

Manoharbai Patel College of Arts, Commerce & Science, Sakoli.

Department of Physical Education & Sports

Annual report: 2023-24

**"The best motivation always comes from within."
- Michael Johnson (Gold Medal Sprinter)**

Believing in this proverb Department of Physical Education always on its toes for guiding the students & bringing laurels for the college in various sports events. The Department of Physical Education & Sports of our college headed by Asst.Prof. Pradnyasurya A. Ramteke, our college is one of the leading colleges in the region which provides multi-sports facilities for the college students with many playfields available at our college playground, we are proud for having VCA authorized Turf wickets & an indoor fitness training center available in our college which makes us very unique in region. Our college fulfills each & every requirement of the students, as it provides quality material for the training of the college players, college undertake all the expenses of the players including Sports kits, Travelling, lodging, food and the also provides other required facilities. Department runs various training & coaching programs and guides each & every college player for optimum development of sports talent, it also provides equal & fair chance to each player to show their sports talent as we conduct selection trials for preparing each college teams before participating in any competition. Our college teams participate in various events every year in RTM Nagpur University's inter collegiate tournaments in different sports categories, where our players makes remarkable performances & also achieve merits in various inter collegiate events, Many of our players regularly got selected for various State, National & AIU level competitions which makes us proud. Our department is very active in the service of the students that is why our department remains open from morning 6.00 am to till 6.00 pm in the evening. Department runs regular coaching & training activities of the college players in morning & evening sessions and we also provide gymnasium facility to the college students where we assess the fitness level of the student by taking fitness test & provide individual exercise program based on the results of the fitness tests. Our Department organizes many sports events in the college i.e. **International Yoga day** for college Staff, students &

Community, Intramural Sports & Annual Athletic Meet for college Students, RTM Nagpur University Inter Collegiate Tournaments, special coaching workshops for college players, seminars & guidance programmes for students and faculties etc. Other than this, our college also support to organize sports activities for regional government, association & private sectors by providing them our college playground, rooms for staying, guidance for organization & helping them in all manner for the successful organization of their events. Our college is best choice for the students/peoples not only for region but also for students outside the region and provides best performance in academic and in sports as well. We believe in developing 'Sound Mind in Sound Body' and overall personality development of the students.

In academic year 2022-23 our college organizes following activities:

Seminars & Workshops:

4 days National level Workshop on "YOGA: Mindfulness and Meditation" FROM 09-12 September 2023, overall, 300 participants within country & foreign countries were participated in this Workshop.

2 days Interdisciplinary National Conference on "PARADIGM SHIFT IN PHYSICAL EDUCATION & SPORTS: MOVING BEYOND FINISH LINE" was organized by the college on 04 TO 05 April 2024, In this seminar around 200 participants from over all India benefitted from this seminar.

1 day College level Workshop on Self Defense on 29 August 2023 was organized by the Dept. for girls' students and women faculty of the college, around 190 participants from the college were participated in this Workshop.

1 day college level Workshop on Canoeing and Kayaking was organized for the college players on 18 December 2023, Mr. Avinash Nimbarte & Puja Bendewar from (NIS Coaches, WSA bhandara) and Mr. Subhash Jamjare (Treasurer WSA, Bhandara) were the invitees for this workshop, overall 16 students participated in this workshop.

1 day college level Workshop on Tug of war was organized for the college players on 23 December 2023, Workshop was conducted by the deptt of physical Education & Sports, overall 22 students participated in this workshop.

Activities organized:

Lt. Manoharbai Patel Sadbhavana Race was held on 17 August 2023 for the district level athletes, around 150 athletes from various institutions were participated in this event.

Independence Day Celebration on the occasion of 76th Independence day a flag hoisting ceremony was organized by the college under the chairmanship of Dr. C J Khune (Officiating Principal), Teaching and Non-Teaching Staff of the college, NCC Cadets, NSS Students, Players & college students were present during the ceremony

Felicitation program for Meritorious sport persons was organized by the college deptt of Physical Education & Sports around 70 students from college were participated in this felicitation ceremony.

Workshop on Yogic exercises: International yoga Day Celebration- A workshop on yogic exercises in accordance with protocol mentioned for International Yoga day was Held at the college on 21st June 2023, Teaching and Non-Teaching staff members of college, NSSvolunteers , NCC Cadets & Sports persons of the college participated in this workshop.

