

YEARLY REPORT

SESSION 2021-22

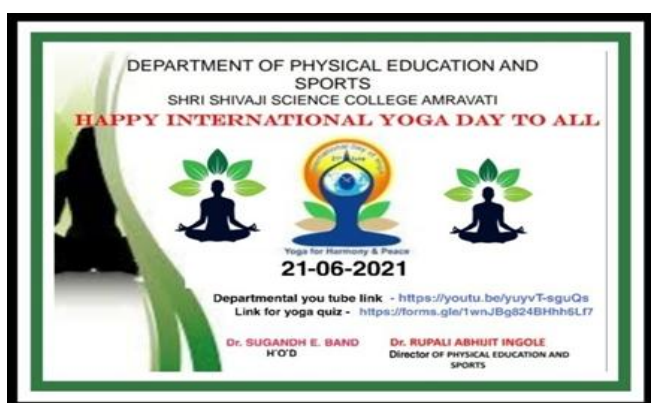
Department of Physical Education and Sports

1. Organizing International Yoga Day 21 June 2021

To celebrate the International Yoga Day, various asanas and pranayamas were filmed by the college yoga expert Mr. Jadhav Sir and uploaded on the YouTube channel of the Department of Physical Education and Sports i.e. Shivaji Science Sports. Through which everyone was inspired to do yoga in the right way. Not only that, a different Marathi language video of all the yoga protocols published by Morarji Desai Yoga Institute by the Department of Physical Education and Sports was also made available to all the college members.

In addition, in case of any problem online, the department prepared a hard copy of the complete information about the entire asanas, prayers and pranayama procedures in a PDF file and provided it to all the members of the college. Through this every element of the college completed the yoga practice.

The Yoga Awareness Quiz competition was organized nationally by the Department of Physical Education and Sports in celebration of International Yoga Day. In which 1230 participants from all over India registered their participation and all the students who passed the quiz were also given e-certificates immediately. Our principal Dr.V.G Thakre wished all the members of the college a happy International Yoga Day and instructed them on how yoga is important for good health and how to maintain good health by doing yoga daily.



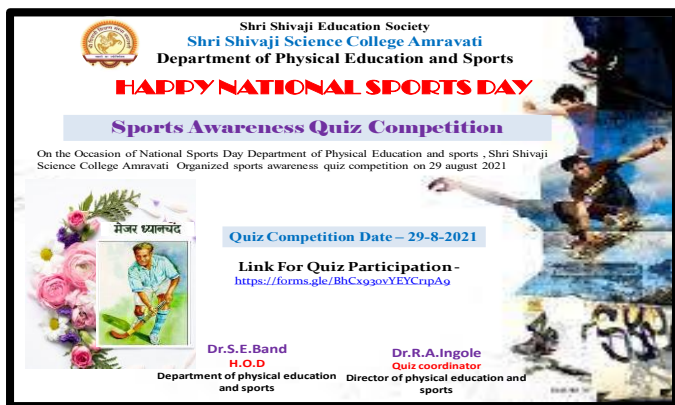
2. Organizing National sports day 29 august 2021

Like every year, this year also the National Sports Day was organized on 29th August by the Department of Physical Education and Sports. This day is celebrated all over India with great enthusiasm in the memory of Major Dhyanchand, an international player who is considered as the magician of hockey in the field of sports. This National Sports Day is celebrated every year in colleges through various activities. This year also this National Sports Day was celebrated online by the Department of Physical Education and Sports. Through which the National Sports Awareness Quiz Competition was organized by the department. In this, 1121 participants from all over India responded well and registered their participation in this quiz. Certificates were also immediately issued to all participants who passed.

The main purpose of taking this quiz was to provide the students with the right information about the various day-to-day mathematical developments in the field of sports and all the students should read the correct information in the field of sports out of curiosity. The quiz included questions from various sports, including the recent Tokyo Olympics and India's place in the medal table.

