



Ref: UMCAR/2024-25/14

Dated: 11.12.2024

OFFICE ORDER

Subject: Sports Committee for Academic Year 2024-2025

In compliance with institutional guidelines and to promote physical fitness, sportsmanship, and extracurricular engagement among students and staff, the Competent Authority of Uttaranchal Medical College of Ayurveda and Research, Premnagar, Dehradun, is pleased to constitute the "Sports Committee" for the academic year 2024-2025.

This committee shall be responsible for organizing sports activities, promoting a healthy lifestyle, and ensuring adherence to the institutional Code of Ethics in all sporting events and activities.

The details of the committee members are as follows:

Sr. No.	Name & Designation	Membership	Mobile No.
1.	Dr. Ravi Joshi (Principal, UMCAR)	Chairperson	8979667108
2.	Dr. Rajeev Kumar (Professor, Rachna Sharir Department)	Coordinator	9896559180
3.	Dr. Richa Bhatt (Assistant Professor, Kriya Sharir Department)	Member	7500317497
4.	Dr. Mudit Chauhan (Consultant, Swasthviritta & Yoga Department)	Member	7500355609
5.	Dr. Bushra Aziz (RMO)	Member	7017972900
6.	Mr Shiva Malik (Sports Incharge, U.U)	Member	8171162249
7.	Mr. Faiz, (1 st year B.A.M.S student)	Member	9756321238
8.	Mr. Siddharth, (1 st year B.A.M.S student)	Member	7505179228
9.	Ms. Muskan saini, (1 st year B.A.M.S student)	Member	7088912185
10.	Ms. Isha, (1 st year B.A.M.S student)	Member	8307822133

Responsibilities of the Sports Committee:

a) Promotion of Physical Fitness:

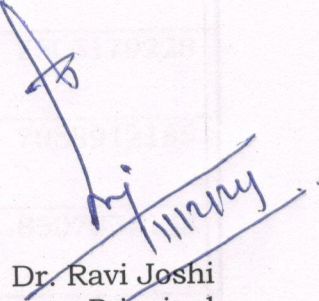
- Encouraging participation in sports and physical activities to foster a healthy and active lifestyle among students and staff.

- b) Organizing Sports Events:
- Planning and conducting intra-college and inter-college sports competitions.
 - Promoting traditional Indian sports alongside contemporary games.
- c) Sports Infrastructure Development:
- Ensuring proper maintenance and availability of sports equipment and facilities.
 - Recommending upgrades and additions to sports infrastructure as needed.
- d) Talent Identification and Nurturing:
- Identifying talented individuals and providing them with opportunities to excel in sports.
 - Arranging training sessions, workshops, and coaching for skill enhancement.
- e) Awareness and Inclusivity:
- Promoting awareness of the importance of sports for mental and physical well-being.
 - Ensuring inclusivity in all sports activities by engaging students and staff from diverse backgrounds.
- f) Representation in Competitions:
- Facilitating and encouraging participation in inter-collegiate, state, and national-level competitions.
 - Coordinating with external agencies to ensure proper representation and support.
- g) Cultural Integration: Integrating Ayurveda and sports by organizing events that promote yoga, pranayama, and Ayurveda-based fitness programs.
- h) Ethical Compliance: Ensuring all sports activities align with the institutional Code of Ethics and uphold the values of sportsmanship and fair play.
- i) Documentation and Reporting: Maintaining detailed records of sports activities, achievements, and participation, and submitting periodic reports to the Competent Authority.

Instructions for the Committee:

- a) The Chairperson shall convene regular meetings to plan and review the sports activities.
- b) The Committee must prepare an annual calendar of sports events and ensure its timely execution.
- c) Minutes of the meetings should be documented and submitted to the undersigned for record-keeping and review.
- d) This Committee shall come into effect from 11th December 2024 and remain operational for the academic year 2024-2025.

All concerned are requested to take note and comply accordingly.


Dr. Ravi Joshi
Principal

Uttaranchal Medical College of Ayurveda & Hospital
Premnagar, Dehradun
Principal

CC to:

- ❖ All Concerned
- ❖ Guard file

Uttaranchal Medical College
of Ayurveda & Research
Premnagar, Dehradun-UK