



**SVKM'S NMIMS NAVI MUMBAI CAMPUS**

A REPORT ON

**PRABALYA – 3<sup>rd</sup> Edition**

20<sup>th</sup> – 21<sup>st</sup> December, 2019

---

**Organisers: Sports Committee**

---

## Contents

Opening Ceremony .....	3
Self Defense Workshop .....	5
Walkathon .....	6
Box Cricket .....	7
Football .....	9
Carrom .....	9
Chess .....	10
Table Tennis.....	10
Closing Ceremony .....	11

## PRABALYA: - The Third Annual Inter-Collegiate Sports Event

*For who never knew to inculcate the virtues of sports will never know the true sense of leadership, teamwork, hard work and every human value in existence because sports are what life teaches you every day, sports are what makes you the better person, sports are what makes life worth celebrating, accepting defeats and rejoicing victories, taking pride on how far you have come but at the same time teaching you to not let your pride make you choose the wrong ways.*

### Opening Ceremony:

Prabalya, is the brainchild and the flagship event of the Sports Committee of NMIMS Navi Mumbai. It seeks to provide an enhanced and dedicated platform for Sport-lovers and fitness enthusiasts to showcase and foster their talents. Its idea is rooted in the need for everyone to stay fit and healthy amid our rapidly changing lifestyle patterns. The third edition of Prabalya was in association with and was themed around the Fit India Movement launched and encouraged by our Prime Minister, Narendra Modi. The team tirelessly put together a great feast of activities for everyone over the course of two days to celebrate and remind us all, to simply come out and play!



With the growing concern, of people neglecting their health for things that are often of no value as compared to their fitness and long life, the fit India movement came as a revolution in itself by engaging people to change the way they led their lives and to imbibe in them, the habit of keeping fit. With NMIMS Navi Mumbai always understanding the importance of sports and extra-curricular in one's life with academics, Prabalya edition 3 was the efforts of the institution for its participants to have a time of their lives but at the same time understand the grave importance of keeping themselves healthy and fit for a better tomorrow.



With this technological driven era where often people are found bound to their cell phones or laptops, both Fit India Movement and were the scope to bring in your zeal for sports and also aim to live a better life. NMIMS being one of the premier league institutes of India, encourages its students towards a holistic development and aimed to spread the message across various platforms of educational institutions through its sports fest “Prabalya”, about the importance of balancing one’s life through holistic approaches. Prabalya 3<sup>rd</sup> Edition, presented by **ONGC**, associate sponsor **Decathlon**, **Fly Homes** and **Perfect Enterprises**, was organized on 20th and 21st of December, 2019 with the honorable presence of our chief guests Dr. Jayant Gandhi and Hitesh Chitalia lighting the torch with zeal.



This edition had a lot of events organized with keeping in mind that the fitness and intelligence of the participants are checked appropriately.

### Self-Defense Workshop:

A two-hour long self-defense workshop, organized by the sports community of NMIMS, Navi Mumbai, took place on 19<sup>th</sup> December, 2019, which consisted of instructors from **Team Panther**, a spirited martial arts academy located in Nerul.



The main instructor was Raunak, who's achievements included - Black belt in Kali 3d and specialization in blade and blunt weapon training, Kyokushin Karate, acquiring the title of "World champion" in knife and stick fight; and he is also a practitioner in level-one handgun training from Bangkok.

