Sandip Foundation's
Sandip Institute of Technology & Research Centre,
Mahiravani, Trimbak Road, Nashik - 422 213

Department of Artificial Intelligence and Data Science Engineering

Date:- 23/01/2024

NOTICE

All students are hereby informed that the department of Artificial Intelligence and Data Science Engineering is organizing the "Outdoor Sport Event" from 28th Jan 2024 to 31st Jan 2024.All the students are requested to attend and make the event grand success.

Prof. V. K. Barbudhe
Event Coordinator

Dr. Amit Gadekar
Head of Dept

Sandip Institute of Technology and Research Centre, Nashik
Department of Artificial Intelligence & Data Science Engineering

Sandip Institute of Technology and Research Centre, Nashik

Department of Artificial Intelligence & Data Science Engineering

Activity Report Of Sports

(Volleyball)

(2023-2024)

Name of Programme: Volleyball

Date: 31/01/2024

Event Coordinator: Prof. V. K. Barbudhe

Participants: Students from various departments

Venue: SITRC,Nashik.

Aim: The primary objective of volleyball is to score points by sending the ball over the net and into the opponent's court while preventing the opposing team from doing the same.

Outcomes: Benefits of volleyball are:

1.Physical Fitness:

Cardiovascular Health: Volleyball is an aerobic sport that can improve cardiovascular endurance and overall heart health.

Muscle Strength: Playing volleyball involves various muscle groups, such as the legs, arms, and core, leading to improved muscle strength and tone.

Coordination: The sport enhances hand-eye coordination, agility, and balance.

Flexibility: Volleyball requires players to move in different directions and perform various movements, which can increase flexibility.

2.Teamwork and Communication:

Volleyball is a highly team-oriented sport, promoting collaboration and communication among team members.Players learn to work together to set up and execute plays, which can be applied to other aspects of life.

3.Stress Relief:

Engaging in physical activity, such as playing volleyball, can reduce stress and improve mood through the release of endorphins.

5.Improved Reaction Time:

Volleyball requires quick reflexes and reaction time, which can be beneficial in various situations.

Summary Report of Sports

Rules of Playing Volleyball:

Team Size: A standard volleyball team consists of six players on the court at any given time.

Rotation: Players rotate positions in a clockwise direction when their team wins a point. The right-back player serves, and all players move one position clockwise.

Rally Scoring: In modern volleyball, points are scored on every rally, regardless of which team serves. The first team to reach 25 points with a minimum two-point advantage wins a set.

Deciding Set: If a match is tied after four sets, a fifth set (deciding set) is played to 15 points with a minimum two-point lead.

Service: The serve must be executed from behind the back boundary line (the end line) within the service area.

Service Rotation: A player must serve from within the right-back position and rotate one position clockwise after each successful serve.

Three Contacts: Each team is allowed a maximum of three contacts (touches) of the ball to return it over the net: a pass, a set, and an attack. The same player cannot make two consecutive contacts.

Faults: The server's foot cannot touch or cross the end line or sideline during the serve.

Carry or Lift: It is illegal to catch or throw the ball, and a player must not carry the ball while making contact.

Net Violation: Players are not allowed to touch the net during play, and the ball must not touch the net on the serve.

Foot Fault: The server's foot cannot touch or cross the end line or sideline during the serve.

Sandip Institute of Technology and Research Centre, Nashik
Department of Artificial Intelligence & Data Science Engineering

Photograph

Student Participating in Event

Prof. V.K. Barbudhe

Co-ordinator

Prof.(Dr.) Amit Gadekar

(HOD, AIDS Dept.)

Dr. M.M.Patil

Principal

Sandip Institute of Technology and Research Centre, Nashik
Department of Artificial Intelligence & Data Science Engineering

Attendance

Sr. No.	Name
1	WAGHMARE VIBHANSHU ©
2	SWAMI SANJAY KURKUTE
3	CHAVAN RUSHIKESH BABANRAO
4	MARATHE SUYASH SUBHASH
5	VIDHATE VISHAL SANJAY
6	KADLAG VEDANT SANDIP