



**Nutan Vidya Mandir Education Society's
LATE SOW. KAMALTAI JAMKAR MAHILA
MAHAVIDYALAYA, PARBHANI.**

**DEPARTMENT OF PHYSICAL EDUCATION &
SPORTS**



ANNUAL REPORT

2015 - 2016

Introduction:

Physical education and sports are two areas, which are completely integrated with respect to various factors like physical fitness, motor abilities, and skills development. The department of physical education & sports is devoted to improve these factors amongst the girl students of any faculty like B.A., B.COM, B.C.A., B.VOC, M.C.A. and M.A. The department always tried to motivate girl students for participate in sports meets, whether on collegiate, inter-collegiate or inter university level through intramural sports activity & celebrating events like national sports day.

Activities of the Department

Independence Day:

The Independence Day of our country is a moment of pride and glory. On this special occasion, rich tributes are paid to the freedom fighters, which sacrificed their lives and fought to free their motherland from the clutches of the oppressors – British who ruled the country. The British had initially come for trade but gradually took over the total administration of the country. At midnight of the August 15, 1947, India shook off the shackles of British Rule and became free. It was a night of celebration all over the country. On the 15th August 2015 the flag hosting ceremony was done by the Hon'ble Shri Hemantrao Jamkar, President, Nutan Vidya Mandir Education Society, Parbhani, in the presence of all the Management body, teaching and non-teaching staff and the students.

Sports day Celebrations on 29th August 2015

The National Sports Day is celebrated on 29th August 2015, this day marks the birthday of Major Dhyan Chand, the hockey player who won gold medals in Olympics for India in the years 1928, 1934 and 1936. He scored over 400 goals in his career, from 1926 to 1948. After putting his stamp on international hockey arena, and having served his country to reach its pinnacles of glory multiple times. He is a legendary figure in the Indian and world hockey. The most noted memorials for him is the Major Dhyan Chand Award, the highest award for lifetime achievement in sports and games in India , and the National Sport day celebrations on his birthday. Our institution is also wants to improve the personality of our students through various activities. On the occasion of national sports day the department celebrated this day by giving the honor to the photo of Major Dhyan Chand.



Marathwada Mukti Sangram Din and Swami Ramanand Teerth Marathwada University Foundation Day:

On this occasion people gather around the "Marathwada Liberation Day Monument" and pay tribute to the ones who were killed during the struggle for independence. We also celebrate the Foundation day of our Parent University on the 17th September 2015. The Indian flag hosting ceremony was done by the Hon'ble Former Army Man Shri. Sawant and the University Flag Hosted by the Principal Dr. Vasant Bhosle in the presence of teaching staff, non-teaching staff and the students.

Activities of Yoga Center

a. International Yoga Day:

An international day for yoga was declared unanimously by the United Nations General Assembly. After that on the occasion of Frist International yoga day on 21st June 2016, Department of Physical Education & Sports organized a one day Yoga camp for Non-Teaching & teaching staff of our college.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Yoga Asanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. Which is very needful for doing a devotee work in the field of education, that's why we decide to organize this camp under the guidance of Hon'ble Principal Dr. Avinash D. Sarnaik, who himself a yoga practitioner and a certified yoga teacher.

International Yoga Day Celebrations



b. Certificate Course in Yoga Course (3 Months):

The main motive of this certificate course is to provide depth understanding of Yoga in short period of time. It covers textual, psycho-physiological and practical aspects of Yoga. This course designed for the convenience of the students, therefore the classes were conducted only on Sundays, from 2nd August 2015 to 25th October 2015. During this certificate course the yoga teachers of Niramay Yog Kendra, Parbhani taught the yoga skills in theoretical and practical forms. After that a practical examination was conducted for the assessment of knowledge acceptance. After the assessment certificates were distributed to the students. This year for these classes 20 students are taken part and successfully completed the certificate course.

A yoga practice can provide women with both obvious and unexpected benefits for the body, mind and spirit. International yoga expert Colleen Saidman says yoga “offers women solace, reflection, joy, acceptance and ease in their bodies.”

That’s why our management decided to teach yoga to our girl students, body of a woman is definitely very different from the body of a man as it has more duties to perform and greater weight to sustain. In fact, nature has given the woman's body a greater purpose to fulfil. A woman has to become a mother, and for that reason, nature has designed a special system for her.



Swayam Sidhha Karate Class:

Self-defense, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever. Therefore the Department tried to develop the self-defense skills amongst the college students. The Objectives of this course are To builds Self confidence amongst girls students, To works on balance amongst girls students, To helps develop self-discipline amongst girls students, To helps improve physical conditioning amongst girls students, To improves street awareness amongst girls students, To teaches self-respect, To helps to develop a warrior spirit amongst girls students, To helps develop a fighters reflex amongst girls students. For these classes we appointed a certified female self-defense trainer (Ku. Asha Ahmed Shaikh) for the convenience of the students. The duration of these classes was 1st November to 15th November 2015. For these classes 19 students were enrolled and successfully completed the course.



Republic Day:

Republic day is an important landmark in Indian history. On January 26th January 2016, we celebrate the Constitution of India. On this day, our Indian constitution became a reality and thus, the date “26th January” got etched in history for eternity. Needless to say, every year Republic day is celebrated with great pomp, enthusiasm and glory in our institution. Important governmental laws and acts were laid down on this day and hence it also marks as a day of pride for every Indian, old and young alike. The flag hosting ceremony was done by the Hon’ble Shri Hemantrao Jamkar, President, Nutan Vidya Mandir Education Society, Parbhani, in the presence of all the Management body, teaching and non-teaching staff and the students.

