATION :** ST.WILFRED'S INSTITUTE OF PHARMACY

**DATE OF THE EVENT :** 18th - 21th February 2019

**VENUE :** CAMPUS GROUND

**ACADEMIC YEAR :** 2018-2019

**FACULTY CULTURAL CO-ORDINATOR :**

**STUDENT CULTURAL CO-ORDINATOR :**

**STUDENT SPORTS CO-ORDINATOR :**

**ORGANIZING COMMITTEE:** ST. WILFRED'S CULTURAL COMMITTEE  
(PHARMACY)

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### **INTRODUCTION:**

The Annual sports day at St. Wilfred's Institute of Pharmacy took pace on **18th to 21th February** at campus ground. the aim of the event was to Learn and to appropriately experience both success and failure in an educational environment.

### **EVENTS AND ACTIVITIES:**

The sports day featured a lot wide range of activities , including track and field races, relay races, cricket, tug of war, volleyball, dodgeball, throwball, kabaddi, and many more indoor games such as badminton, carrom, chess, etc. All the above mentioned sports were organized from **18th to 21th February 2019.**

#### **DAY 1 : (18th Feb)**

Parade and Felicitation  
Cricket (boys)  
Dodgeball (girls)

#### **DAY 2 : (19th Feb)**

Badminton (boys and girls)  
Box cricket (girls)  
Chess  
carrom

#### **DAY 3 : (20th Feb)**

Tug of war  
Volleyball  
Throwball

#### **DAY 4 : (21th Feb)**

Athletics  
Kabaddi

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## ACHIEVEMENTS AND RESULTS :

SPORT	WINNER	RUNNER UP
CRICKET (BOYS)	THIRD YEAR	SECOND YEAR
BOX CRICKET (GIRLS)	SECOND YEAR	LAST YEAR
VOLLEYBALL (BOYS)	LAST YEAR	FIRST YEAR
DODGEBALL (GIRLS)	FIRST YEAR	LAST YEAR
KABADDI (BOYS)	FIRST YEAR	THIRD YEAR
KABADDI (GIRLS)	SECONS YEAR	FIRST YEAR
THROWBALL (GIRLS)	THIRD YEAR	LAST YEAR
TUG OF WAR (BOYS)	LAST YEAR	THIRD YEAR
TUG OF WAR (GIRLS)	THIRD YEAR	SECOND YEAR
CHESS (BOYS)	SECOND YEAR	FIRST YEAR
CHESS (GIRLS)	FIRST YEAR	SECOND YEAR
CARROM (BOYS)	THIRD YEAR	LAST YEAR
CARROM (GIRLS)	LAST YEAR	THIRD YEAR
BADMINTON (BOYS)	SECOND YEAR	LAST YEAR
BADMINTON (GIRLS)	LAST YEAR	FIRST YEAR

**"Remember that guy that gave up?  
Neither does anybody else"**

### **SPIRIT AND SPORTSMANSHIP:**

The spirit and sportsmanship observed during College Sports Week are truly remarkable, embodying the essence of camaraderie, dedication, and fair play. Students from different years come together, united by their passion for sports and a collective goal of achieving excellence. The competitive yet respectful atmosphere fosters mutual respect among participants, where victories are celebrated with humility and defeats are embraced with grace.

### **CHALLENGES AND OVERCOMING THEM:**

College Sports Week presents a myriad of challenges, from the physical demands of intense competition to the mental pressure of performing under scrutiny. Students often face injuries, fatigue, and the balancing act of managing academic responsibilities alongside rigorous training schedules. Despite these hurdles, participants demonstrate remarkable resilience and determination. We overcome setbacks through teamwork, strategic planning, and unwavering support from coaches and peers.

### **SUPPORT AND ORGANIZATION:**

The support and success in this sports week would not have been accomplished by the organizing sports committee of St. Wilfred's institute of pharmacy and the support of Faculty members whenever needed. The hard work of our volunteers and organizers paid off at the end of this event.

### **CONCLUSION:**

The conclusion of College Sports Week marked the end of an exhilarating and memorable series of events, celebrating not just the victories but the spirit of participation and sportsmanship. The closing ceremony was a moment of pride and joy, as medals and trophies were awarded, and the efforts of all participants were recognized.



