



Message from Director- Sports, BVDU

BVDU Department of Sports is the nerve centre for all sports initiatives by the University. We have unique multi-campus and multi-disciplinary organization, conducting university approved academic programmes in diverse fields and non-academic development programs. It has been our culture & tradition to nurture our students' persona to shape their all-round personality.

At BVDU we believe that extracurricular activities are of paramount importance for the comprehensive development of a student. By taking part in various extracurricular activities the student will be able to achieve overall personality development.

BVDU is known for nurturing and producing the best talents from wide-ranging fields. Our students have displayed and proved their caliber and excellence in the field of academics & Sports on various occasions. BVDU has also built a World Class Sports Infrastructure which is beneficial to our students in building a desired level of competency and gaining finesse in their craft. It enables them to qualify for the national & international level sports events and winning laurels for their institutions and the country.

'I personally ensure to make a substantial contribution to our students' personality, fitness, and health development. I welcome you all to BVDU and am confident that your learning with BVDU will pave the way for a glorifying future for each one of you.



Prof. Dr Netaji Jadhav

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SPORTS



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Bharati Vidyapeeth
(Deemed to be University), Pune (India)
Founder Chancellor : Dr. Patangrao Kadam



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SPIRIT SPORTS CLUB



INTRODUCTION

Bharati Vidyapeeth (Deemed to be University) BV(DU) is delighted to present you 'SPIRIT Sports Club', a pioneering initiative aimed at fostering physical activity and community engagement. This Sports Club, operating at the University Level, is a collaborative effort between BV(DU)'s Institute of Management & Entrepreneurship Development, Pune, located at the Erandwane Campus, and the College of Physical Education at the Dhankwadi Campus, operating under the Department of Sports and led by the esteemed Sports Director, Dr. Netaji Jadhav under the guidance of **Prof. Dr. Kirti Mahajan**, Lear and Project Head.



KEY COMPONENTS OF THE SPORTS CLUB

Collaborative Integration

The Sports Club is a synergistic collaboration between BVDU's esteemed Institute of Management & Entrepreneurship Development and the College of Physical Education, exemplifying our commitment to comprehensive student development.

Leadership and Guidance

Under the visionary leadership of Prof. Dr. Kirti Mahajan, Lear and Project Head and Sports Director, Dr. Netaji Jadhav, the sports Club is poised to become a dynamic hub for promoting physical wellness and community engagement.

Global SPIRIT Club Network

BVDU'S SPIRIT Sports Club Network is envisioned as a dynamic and inclusive platform designed to connect 'SPIRIT Project' across the globe who share common interests, values, and a passion for collaboration in sports & Physical Education. This innovative network aims to transcend geographical boundaries, fostering a sense of community, learning, and shared experiences among its diverse members.

The Global SPIRIT Club Network is not just a network; it is a vibrant community that transcends borders, creating a space for collaboration, learning, and growth on a global scale.

Inclusive Membership

Open to students of the concerned campuses and members of the surrounding community, the Sports Club is designed to be an inclusive platform that transcends traditional boundaries, encouraging participation from a diverse range of individuals.

Holistic Health Promotion

Aligned with our commitment to promoting a healthy lifestyle, the Sports Club seeks to reduce the prevalence of non-communicable diseases by inspiring and facilitating regular **physical activity among its members**



SPIRIT
SPORTS CLUB

WHAT DO SPORT CLUBS DO?

A Sport Club is defined as a registered student organization that exists to promote & develop interest in a particular sport or physical activity. A club's focus on recreational, competitive or a combination of these types of activities based on its constitution.

WHY SHOULD EVERY STUDENT BE IN A SPORTS CLUB?

Participating in team sports gives students a chance to make new friends and learn important life lessons. Students are less likely to feel isolated as they have a group of friends that work together on a common goal. Playing as part of a team may also help students to overcome shyness.

WHAT IS A CLUB TEAM?






Club teams are more competitive, play against other schools and require tryouts to join. If you end up on a team, you'll work with other skilled student athletes and a coach. College tends to sponsor club teams.



WHAT IS THE IMPORTANCE OF SPIRIT SPORT CLUB?