Athletes' appreciation ceremony is held in the college on the day of National Sports Day and all the students who have won medals or excelled in sports are honoured. Although it was not possible to do so due to the Corona epidemic this year, the Sports Department commended all the students who received medals last year and excelled in sports by contacting them by telephone. He was also guided by the department to regularize the practice and reach a higher level by wishing him well for his future endeavours in the field of

sports. While talking to the students, their parents were also contacted by the department and they were also appreciated for the performance of the child.



3. Organizing Tree Planting Program 29 July 2021

The annual tree planting program was organized in the college by the Department of Physical Education and Sports on 29th July 2021. College teachers, non-teaching staff and some students reported their participation in it, noting that no student was compelled to participate in these events as the college was closed during the Corona period. Cleanly some students were involved in this. . The planting of Jambhulani, Sadafuli, Neem and Palas in the campus of the college was done by the principal of the college, Hon'ble Dr. G.N. Chaudhary Sir as well as the head of the sports department, Dr. Sugandh Bund. Lunge Sir as well as the heads of all the departments and professors enthusiastically participated in the program. Under this program, trees were planted in the women's dormitories in the college premises as well as around the playground and everyone also took a pledge to take care of these trees.

The tree is an integral part of everyone's life and it is very important to take care of it. The principal of the college gave guidance on how to take good care of all these trees by taking measures.



4.15 August 2021 Indipends Day Celibration



5. Organizing Basketball Training Camp for physically challenge people subtember 2021

As in the previous year, the Department of Physical Education and Sports had organized basketball training camps for physically challenge in colleges. Basketball training camps were organized in the college with the main objective of keeping the mentally handicapped students happy as well as the physically weaker students just like the normal students. The event was held both offline for those who could and for those who could not come to the college grounds .online from September 2 to September 6 offline and September 29 online. In which many players participate Reported.

Necessary facilities were provided by the college for all students with disabilities. For these players, some of the best basketball coaches Mr. Anthony Area Sir Pune are especially known for training students with disabilities, some of their online basketball training in wheelchairs. Similarly, guidance was given in the form of videos on which exercises should be included in these exercises to increase physical fitness. In very simple and straightforward terms, through his demonstration, Anthony Saran also gave some training on how to increase the physical capacity that will be convenient for all students, as well as how to practice basketball at home.

This was part of the college's plan to improve the physical and mental health of people with disabilities, just as we all need to be in good health during the Corona period. Was played. Many college players also participated in the training camp as spectators and helped in fulfilling the role of umpires. Mr. Sharad Nagne Saran also gave basketball lessons to all these players in real form and also gave guidance on what to keep in mind while playing basketball in any situation. All the students with disabilities completed the camp by enjoying sports in the camp. All the necessary support was provided by the Department of Physical Education and Sports along with Dr. Sugandh Bandh and Dr. Rupali Ingole

Online coaching camp and practice

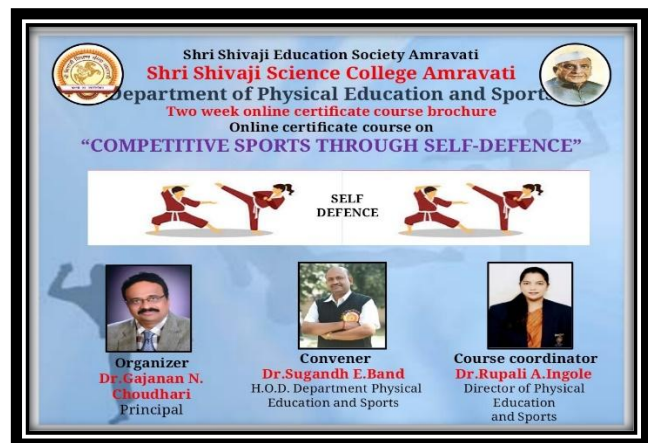


Offline coaching camp and practice



6. Organizing Online certificate course on “Competitive Sports through Self-Defence

Course starting date: 3-9-2021. **Course duration:** Two week (30 hours), **Course end date:** 18-9-2021
passing criteria: 60 marks test and 40 practical, **Platform:** Departmental YouTube channel, **last date of registration:** 2-9-2021, **Registration:** Free.