Date: - 01/08/2023

## Sports Notice

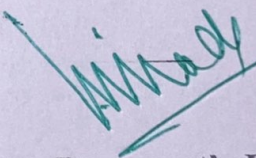
Sub: In view of Mumbai University Zone-IV competition  
Selection trails of Volleyball Football, Bodybuilding  
Weightlifting, Kabddi

Mumbai University Zone-I Inter collegiate championship 2023-24,  
In view of inter collegiate tournament. St. Wilfred pharmacy college  
team selection trails will be held on 8<sup>th</sup> August

2023 at Campus ground, reporting time 2:00 pm. In view of the above  
all outstanding players of the college are required to register their names  
to Sports office by 12<sup>th</sup> August 2023. Time 03:00 pm.

Contact person : siddharth shinde. Mo.8237100846

Siddharth shinde  
Sports In-charge

  
Dr. Deenanath Jhade  
Principal

**PRINCIPAL**  
**ST. WILFRED'S INSTITUTE OF PHARMACY**  
**OLD MUMBAI-PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,**  
**SHEDUNG, PANVEL - 410206.**

II  
Dy. CEO



ST.WILFREDS INSTITUTE OF PHARMACY

# INTERNAL CO-ORDINATION COMMITTEE ACTIVITIES REPORT

## SPORTS DAYS REPORT

2018-2019

**ORGANIZATION :** ST.WILFRED'S INSTITUTE OF PHARMACY

**DATE OF THE EVENT :** 18th - 21th February 2019

**VENUE :** CAMPUS GROUND

**ACADEMIC YEAR :** 2018-2019

**FACULTY CULTURAL CO-ORDINATOR :** MR. MAHESH BADDE

**STUDENT CULTURAL CO-ORDINATOR :** MS. PRATIKSHA DEKHMUKH

**STUDENT SPORTS CO-ORDINATOR :** MR. ROHAN GUPTA

**ORGANIZING COMMITTEE:** ST. WILFRED'S CULTURAL COMMITTEE  
(PHARMACY)

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Box cricket (girls)  
Chess  
carrom

#### **DAY 3 : (20th Feb)**

Tug of war  
Volleyball  
Throwball

#### **DAY 4 : (21th Feb)**

Athletics  
Kabaddi

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## **ACHIEVEMENTS AND RESULTS :**

<b>SPORT</b>	<b>WINNER</b>	<b>RUNNER UP</b>
CRICKET (BOYS)	THIRD YEAR	SECOND YEAR
BOX CRICKET (GIRLS)	SECOND YEAR	LAST YEAR
VOLLEYBALL (BOYS)	LAST YEAR	FIRST YEAR
DODGEBALL (GIRLS)	FIRST YEAR	LAST YEAR
KABADDI (BOYS)	FIRST YEAR	THIRD YEAR
KABADDI (GIRLS)	SECONS YEAR	FIRST YEAR
THROWBALL (GIRLS)	THIRD YEAR	LAST YEAR
TUG OF WAR (BOYS)	LAST YEAR	THIRD YEAR
TUG OF WAR (GIRLS)	THIRD YEAR	SECOND YEAR
CHESS (BOYS)	SECOND YEAR	FIRST YEAR
CHESS (GIRLS)	FIRST YEAR	SECOND YEAR
CARROM (BOYS)	THIRD YEAR	LAST YEAR
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**"Remember that guy that gave up?  
Neither does anybody else"**

### **SPIRIT AND SPORTSMANSHIP:**

The spirit and sportsmanship observed during College Sports Week are truly remarkable, embodying the essence of camaraderie, dedication, and fair play. Students from different years come together, united by their passion for sports and a collective goal of achieving excellence. The competitive yet respectful atmosphere fosters mutual respect among participants, where victories are celebrated with humility and defeats are embraced with grace.

### **CHALLENGES AND OVERCOMING THEM:**

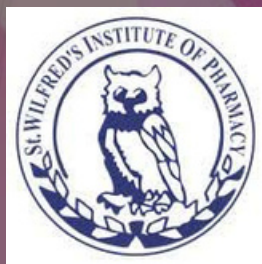
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### **SUPPORT AND ORGANIZATION:**

The support and success in this sports week would not have been accomplished by the organizing sports committee of St. Wilfred's institute of pharmacy and the support of Faculty members whenever needed. The hard work of our volunteers and organizers paid off at the end of this event.