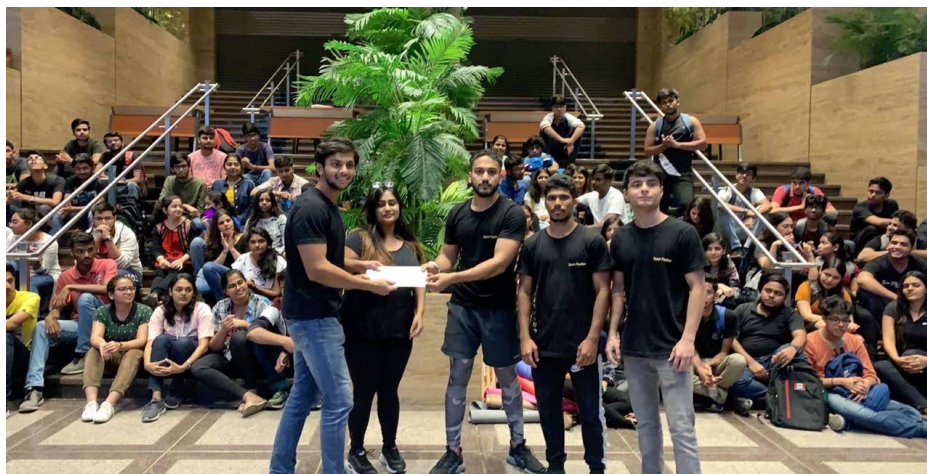
Raunak began the workshop by coaxing the students of NMIMS to refer to the term "self-defense" as "awareness". Ensuing there is never really any difficult technique to learn instead it is always the awareness of a person which makes it the best technique. There are different types of senses- sight, smell, hearing and touch. Awareness is achieved by using our senses in sync which plays significant role in defense.

Raunak firmly believed that strength doesn't matter, but techniques do. We can out-smart the strongest of our attackers if we use more brain than muscle.

Our techniques are inbuilt in our culture.

The artsy dance of Bharatanatyam and Garba were just ancient self-defense techniques molded into dance styles to fit the evolution of the modern world.





Valuable tips such as, in order to catch the quick movements of an attacker, training the peripheral vision is absolutely paramount, like massaging the shoulders, If, however, the attacker possesses a gun, listen to him. Play vulnerable and fearful and once the gun is on your forehead, distract the attacker with long sentences, disarm him and lock your hand on the attacker's trigger finger.

In conclusion, in dangerous situations where you're in a tight spot do not rely on your reflexes, but instead, respond in a tactical and mindful manner.

### **Walkathon**

With the intention of cultivating the aforementioned ideology in the students and faculty of SVKM's NMIMS Navi Mumbai, the sports committee organized its first walkathon, set amidst the backdrop of "Clean Kharghar, Green Kharghar" on 20<sup>th</sup> December 2019. The reporting time of the event was 7:30am, intended to cover the 7km route from - NMIMS Navi Mumbai – Shilp Chowk – Central Park Road – NMIMS Navi Mumbai.





The mob walk was adorned by various vivid placards that were seeking the attention to revolutionize, emphasized by participant's loud recitation of slogans.

The walkathon was a highlight event, which saw a huge participation from students and faculties from all the schools, who were showing their enthusiasm by ditching their routine cycles and

experimenting their flexibility by giving room to physical exercises. The underlying heroes amidst, pushed everyone to reach the finish line and proudly exhibit their sportsman spirit.

To ensure the health safety of its participants, a few ambulances were also assigned to the walk, accompanied by regular infusion of sugar drinks by volunteers along the track. The registration fees collected for the same cause are going to be utilized for charity work. In this way not only health of participants was given paramount importance, but an initiative to give back to the society was also taken care of.



All the participants were acknowledged for their velour by giving them a merit certificate. The event was concluded by a flash mob presented by the volunteers.

### **BOX CRICKET**

Crazy commentary, endless cheering, extraordinary gaming techniques and a Wonderful eye witnessing box cricket game. Where would we get such an experience, well there was one place and that's NMIMS Navi Mumbai campus on the 20th and 21st of December, 2019. The 3rd edition of the annual sports fest, Prabalya set a new bench mark this year by getting 14 box cricket entries in total from our college as well others from outside. It was a knockout session consisting of two rounds for 5 overs. We also had 3 teams of our faculties; they were made to play against each other. At the end of the day we had 8 teams left, ready to face each other on Prabalya day 2.





Four teams made their way to semifinals were namely "Underdogs vs Oriental College" and "B. Com Mavericks vs PGDM ". We also had faculty champion team. Teams PGDM and Oriental made into finals and PGDM triumphed the match with impressive figures. The celebration had no bounds as the students stood up to jump in happiness. What a way to end an amazing game!

At the end the winners were given certificates and medals along a shiny big trophy which they earned. Cash prize of INR 5000 was given to the 1st place holders and INR 2000 to the 2nd position. The man of the series was awarded with a certificate and a stunning bat.