There are several reasons you might want to learn self-defense. The most obvious reason is that you want to be prepared to defend yourself or your family if you're ever in immediate danger. Knowing how to protect yourself from a potential attacker is a skill set all of us should have in our tool box. Mastering the steps necessary to identify a dangerous situation and ward off an attacker is at the core of self-defense course . by taking this need into consideration **Department of Physical Education and Spots , Shri Shivaji Science College Amravati** is going to organize two week online certificate course on “**Competitive Sports Through Self-Defence**” this course is designed for **all students**

Most traditional self-defense lessons are designed to teach everything from basic level de-escalation skills to full, physical combat techniques. Although in-person instruction is ideal, you can still learn many valuable self-defence techniques at home. So, if you're ready to learn how to assess your surroundings, identify danger, and know what to do when confronted with a threat, we've got you covered. This roundup includes online self-defense course and programs from expert-trained instructors that feature strategies appropriate for all ages and levels.

Course Objectives

1. To build Confidence 2. To work on Your Balance 3. To develop Self-Discipline 4. To help Improve Your Physical Conditioning 5. To improve Your Street Awareness 7. To help to Develop a Warrior Spirit 6. To teach You Self-Respect 8. To help You Develop a Fighters Reflex 10. To develop a Positive Influence on Your Life 9. To will Help You with Goal Setting

Resource person

1. Boxing: - Gaurav Wankhede Sir (Boxing Coach & Secretary of YSDMA India) **2. Kickboxing:** - Shubham Ingle Sir (International Player Kickboxing) **3. Karate:** - Ajinkya Gajbhiye Sir (All India Player Karate) **4. Taekwondo:** - Rakesh Sir (NIS Coach)

7. Organizing S.G.B. University Amravati Basket Ball Game Selection Tayal and coaching camp Boys and Girls for west zone tournament.



8. Organisation of soft ball friendly tournament on 15 August 2021 with the collaboration of district softball association and G.V.I.S.H. Amravati



BRIJESH RATHOD GOT BEST PLAYER OF TOURNAMENT



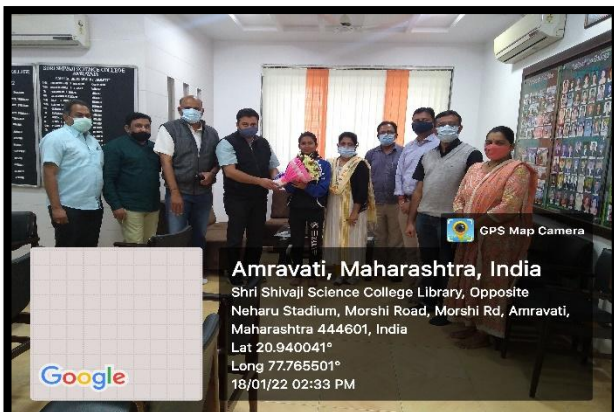
9. Students Achievements at state national and all India interuniversity tournament.



Vedant Saraf colour holder in swimming and



Priti Deshmukh Colour Holder In Weight Lifting, **Gold Medal** At Intercollege Tournament And Selected For Khelo India Tournament



Bhumika Aathwle colour holder in baseball and softball and got bronze medal at all India inter university baseball Assam