### **CONCLUSION:**

The conclusion of College Sports Week marked the end of an exhilarating and memorable series of events, celebrating not just the victories but the spirit of participation and sportsmanship. The closing ceremony was a moment of pride and joy, as medals and trophies were awarded, and the efforts of all participants were recognized.



ST. WILFRED'S INSTITUTE OF PHARMACY  
PANVEL

# SPORTS WEEK REPORT

2019-20



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**ORGANIZATION :** ST.WILFRED'S INSTITUTE OF PHARMACY

**DATE OF THE EVENT :** 04TH - 07TH FEBRUARY 2020

**VENUE :** CAMPUS GROUND

**ACADEMIC YEAR :** 2019-2020

**FACULTY CULTURAL CO-ORDINATOR :** MR. MAHESH BADDE

**STUDENT CULTURAL CO-ORDINATOR :**MR. PRASHANT PATIL

**STUDENT SPORTS CO-ORDINATOR :**MR. NIKHIL MORE

**ORGANIZING COMMITTEE:** ST. WILFRED'S CULTURAL  
COMMITTEE  
(PHARMACY)

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## **INTRODUCTION:**

The Sports Week held at our college was a vibrant and highly anticipated event that brought the entire student body together in a celebration of athleticism, teamwork, and school spirit. This annual event, which took place from 4th February to 7th February, featured a diverse array of sports and activities designed to engage participants of all skill levels and interests.

## **EVENTS AND ACTIVITIES:**

The Sports Week at our college was a dynamic and engaging event, featuring a wide range of activities that catered to diverse interests and abilities. Here is a detailed overview of the key events and activities that took place during the week:

### **DAY 1 : (4TH FEB)**

PARADE AND FELICITATION  
CRICKET (BOYS)  
DODGEBALL (GIRLS)

### **DAY 2 : (5TH FEB)**

BADMINTON (BOYS AND GIRLS)  
BOX CRICKET (GIRLS)  
CHESS  
CARROM

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**DAY 3 : (6TH FEB)**

TUG OF WAR  
VOLLEYBALL  
THROWBALL

**DAY 4 : (7TH FEB)**

ATHLETICS  
KABADDI

**ACHIEVEMENTS AND RESULTS :**

<b>SPORTS</b>	<b>WINNER</b>	<b>RUNNER UP</b>
CRICKET (BOYS)	SECOND YEAR	THIRD YEAR
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### **SPORTSMANSHIP:**

During College Sports Week, the spirit and sportsmanship displayed were truly inspiring. Students from different backgrounds came together, united by their love for sports. They competed with enthusiasm, supported each other, and celebrated both wins and losses with grace. The atmosphere was filled with respect and camaraderie, as everyone cheered for their peers and appreciated each other's efforts.

### **CHALLENGES AND OVERCOMING THEM:**

Students face various challenges such as intense competition, physical exhaustion, and balancing sports with academic responsibilities. Overcoming these challenges requires determination, teamwork, and effective time management. Many students push their limits, train hard, and support each other, turning obstacles into opportunities for growth. Their resilience and positive attitude help them navigate these difficulties, making the week a valuable experience of personal and collective triumphs.

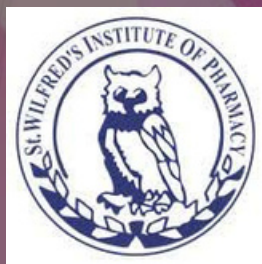
### **SUPPORT AND ORGANIZATION:**

The recent Sports Day event was a resounding success, thanks to the tremendous support and meticulous organization by the staff and volunteers. Teachers, parents, and alumni came together to assist with various tasks, ensuring everything ran smoothly. The event featured a well-coordinated schedule of activities, from track and field events to team sports, all managed with precision.

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## **CONCLUSION:**

The conclusion of the sports week marked an incredible end to the event. The Highlights included several record-breaking performances and closely contested matches that kept spectators on the edge of their seats. The closing ceremony celebrated the achievements of all participants, with awards distributed to winners and special recognition given to those who displayed exceptional sportsmanship. Overall, College Sports Week not only promoted physical fitness and teamwork but also strengthened the bonds within our college community, making it an unforgettable experience for all.