Inauguration of Canoeing & Kayaking Coaching Centre A coaching center for Canoeing & Kayaking was inaugurated in sakoli for giving opportunity to budding talent of the sakoli region, one dragon boat was established in Mama Talav Sakoli, Inauguration was done by the hands of Mrs. Saita Funde (President, Disha Foundation NGO), other dignitaries Mr. Shahed Kureshi (Secretray Bhandara Dist. Volleyball Association), Dr. C J Khune (Officiating Principal, M B Patel College, Sakoli), Mr. Avinash Nimbarte & Puja Bendewar from (NIS Coaches, WSA Bhandara) and Mr. Subhash Jamjare (Treasurer WSA, Bhandara) were present during the occasion.

Voters Registration campaign: an election campaign for new voters were executed in the college, voters registration forms distributed to the students completed 18 yrs of age and the

completed forms collected and submitted to the election office for preparation of voter id, around all the students of college participated in this campaign.

Republic Day Celebration on the occasion of 75th Republic day a flag hoisting ceremony was organized by the college under the chairmanship of Dr. C J Khune (Officiating Principal), Teaching and Non-Teaching Staff of the college, NCC Cadets, NSS Students, Players & college students were present during the ceremony

Tournaments & Competitions:

RTMNU Inter Collegiate volleyball (M) tournament: An inter collegiate Volleyball (M) tournament was allotted by RTM Nagpur University to our college for conducting the zonal matches of the institutions of Bhandara & Gondia, tournament was conducted on 04 & 05 November 2023 and total 22 institutions were placed in the match fixtures to participate in this tournament.

RTMNU IC Baseball (W) tournament: An inter collegiate Baseball (M) tournament was allotted by RTM Nagpur University to our college for conducting the inter collegiate matches of the institutions affiliated to RTMNU, tournament was conducted on 10 & 12 February 2024 at RTMNU Sports Complex and total 18 institutions were placed in the match fixtures to participate & 18 Matches were conducted among the colleges in this tournament.

RTMNU IC Canoeing & kayaking (M & W) tournament: An inter collegiate Canoeing & kayaking (M & W) tournament cum selection trials was allotted by RTM Nagpur University to our college for conducting the inter collegiate matches of the institutions affiliated to RTMNU, tournament was conducted on 01 & 02 March 2024 at Wainganga River, Kardha, Bhandara and various players from various institutions affiliated to RTMNU participated in this tournament.

Health & awareness:

Physical efficiency Test: As per the ordinance no. 3 of RTMNU a Physical Efficiency Test was conducted for the college students, total 697 students participated in this test and report submitted to RTM Nagpur University.

Medical Test: A Medical Test was conducted for the college students; total 1119 students were tested and report submitted to RTM Nagpur University.

Sports Championships & Achievements:

Volleyball (W) team secured first place at RTMNU IC Volleyball (W) Zonal Tournament

Volleyball (Women) Team of our college secured First position at RTMNU Volleyball (W) intercollegiate Tournament at Zonal level, Tournament was conducted at Pragati Mahila Mv. Playground and our team received this championship by beating J M Patel College, Bhandara in the finals.

Names of the participants are as follows;

SUHANI THAKARE, PRIYA MADE, ACHAL WALDE, ANKITA GADE, SHUBHANGI KULSUNGE, SHUBHANGI ARSODE, HARSHA BAWANKAR, SHUBHANGI PARDHI, YAMINI SONWANE, SUPRIYA BORKAR, SHABANAM BOKADE, SHRUTI BADOLE

Baseball (Women) secured First position in RTMNU IC tournament

Baseball (Women) Team of our college secured First position at RTMNU Baseball (W) intercollegiate Tournament, Tournament was conducted at RTMNU Playground and our team received this championship by beating Kamla Nehru College, Nagpur in the finals.

Names of the participants are as follows;

DHANSHRI HATWAR, LINA LANJEWAR, MEGHA SORATE, NIRMALA SORATE, YUVRANI HATWAR, APEKSHA GAJBHIYE, SAMIKSHA BOKADE, VAISHALI LOKHANDE, BHARTI BORKAR, NIKITA KHUNE, ANJALI MANDAL, SHABNAM BOKADE, RITU LANJE, RITA SHENDE

Volleyball (W) team secured first place at RTMNU IC Volleyball (W) Tournament

Volleyball (Women) Team of our college secured Second position at RTMNU Volleyball (W) intercollegiate Tournament, Tournament was conducted at G S College of commerce, Wardha Playground.