Maharashtra Day:

Maharashtra Day is celebrated to commemorate the formation of the state of Maharashtra after its division from Bombay State on May 1, 1960. The state of Maharashtra was made on the basis of languages after defining boundaries under The State Reorganization Act 1956. On the 1st May 2016 the flag hosting ceremony was done by the Hon’ble Principal Dr. Avinash D. Sarnaik in the presence of teaching and non-teaching staff and the students.

Inter Collegiate Performance Record 2015-2016

Sr. no.	Name	Game	Place	Year	Level
1	THAKUR PRIYANKA D	VOLLEYBALL	Winner 1st C zone ICT	23-08-15	ICT
2	DASARWAD SHILPA T	VOLLEYBALL		23-08-15	ICT,IUT
3	CHAVAN AARTI	VOLLEYBALL		23-08-15	ICT
4	DHAGE SWAPNA S	VOLLEYBALL		23-08-15	ICT
5	NARWADE USHA U	Volleyball		23-08-15	ICT
6	GAYAKE MANISHA P	VOLLEYBALL		23-08-15	ICT
7	PATHAK KOMAL G	VOLLEYBALL		23-08-15	ICT
8	GADGE MIRA B	VOLLEYBALL		23-08-15	ICT
9	KANDERE MAMATA R	VOLLEYBALL		23-08-15	ICT
10	ADANE KAVITA L	VOLLEYBALL		23-08-15	ICT
11	CHAVAN AARTI	KABADDI	Winner 1st C zone ICT	23-08-15	ICT
12	PURI ANURADHA R	KABADDI		23-08-15	ICT
13	GHUGE SAVITA S	KABADDI		23-08-15	ICT
14	GAROLE KALPANA B	KABADDI		23-08-15	ICT
15	DHAGE SWAPNA S	KABADDI		23-08-15	ICT,IUT
16	MARKAL DHURPATA S	KABADDI		23-08-15	ICT
17	AMBHORE CHANDRAKALA	KABADDI		23-08-15	ICT
18	KAHTING SHILPA G	KABADDI		23-08-15	ICT
19	LAD ANJALI S	CHESS	Participated	28-08-15	ICT
20	PATANGE PUNAM K	CHESS		28-08-15	ICT
21	CHAVAN AARTI	CHESS		28-08-15	ICT

22	JOSHI PRATIKSHA S	CHESS		28-08-15	ICT
23	YADAV KALPANA G	ATHELETICS	400 sprint	04-05/9/15	ICT
24	KHATING SHILPA G	ATHELETICS	400 sprint	04-05/9/15	ICT
25	NAZMEEN BEGUM M	ATHELETICS	400 sprint	04-05/9/15	ICT
26	CHAVAN AARTI	ATHELETICS	Discuss Throw	04-05/9/15	ICT
27	PURI ANURADHA R	ATHELETICS	Discuss Throw	04-05/9/15	ICT
28	DHAGE SWAPNA S	ATHELETICS	1st (Long Jump/100 sprint)	04-05/9/15	ICT
29	MARKAL DHURPATA S	ATHELETICS	1500 m (3rd)	04-05/9/15	ICT
30	AMBHORE CHANDRAKALA	ATHELETICS	1500 m	04-05/9/15	ICT
	MANGULAKAR VAISHNAVI S	BADMINTON	Winner at C zone	6-8-2015	ICT
	MANGULAKAR SHRADHA S	BADMINTON		6-8-2015	ICT
	SINGITAM MAYURI S	BADMINTON		6-8-2015	ICT
	KADAM KIRTI D	BADMINTON		6-8-2015	ICT
	BHARADE DIVYA BABAN	BADMINTON		6-8-2015	ICT
31	MANGULAKAR VAISHNAVI S	BADMINTON	Runner Up (2nd) ICT Center Zone	21-22/8/15	ICT,IUT
32	MANGULAKAR SHRADHA S	BADMINTON		21-22/8/15	ICT
33	SINGITAM MAYURI S	BADMINTON		21-22/8/15	ICT
34	KADAM KIRTI D	BADMINTON		21-22/8/15	ICT,IUT
35	BHARADE DIVYA BABAN	BADMINTON		21-22/8/15	ICT
36	PATANGE PUNAM K	TABLE TENNIS	Participated (4th)	21-22/8/15	ICT
37	KULKARNI MAMTA B	TABLE TENNIS		21-22/8/15	ICT
38	CHAVAN AARTI	TABLE TENNIS		21-22/8/15	ICT
39	GAYAKE MANISHA P	TABLE TENNIS		21-22/8/15	ICT
40	NARWADE USHA U	TABLE TENNIS		21-22/8/15	ICT

- Exciting Kabaddi Final Match Between L. S. K. J. Mahila Mahavidyalaya, Parbhani & Shivaji College, Parbhani Of 'C' Zone Inter Collegiate Tournament.



- Kabbaddi Winner Team C Zone Inter Collegiate Tournament 2015-16 felicitated By Hon'ble Principal Vasant K. Bhosle



- Badminton Runner up Team Inter Collegiate Tournament 2015-16 felicitated By Hon'ble Principal Vasant K. Bhosle



- Volleyball Winner Team C Zone Inter Collegiate Tournament 2015-16 felicitated By Hon'ble Principal