ST. WILFRED'S INSTITUTE OF PHARMACY  
PANVEL

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KABADDI

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ST.WILFREDS INSTITUTE OF PHARMACY

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2018-2019



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**ACADEMIC YEAR :** 2018-2019

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Volleyball  
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Athletics  
Kabaddi

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St. Wilfred's InstituteOfPharmacy-Panvel

# SportsDaysReport



ORGANIZATION:ST. WILFRED'S INSTITUTE OF PHARMACY

DATE OF THE EVENT: 21<sup>st</sup>- 25<sup>th</sup> February

VENUE: Campus Ground

ACADEMIC YEAR: 2022-2023

FACULTY CULTURAL CO. ORDINATOR:Dr. Akshay Meshram

STUDENT Sports Head:Mr. Sangameshwar Shivareddy

STUDENT SPORTS CO. ORDINATOR:Mr. Pratik Bambare

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ORGANIZING COMMITTEE: ST. Wilfred's Cultural Committee

## Introduction:

The annual sports day at St. Wilfred's Institute of Pharmacy took place from the 21<sup>st</sup> to the 25<sup>th</sup> of February on campus grounds. The event aimed to promote teamwork, physical fitness, and healthy competition among students.

## Events and Activities:

The sports day featured a wide range of events, including track and field races, relay races, tug-of-war, football, cricket, dodgeball, throwball, volleyball, kabaddi, and many indoor games such as carrom, chess, and badminton. All these sports were organized and conducted from 21<sup>st</sup> to 25<sup>th</sup> February.

DAY 01:21.02.23:HONOR PARADE AND FACILITATION, FOOTBALL {BOYS}BADMINTON {BOYS}.

DAY 02:22.02.23:CRICKET {BOYS}, BOX CRICKET {GIRLS}.

DAY 03:23.02.23:VOLLEYBALL{BOYS}, THROWBALL {GIRLS}, kabbadi , DODGE BALL {GIRLS}.

DAY 04:23.02.24:CHESS, CARROM, BADMINTON {GIRLS}.

DAY 05:24.02.24:CHESS, CARROM, BADMINTON {GIRLS},  
ATHLETES RUNNING 100 & 200 RELAY {BOYS&GIRLS}, SHOTPUT,  
TUG OF WAR.

Achievements and Results:

<b>SPORT</b>	<b>WINNER</b>	<b>RUNNER-UP</b>
FOOTBALL	LAST YEAR	FIRST YEAR
CRICKET(BOYS)	SECOND YEAR	THIRD
YEAR CRICKET(GIRLS)	SECOND YEAR	THIRD
YEAR VOLLEYBALL(BOYS)	LAST YEAR	THIRD YEAR
VOLLEYBALL(GIRLS)	SECOND YEAR	LAST YEAR
THROWBALL(GIRLS)	LAST YEAR	D.PHARM
KABADDI	THIRD YEAR	LAST YEAR
DODGEBALL	SECOND YEAR	D.PHARM
TUG OF WAR (BOYS)	THIRD YEAR	FIRST YEAR
TUG OF WAR (GIRLS)	THIRD YEAR	SECOND YEAR

Beginning 1990 cosmetics manufacturer adapted a term cosmeceuticals to describe the OTC skin products that claim therapeutic benefit by addition of plant based active ingredient<sup>1</sup>

### Spirit and Sportsmanship:

The sports day was characterized by a vibrant atmosphere of energy and sportsmanship, as participants cheered on their teammates and congratulated their opponents. Encouragement and support were evident throughout the event, fostering a sense of unity and camaraderie.



### Challenges and Overcoming Them:

Despite some initial rain showers, the sports day proceeded smoothly thanks to the dedication and flexibility of the organizing committee. Last-minute

adjustments were made to the schedule, ensuring that all events were completed on time and without disruptions.



### Support and Organization:

The success of the sports day would not have been possible without the hard work and dedication of our organizers, volunteers, coaches, and sponsors.

Their tireless efforts behind the scenes ensured that participants had an unforgettable experience.

### Conclusion:

The sports day at St. Wilfred's Institute Of Pharmacy was a resounding success, bringing together students, teachers, and staff in a celebration of athleticism, teamwork, and sportsmanship. As we look back on this memorable event, we are inspired by the spirit of unity and determination that defines our school community. Here's to many more exciting sports days in the future!