Names of the participants are as follows;

SUHANI THAKARE, PRIYA MADE, ACHAL WALDE, ANKITA GADE, SHUBHANGI KULSUNGE, SHUBHANGI ARSODE, HARSHA BAWANKAR, SHUBHANGI PARDHI, YAMINI SONWANE, SUPRIYA BORKAR, SHABANAM BOKADE, SHRUTI BADOLE

Softball (Women) secured First position in RTMNU IC tournament

Softball (Women) Team of our college secured Third position at RTMNU Softball (W) intercollegiate Tournament, Tournament was conducted at NTCPE College, Nagpur and our team received this championship by beating to DNC College, Nagpur in the finals.

Names of the participants are as follows;

Wushu (W) received 3rd place at RTMNU IC Wushu Championship

A wushu player namely Apeksha Gajbhiye participated in RTMNU IC wushu (W) championship & secured 3rd position in this tournament.

Selection/Medals at State/National level

Two Students Namely Lina Lanjewar & Nirmala Sorate selected in RTMNU Baseball (W) team to represent All India Inter University Baseball Championship conducted at Savitribai Phule Pune University, Pune

Two Students Namely Aniket Nagose & Shubham walthare selected in RTMNU Baseball (M) team to represent All India Inter University Baseball Championship conducted at Royal Gondwana University, Assam.

Seven Students Namely Shabnam Bokde, Megha Sorate, Anjali Mandal, Nikita Khune, Apeksha Gajbhiye, Ruchi Walde, Vaishali Lokhande selected in RTMNU Canoeing & Kayaking (W) team to represent All India Inter University Canoeing & Kayaking Championship conducted at Punjabi University, Patiala.

Nine Students Namely Nikhil Dikondwar, Dnyaneshwar Patrikar, Ruplal Netam, Aniket Nagose, Mayur Maraskolhe, Hitesh Neware, Tushar Dhakate & Nishant Nipane selected in RTMNU Canoeing & Kayaking (M) team to represent All India Inter University Canoeing & Kayaking Championship conducted at Chandigarh University, Chandigarh.

One Student Namely Dhanashri Hatwar selected in RTMNU Softball (W) team to represent All India Inter University Softball Championship conducted at Lovely Professional University, Jalandhar.

खेळाला रोजगाराशी जोडून सहभाग घेतला तर प्रगती होते : सरिता फुंडे

■ साकोली येथे कनोइंग व कयाकिंगकरीता ड्रैगन बोटचे उदघाटन



साकोली ■ साकोलीतील खेळाडूंना कनोइंग व कयाकिंग प्रिडाप्रकरणाचे सहभाग करता यावा या दृष्टीकेंवानुसार निरागती नटलेल्या भंडारा जिल्हात वॉटर स्पोर्ट्स च्या माध्यमातून हा नवीन खेळा प्रकार साकोली साख्खा टिकवणी सुरु करतांना मला आनंद होत आहे. खेळाला कॅरियरशी जोडून जर आपण सहभाग घेतला तर निश्चितच त्याच्यात प्रगती होते, असे प्रतिपादन दिशा फडंडेशनच्या अध्यक्ष सरिता फुंडे यानी उदघाटनाप्रसंगी प्रतिपादन केले.

दि. २३ डिसेंबर २०२३ तेजी ड्रैगन बोटचे उदघाटन नेशनल हायवेला लागून गाव तलावात करण्यात आले. उदघाटन

प्रसंगी प्रमुख पाहुण्या म्हणून सरिता फुंडे, वॉटर स्पोर्ट्स भंडाराचे संचालक गुभाय गमजारे, भंडारा जिल्हा वॉलीबॉल संघटनेचे सचिव, झीडा संघटक शाहेद कुरेशी व मनोहरभाई पटेल महाविद्यालयाचे प्रभारी प्राचार्य डॉ. सी. जे. खुणे उपस्थित होते.