## Football



The grounds of NMIMS Navi Mumbai were host to a football tournament. Football, the sport which is growing in popularity at an astonishing rate has found itself a special place in the hearts of the NMIMS audience, indicative by the deafening cheers of the crowds which filled the

arena. The sixteen teams marched on, showing off their prowess in a thrilling knockout style tournament. The event was met with an overwhelming spree of external participation by colleges from all over Mumbai showing off their flagship teams in order to bag the first position; RAIT, DY Patil, Ramsheth Thakur, Welinkar, ICL just to name a few. The first day consisted of the preliminary rounds, while the second day witnessed the semifinals and the conclusion of the event of which the team from RAIT stood victorious by a staggering winning margin of 4 goals.

## CARROM



Carrom was held on 20<sup>th</sup> and 21<sup>st</sup> of December, 2019. Participants from various streams and colleges participated in the competition. Onlookers were treated to a visual delight of a plethora of playing styles and techniques. The environment was very sporty and enthusiastic.

There were 5 rounds in total, with 3 participants who made it to the final round. The final round was a special round consisting of 3 mini-rounds, where the player who won 2 out of 3 games was named the champion. The finalists included Nilesh, Harsh and Darshan. The highlight of the event was its finale where the finalists competed mercilessly. The game finally illuminated the champion. The 1<sup>st</sup> place was secured by Nilesh (DRIEMS college) and the Runner up was Harsh (SIES college).

## CHESS



Harnessing the spirit of brainwork and master moves, the chess players of the third edition of Prabalya held by NMIMS, Navi Mumbai, showed immense talent and intellect by acing their ways through the twisting grounds of the chess tournament. The tournament was on 20<sup>th</sup> and 21<sup>st</sup> December 2019.

The knockout based tournament begun with 18 players, each player

making his way through the ascending difficulties of each level against better opponents.

Our finalists were Harsh and Neelesh, with Harsh being the ace player and Neelesh as the runner up. The fixtures were twenty minutes' rounds each with disqualification for false moves and straight losing on exceeding the timer. Overall the sports committee ensured fair play and harmony among the opponents.



## TABLE TENNIS



Sporting events are always received with much gusto and fervor in the college and table tennis being one of the most celebrated events is always welcomed with much zeal. Table Tennis competition of Prabalya 3<sup>rd</sup> edition too was the very awaited event of the year. Table tennis witnessed ample participation from all streams; in-house and other colleges.

The players displayed an impressive performance, with the audience cheering them on. The players played with such speed that the ball was a blur. After many intense and captivating matches, 4 players made it to the semi-finals. The semi-finalists were Prakhar Agnihotri, Avnish Tayal, Shivam Jaiswal and Likhith Chand Konisetty.

Day two began with Shivam Jaiswal and Avnish Tayal competing with each other to reserve a spot at the finals. After a long game, Avnish emerged victorious. The next match was between Prakhar and Likhith and Prakhar came out victorious. The final match took place between Avnish and Prakhar. The final match was very intense and intriguing. Prakhar turned out to be the champion marking the end of the table tennis tournament.



The first place was secured by Prakhar Agnihotri and second place by Avnish Tayal. The Table Tennis competition was a roaring success.

### Closing Ceremony



Prabalya in its third edition saw the same fervor as in its previously much acclaimed two editions, if not more! Students from across all the schools came together in the spirit of what bonds us as Indians – Sports. From the kickstart of the Self-defense workshop to all the sporting events held through the course of these three days displayed the best of the Institute's togetherness, sportsmanship and above all, celebration of the charged

atmosphere, the joy, the cheer, the energy and the happiness culminated to become a festival that all students of NMIMS look forward to in their academic agenda.

The fest was the result of day and night hard work from the **Core Committee**, the **Sub-committee** and also the **Volunteers** whose unconditional effort to make this fest a grand success resulted in such a grand output. The ideology of the **Chairperson** of the Sports Committee **Prof. Aditya Kasar**



to inculcate values of sports in day to day lives and to give students an experience of lie. The support from our sponsors **ONGC**, **DECATHLON**, **PERFECT ENTERPRISES** and **FLY HOMES** also made the fest a grand success.