Sakshi Gawande , Prachi Deshmukh and Bhumika Aathwle selected for state softball



Pawan Wankhde selected for softball all India inter university tournament



Bhagyashri Kalane selected for gymnastic all India inter university tournament



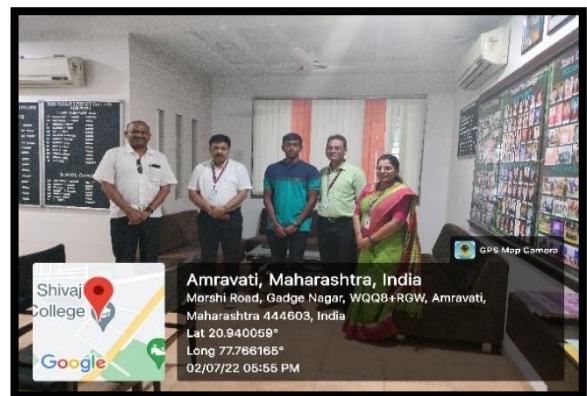
Sakshi Gawande and Bhumika Athwle selected for softball all India inter



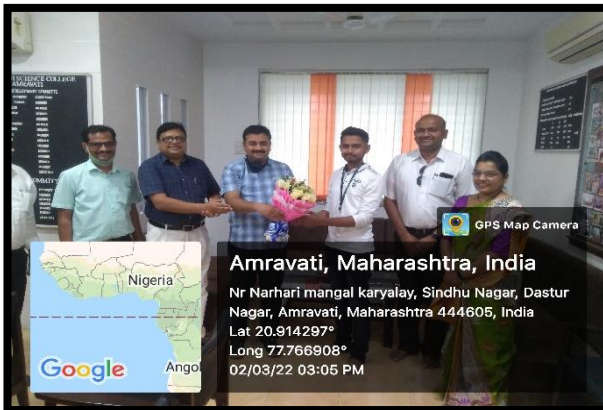
Darshan Patil received **Gold Medal** at National Kickboxing Tournament



Pranav Pawar received **two Gold Medal** at National Taekwondo Tournament



Vedant Saraf selected for swimming and water polo all India inter university tournament



Brijesh Rathod selected for baseball all India inter university tournament



Priti Deshmukh received **silver medal** in khelo indis ranking weight lifting tournament



Shitija Masladi Selected for Ball badminton All India Inter University Tournament



Sanjot Chipale Selected for Handball All India Inter University Tournament

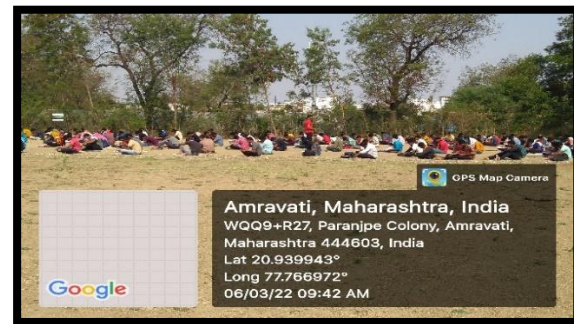


Mukta Ghodeswar Selected for Ballbadminton All India Inter University Tournament

10) Organization Of Intercollege Ball Badminton Tournament Of S.G.B.Uni Amravati (17-2-2022 to 19-2-2022)



11) Organization Of G.T Test on Sports for All Sports Students (6-3-2022)



12) Organization of womens softball coaching camp for all india inter university tournament (1 to 7 march 2022)



13) Organization of womens and mens ballbadminton coaching camp for all india inter university tournament (1 to 7 march 2022)



14) Felisitation of physically challenge basketball players by principal Dr.G.V.Korpe (3-2-2022)



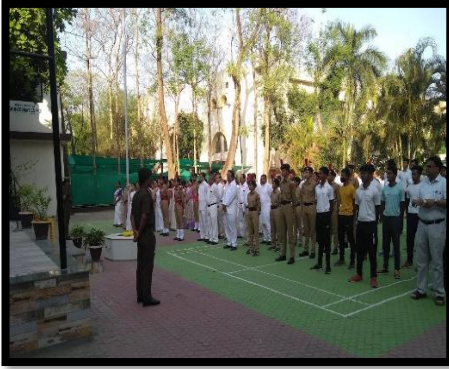
15) Organization of Day night basketball summer coaching camp for physically challenge students (4 to 6 march 2022)