कार्यक्रमाच्या उदघाटन प्रसंगी सरिता फुंडे यानी सरदर खेळामध्ये रोजगाराची संधी शोधावी, असे मत व्यक्त केले व उपस्थित इतर पाहुण्यानी विद्यार्थ्यांना शुभेच्छा दिल्या. झीडा संघटक शाहेद कुरेशी यानी पात्रसंगी सांगितले की, भंडारा जिल्हा हा तलावाच्या जिल्हा म्हणून प्रसिद्ध आहे. सरिता फुंडे यांच्या प्रयत्नांनी साकोली साख्खा टिकवणी वॉटर स्पोर्ट्स केंद्र सुरु करणे हे साकोलीच्या इतिहासातील अविस्मरणीय क्षण आहे. डॉ. खुणे यानी या खेळा प्रकाराची सुरुवात केल्याबद्दल सरिता फुंडेचे अभिनंदन करीत विद्यार्थ्यांना शुभेच्छा दिल्या. सरिताताई फुंडे व पाहुण्यांच्या हस्ते ड्रैगन बोटचे पूजन व माध्यमपण करून उदघाटन करण्यात आले व बोट चालवीण्यात आली, सरदर उपक्रम सुरु करण्याकरिता भंडारा जिल्हा को-ऑपरेटिव्ह बँकेचे अध्यक्ष सुनिल फुंडे व मार्गदर्शक अजयजी नागवत यांचे अथक प्रयत्न दामले. कार्यक्रमाचे संचालन व आभार प्रदर्शन मनोहरभाई पटेल महाविद्यालयाचे फ्रीडा विभाग प्रमुख डॉ. अमित टेम्पुर्ण यानी केले. सरदर उदघाटन प्रसंगी एन. आय. एस. प्रशिक्षक जिविना निचारे, पूजा बेंदेंवार, विलास बोकर, करण शेंडे, गौरव निचारे व मनोहरभाई पटेल महाविद्यालयातील विद्यार्थी तलाव वाडीतील स्त्री-पुरुष लहान मुले व मुली बहुसंख्येने उपस्थित होते. (प्रति.)

DeShonatti Edition
Nov 4, 2023 Page No. 2
Powered by : shela60.com

एम.बी.पटेल महाविद्यालय साकोली येथील महिला व्हॉलीबॉल संघाला विजेतेपद

■ आंतर महाविद्यालय स्पर्धेत चमकदार कामगिरी

संदूरबाफा ■ गोंदिया शिक्षण संस्था अंतर्गत मनोहरभाई पटेल महाविद्यालय साकोली येथील महिला व्हॉलीबॉल संघाने राष्ट्रस्त तुकडोजी महाराज नागपूर विद्यापीठाच्या वतीने प्रगती महाविद्यालय, भंडारा येथे आयोजित आंतर महाविद्यालय व्हॉलीबॉल स्पर्धेच्या विभागीय स्तर स्पर्धेत जे.एम.पटेल महाविद्यालयाच्या संघवार २५-४, २५-१० अंकांनी मात करीत विजय मिळवून चमकदार कामगिरी करत महाविद्यालयाचा गौरव वाढविला.



यामध्ये सुहानी ठाकरे, अंकिता शुभांगी पारधी, शबनम बोकरे, प्रमुख डॉ.अमित टेम्पुर्ण, भंडारा जिल्हा व्हॉलीबॉल संघटनेचे सचिव शाहिद कुरेशी, महाविद्यालयातील क्रीडा विभागाचे प्राध्यापक प्रमू संग्राम तसेच राजू शेंडे व महाविद्यालयातील शिक्षक व शिस्तकेतार कर्मचारी यांनी खेळाडूंचे अभिनंदन केले व वर्गा येथे आयोजित होणाऱ्या उपांत्यपूर्व व पुढील सामन्यांकरिता अभिनंदन केले.

DeShonatti Edition
Nov 4, 2023 Page No. 1
Powered by : shela60.com

मनोहरभाई पटेल महाविद्यालय येथे योग दिनानिमित्त योग कार्यशाळेचे आयोजन

साकोली ■ न्यायिक गोंदिया शिक्षण संस्थे अंतर्गत मनोहरभाई पटेल महाविद्यालय साकोली येथे आंतरराष्ट्रीय योग दिवसानिमित्त महाविद्यालयीन शिक्षक व शिक्षकत्वर कार्यकारी अगती विद्यार्थ्यांसह योग कार्यशाळेचे आयोजन करण्यात आले. सरदर योग कार्यशाळेमध्ये योग प्रोटोकॉल प्रसंगी योगाभ्यास करण्यापासून आरंभ तसेच योग व प्राणायामाचे स्वरूप सांगण्यात आले. उपस्थित कार्यकारी योगाभ्यासाचे प्राचार्य डॉ. अमित टेम्पुर्ण महाविद्यालयाचे प्राचार्य प्राचार्य डॉ. सी. जे. खुणे होते तसेच कार्यशाळेचे



संचालन व मार्गदर्शन प्रमू संग्राम, शबनम बोकरे, मया सोरेल, निर्मला घोरले, धनको हदवार, अंकिता नागसे आणि डॉ. अनिता बिरे यानी मोतये सहकार्य केले.

