Report from IIT Bombay on ‘ Celebration of National Sports Day’

IIT Bombay celebrated the National Sports Day on August 28 and 29, 2024 to commemorate the birth anniversary of hockey legend Major Dhyan Chand.

A Mixed Hockey League and **Body Composition Analysis Camp** was conducted by the Institute Sports Council on the occasion of National Sports Day.

A Mixed Hockey League was organized on 28th and 29th August, 2024 at the Indoor Cricket Turf for the students. This event aims to pay tribute to one of India's greatest sports icons while fostering camaraderie and sportsmanship among participants.

Open registration form was floated for campus students to participate in a team with 6 members. The teams participated in the tournament, each team having a female player. Participants played with true team spirit and the celebration of National Sports Day echoed in Court.

After the highly competitive match concluded, winners were announced and awarded with trophies and Emerging player of the tournament award was also given. Sports Officer Mr. Pritesh Yadav felicitated the winners.

The coaches inspired the students with their words of wisdom and encouraged everyone to keep participating in sports, keep active and exhibit punctuality and discipline during practice sessions in preparation for the upcoming Inter-IIT sports meet in 2024.





Body Composition Analysis Camp

On this special occasion, Body Composition Analysis Camp was organized on 29th August, 2024. Institute Sports Council conducted a **free of cost** Health Assessment camp for athletes in the Indoor Basketball Courts. The test was conducted by experienced professionals on clinically tested machines.

The report provided detailed insights into **various health parameters**, including muscle mass, body fat percentage, lean body analysis and more. These results can help guide training and nutritional strategies, enhancing athletic performance and overall well-being. Open registration form was floated for campus students to participate in the camp. **450+** students took the **70-second** test.

Athletes were encouraged to participate to gain a deeper understanding of their physical health. This was a great opportunity to celebrate National Sports Day by prioritizing health and fitness, ensuring our athletes are well-prepared for future challenges.





Social Media handles:
https://www.instagram.com/iitbombaysports/?hl=en