



Ref.No.:UMCAR/2025/197

Date: 19.12.2025

**OFFICE ORDER**

**Subject: Constitution of Sport Committee for Academic Year: 2025-2026**

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 2025-2026.

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 members are as follows:**

S. No.	Name & Designation	Membership	Contact No.
1.	Dr. Vibhooti Chandrakar (Principal/ Professor, Samhita Sidhanta Department)	Chairperson	7248788958
2.	Dr. Akshat Sirdhyal (Assistant Professor, Swasthavritta & Yoga Department)	Co-ordinator	8219678145
3.	Dr. Richa Bhatt (Assistant Professor, Kriya sharir Department)	Member	7500317497
4.	Mr. Priyansh Kaushik (Nursing Staff, UHDC)	Member	7302284544
5.	Mr. Shiv Malik (Sport In-charge, UU)	Member	8171162249
6.	Dr. Tausheef Ahmad Khan (RMO, UHDC)	Member	6397756845
7.	Mr. Faiz (1 <sup>st</sup> Year B.A.M.S student, Batch- 2024)	Member	9756321238
8.	Mr. Vaibhav Adhana (1 <sup>st</sup> Year B.A.M.S student, Batch-2024)	Member	7310652929
9.	Ms. Isha (1 <sup>st</sup> Year B.A.M.S student, Batch- 2024)	Member	8307822133
10.	Ms. Monishka Khajnani (1 <sup>st</sup> Year B.A.M.S student, Batch-2025)	Member	9352865646
11.	Mr. Visharad Rawal (1 <sup>st</sup> Year B.A.M.S student, Batch-2025)	Member	7983135406
12.	Ms. Maanjhil Chaudhary (1 <sup>st</sup> Year B.A.M.S student, Batch-2025)	Member	7088170000

## **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 19<sup>th</sup> December 2025 and remain operational for the academic year 2025-2026.

All concerned are requested to take note of the above and comply accordingly.

  
Principal

UMCAR  
Principal

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

**Copy to:**

1. Director, UMCAR – for kind information
2. UMCAR/UHDC Admin. In-charge – for necessary changes in the portal
3. All concerned – for information and necessary actions