Sport clubs **provide an opportunity for children and youth to learn skills that will help them in school, as well as in their future careers and personal relationships.** Through engagement in sport, they learn leadership, teamwork, problem-solving, responsibility, self-discipline, and a sense of initiative.

What are the benefits and advantages of joining a sports club?

1. You Need Motivation. 
2. To Meet New People. 
3. To Build Confidence and Improve Your Mood. 
4. To Relax. 
5. Fit and Healthy. 

Reasons to Join a University "Sports Club"

If you're not into sport, you're probably planning to avoid university sports teams like the plague, determined to avoid reliving the horrible memories of sports classes in school etched in your memory. Here are some of the ways it will improve your university experience.

You'll make friends you might not otherwise have met

Playing sport means you'll meet loads of new people and form relationships with them, either by playing with them or even by playing against them. Some of these people you might not have met if you'd never played sport and they'll become your firmest friends. University sports clubs often have socials, meaning you'll have plenty of opportunities to build close friendships with other members over a drink.

It will help with stress and boost your health

Exercise is a powerful source of stress relief anyway, but it's especially beneficial when you're at university. Whenever

you have any looming assignment deadlines or exams that are troubling you, you can use training sessions to exercise and take your mind off things, releasing endorphins which make you happy, as well as giving you a whole host of other health benefits. Reap the full benefits of exercise by making sure to eat healthily.

You'll gain skills which improve your employability

A place in a sports team might not seem like the kind of thing that will catch an employer's eye, but you'll pick up plenty of soft skills, such as time management by being involved in a sports team. Showing you were able to take an active role in university life without it affecting your studies, or that you could take a role of responsibility (e.g. captain) within a sports team, will impress employers and give your future graduate scheme application a helping hand.

You'll have fun!

If you're not into sport, you might be a bit sceptical of this one – but trust me, once you've found the sport for you, it could become a passion for years to come. University can be stressful, with the pressure of doing your work and meeting deadlines bound to have an impact on your mood. University sports teams allow you to let out this tension with your friends, in a supportive environment. Once you've found the right balance between your social life and your academic life, you'll be able to look back on a memorable and enjoyable university experience.

It's an opportunity to try something new

As previously mentioned, most universities offer a vast range of different sports, giving you the opportunity to try something new and push yourself outside your comfort zone. If you've always wondered what lacrosse, ultimate frisbee or quidditch must be like to play, now's your chance. Don't look back on your university experience in a few years' time, regretting that you didn't try something.

SPIRIT SPORTS CLUB

VISION

"Committed towards recognizing Sports as Vehicle for inclusive Society"

MISSION

It is our mission to facilitate the young generation to develop as compressively healthy and balanced human beings with a wisdom to create life full of peace, passion and purpose.

Objectives

- To develop and upgrade with the excellent, appropriate sports infrastructure facilities like playing fields, gymnasium, football ground, basketball ground supported with at quality of sports equipment's.
- To maintain the indoor and outdoor sports Infrastructure facilities in the University campus.
- To search sports talent at the institutional level and to groom them to be better performers in national and international arena.
- To promote students' sports participation and to create awareness about the benefits of physical education & sports and to spread sports culture among the students of Bharati Vidyapeeth (Deemed to be) university.
- To provide systematic coaching programmes by involving qualified & competent sports expertise to groom university teams & sports talent.
- To project the potentials of the university by organizing state, national and international level tournaments.
- To provide incentives and awards to sports persons to motivate students to participate in various sports events.

Infrastructure

- The Sports Infrastructure includes a well-equipped gymnasium, badminton courts, basketball courts, volleyball courts, football playground, cricket playground, kabaddi playground, kho-kho playground, table tennis, chess and facilities, which is available for all students.
- Our Sports Infrastructure is well equipped to train the students and harness their hidden potential in the wide-ranging sports
- Being the apex body for sports at BVDU, we in addition to hosting of sports tournaments, also actively involved in a number of social and informal events. We take pride in making a significant contribution to our students' personality, fitness and health development.
- BVDU Sports Department has been conceptualizing and organizing yearly sports competitions in University campus at various levels viz. Inter collegiate, District and State Level.