1. Jaiswal, Y. S.; Williams, L. L., A glimpse of Ayurveda - The forgotten history and principles of Indian traditional medicine. *J Tradit Complement Med* **2017**,7 (1), 50-53.

ST. WILFRED'S INSTITUTE OF PHARMACY - PANVEL

# SPORTS DAYS REPORT



**ORGANIZATION :** ST.WILFRED'S INSTITUTE OF PHARMACY

**DATE OF THE EVENT:** 20th - 24th FEBRUARY

**VENUE:** CAMPUS GROUND

**ACADEMIC YEAR:** 2023-2024

**FACULTY CULTURAL CO.ORDINATOR :** MRS. RINI PUNATHIL

**STUDENT CULTURAL CO.ORDINATOR :** TANMAY JAGTAP

**STUDENT SPORTS CO.ORDINATOR :** RAJ MHATRE

**ORGANIZING COMMITTEE:** ST.WILFRED'S CULTURAL COMMITTEE  
(PHARMACY)

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## Introduction:

The annual sports day at **St. Wilfred's Institute Of Pharmacy** took place on **20th to 24th February** at campus ground. The event aimed to promote teamwork, physical fitness, and healthy competition among students.

## Events and Activities:

The sports day featured a wide range of events, including track and field races, relay races, tug-of-war, football, cricket, dodgeball, throwball, volleyball, kabaddi and many indoor games such as carrom, chess, badminton. All these sports were organized and conducted from **20th Feb to 24th Feb**.

**DAY 01 : 20.02.24 :** HONOR PARADE AND FACILITATION, FOOTBALL{ BOYS }  
BADMINTOON{ BOYS } .

**DAY 02 : 21.02.24 :** CRICKET {BOYS}, BOX CRICKET {GIRLS} .

**DAY 03 : 22.02.24 :** VOLLYBALL { BOYS }, THROWBALL { GIRLS }, KABBADI  
,DODGE BALL { GIRLS } .

**DAY 04 : 23.02.24 : CHESS, CARROM, BADMINTON { GIRLS }.**

**DAY 05 : 24.02.24 : CHESS, CARROM, BADMINTON { GIRLS }, ATHLETES  
RUNNING 100 & 200 RELAY { BOYS& GIRLS }, SHOTPUT, TUG OF WAR.**

**Achievements and Results:**

SPORT	WINNER	RUNNER UP
FOOTBALL	LAST YEAR	FIRST YEAR
CRICKET(BOYS)	SECOND YEAR	THIRD YEAR
CRICKET(GIRLS)	SECOND YEAR	THIRD YEAR
VOLLEYBALL(BOYS)	LAST YEAR	THIRD YEAR
VOLLEYBALL(GIRLS)	SECOND YEAR	LAST YEAR
THROWBALL(GIRLS)	LAST YEAR	D.PHARM
KABADDI	THIRD YEAR	LAST YEAR
DODGEBALL	SECOND YEAR	D.PHARM
TUG OF WAR (BOYS)	THIRD YEAR	FIRST YEAR
TUG OF WAR (GIRLS)	THIRD YEAR	SECOND YEAR











### **Spirit and Sportsmanship:**

The sports day was characterized by a vibrant atmosphere of energy and sportsmanship, as participants cheered on their teammates and congratulated their opponents. Encouragement and support were evident throughout the event, fostering a sense of unity and camaraderie.

*Hard Work Beats Talent  
When Talent Doesn't Work Hard*

### **Challenges and Overcoming Them:**

Despite some initial rain showers, the sports day proceeded smoothly thanks to the dedication and flexibility of the organizing committee. Last-minute



adjustments were made to the schedule, ensuring that all events were completed on time and without disruptions.





## **Support and Organization:**

The success of the sports day would not have been possible without the hard work and dedication of our organizers, volunteers, coaches, and sponsors. Their tireless efforts behind the scenes ensured that participants had an unforgettable experience.

## **Conclusion:**

The sports day at **St. Wilfred's Institute Of Pharmacy** was a resounding success, bringing together students, teachers, and staff in a celebration of athleticism, teamwork, and sportsmanship. As we look back on this memorable event, we are inspired by the spirit of unity and determination that defines our school community. Here's to many more exciting sports days in the future!









