

### 7.3 Institutional distinctiveness

Sports activities plays vital role in developing one's personality and maintaining good health. It goes beyond the boundaries of sex. Over the year HNIMR, Pune has observed that girls when they reach to P.G. college, side track sports due to various reasons. Even if few opt for it, the intention is from the viewpoint of securing prize in any game they are good at.

To address this issue HNIMR took conscious efforts for promoting sports. Students were encouraged to take sports as lifestyle and not merely a competition.

In the year 2022-23 :

1. During the student's induction program only a session on 'Feeling, looking and being healthy' was organised for the student's imbibing importance of physical, mental and spiritual well-being of an individual.
2. Apart from exercise Zumba dance also helps in boosting energy. HNIMR also organised a Zumba session for student.
3. Students are encouraged to practice yoga daily. HNIMR celebrated 'International Yoga Day' for the students and staff.
4. The students at the institute volunteered and participated in MKSSS's Marathon.
5. HNIMR hosted an intra-Samstha sports event – Damini. HNIMR students not only participated in various competitions but also were the organising committee. Professional guidance was provided to participants from HNIMR.

These events checked physical fitness of the participants along with that made the participants work on their perseverance, stamina, time management, organising and execution skills.