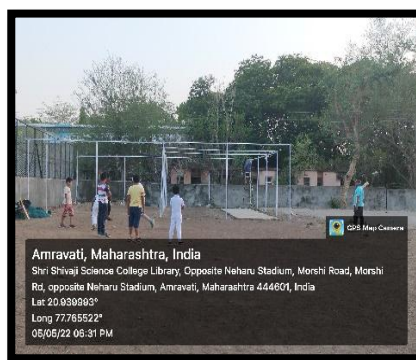
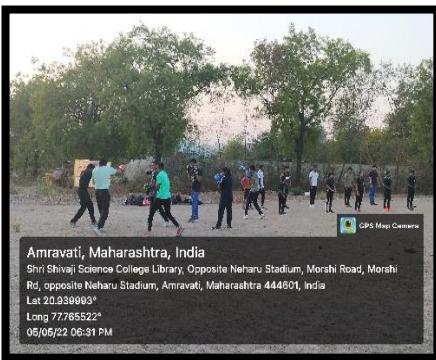
16) Organization of Dr. Panjabrao Deshmukh punyithi program (10.4.2022)



17) Organization of 26 January 2022 republic day and 1 may 2022 Maharashtra Din plague hosting program



18) Organization of summer coaching camp 2 to 16-5-2022 of various game like basketball, softball, lawn tennis, cricket martial arts, boxing, kick boxing, netball (on demand extended up to 30-5-2022)



SHRI SHIVAJI EDUCATION SOCIETY AMRAVATI'S
SHRI SHIVAJI SCIENCE COLLEGE AMRAVATI
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
Organize

Summertime

Date : 2nd to 16th May -2022 Time : Evening 6 pm to 7 pm

Soft Ball , Basket Ball , Lawn Tennis , Martial Art - Karate , Kick Boxing , Boxing Netball , Handball

No Registration Fee... Age group -> 10 to 25 Venue : Shri Shivaji Science College Play Ground

Camp Experts and Coaches

Dr. Vikas Yemkar Secretary 9403677088 9703877325	Dr. Ashif Ingole Softball Coach 9403677088	Shri Georav Wankhade Bocing coach 9403677088	Shri Shubham Ingole Kick Boxing International player 7030196602	Shri Ajayy Chhajiyay Karate coach 9403336071	Shri Shrikant Yevde Tennis Coach 9503170467	Ka Mayal Bumbal Basketball Coach National player 8822947871	Shri Nitish Joshi Netball 8622913831
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Organizer
Dr. Gajanan V. Karpe
Principal

Convener
Dr. Sugandh Bhand
HOD
Department of Phy. Edu. & Sport

Coordinator
Dr. Rupali Ingole
Director of phy. edu. Support

Coordinator
Shri Vashuwa Joshi
Play Ed. Teacher

Shri Shivaji Education Society, Amravati's
Shri Shivaji Science College, Amravati
MAAC Grade (ICPA 3.13 - 3rd Cycle); UGC - CPE (2nd Phase). Identified by DST - FIST, SGBAP - Lead College, ISO 9001:2015
Department of Physical Education & Sports

Summertime

CERTIFICATE
OF PARTICIPATION

This is to certify that,

Mr./Ms. _____
has actively participated in Summer Camp of _____
organized by Department of Physical Education and Sports during 02nd to 20th May, 2022.
He/She successfully completed the Summer Camp 2022.

Coordinator - Dr. Rupali Ingole
Director of Physical Education & Sports

Organizer - Dr. G. V. Karpe
Principal
Shri Shivaji Science College, Amravati

Convener - Dr. Sugandh Bhand
HOD
Dept. of Physical Education & Sports

19) Organization of Inauguration program of softball ground and lowan tennis court



20) Organization of felicitation program of coaches and medalist players of session 2021-22(10-5-2022)

Coaches Various Game



Medalist and color holder students



21) Organization of 29 softball senior state tournament 8 to 10 6-2022



HEAD
Dr. R. A. INGOLE
Department of physical education
and sports