रा तु म नागपुर विद्यापीठ आंतर महाविद्यालय वॉलीबॉल स्पर्धेत मनोहरभाई पटेल महाविद्यालय साकोलीला उपविजेतेपद



प्रतिनिधी साकोली दि. ४: स्थानीय गोंदिया शिक्षण संस्था अंतर्गत मनोहरभाई पटेल महाविद्यालय साकोली येथील वॉलीबॉल (महिला) संघाने रा तु म नागपुर विद्यापीठ द्वारा आयोजित आंतर महाविद्यालय वॉलीबॉल स्पर्धेमध्ये उपविजेतेपद पटकरलेले सरदर स्पर्धेत उत्तमपंथी व पुढील स्पर्धा जी एम महाविद्यालय

वहा येथे संघटनेने मनोहरभाई पटेल महाविद्यालयातील खेळाडूंनी आपले उत्कृष्ट प्रदर्शन दाखवून सरदर स्पर्धेत पराजित केले. राष्ट्रातील खेळाडूंच्या वहाकरिता गोंदिया शिक्षण संस्थेच्या अध्यक्ष शोभाती, बंधी प्रमूळ पटेल, सचिव श्री. गवैड जैन, संकलक श्री. निखिल जैन तसेच महाविद्यालयातील प्रभारी प्राचार्य डॉ. सी. जे. खुणे,

शारीरिक शिक्षण विभाग प्रमुख डॉ. अमित टेम्पुर्ण, भंडारा जिल्हा वॉलीबॉल संघटनेचे सचिव श्री. शाहिद कुरेशी, महाविद्यालयातील फ्रीडा विभागचे प्राध्यापक श्री. प्रमू संग्राम तसेच श्री. राजू शेंडे, अंकिता नागसे, परत लोहबरे व महाविद्यालयातील शिक्षक व विद्यार्थ्यां कर्मचारी यांनी खेळाडूंचे स्वागत केले. बंधी येथे आयोजित होणाऱ्या उपांत्यपूर्व व खेळाडूंना उत्कलक सहभागाला शुभेच्छा दिल्या. सहभाग केल्याच्या खेळाडूंची यादी - सुहानी ठाकरे, अंकिता गाडे, शुभांगी पारधी, शबनम बोकरे, प्रिया गाडे, सुप्रिया बोकर, आश्वतथ वाकरे, पार्विणी सोनवणे, शुभांगी अरसोडे, हर्षा बावणकर, सुनी बढोले, सुभांगी कुमुदुणे.

मनोहरभाई पटेल महाविद्यालय येथे महिला दिवस निमित्त स्वास्थ्य समुपदेशन कार्यक्रमाचे आयोजन

प्रतिनिधी साकोली दि. ९: स्थानीय गोंदिया शिक्षण संस्थे अंतर्गत मनोहरभाई पटेल महाविद्यालय साकोली महाविद्यालय येथे आरंभिक महिला पोस्ट-नॅमेल उपरोक्त शिक्षण विभाग आणि मूळ आयोजक विभाग यांच्या संयुक्त संस्थाध्वारे महाविद्यालयीन कार्यकारी अंकिता बिरे यांच्यासह आयोजन करण्यात आले. उपक्रम BMI ke Wait to hip Ratio तपासणी करण्यात आली तसेच कमी तुकडे कमी कॅलॅरि व सोडाची वाढी कमी करणारे व्यायामाचे प्राथमिक उपदर्शनात आले. सरदर कार्यशाळेमध्ये सहभाग घेतले, व्यायामाचे उपदर्शनात



यांनी शुभेच्छा दिल्या तसेच डॉ. हाकर बागडे, अंकिता अंजलि कार्बेकर, शोभाती, शरीर वैद्य आणि उपरोक्त महाविद्यालयीन कार्यकारी अंकिता बिरे यांनी कार्यशाळेचे आयोजन व उपदर्शन केले. सरदर कार्यशाळेमध्ये १०० कार्यकारी व विद्यार्थ्यांनी सहभाग घेतले, व्यायामाचे उपदर्शनात

वैनगंगा शारीरिक शिक्षण महाविद्यालयात प्रथोमपचार विषयावर एकदिवसीय कार्यशाळेचे आयोजन



प्रतिनिधी साकोली दि. १३: केंद्रात साकोली शिक्षण संस्था अंतर्गत वैनगंगा शारीरिक शिक्षण महाविद्यालय साकोली येथे आयोजित एकदिवसीय कार्यशाळेचे आयोजन करण्यात आले. या कार्यशाळेत उपक्रम यामुळे सहभागीयामध्ये प्रथोमपचार कार्यशाळेचे आयोजन करण्यात आले. उपक्रम BMI ke Wait to hip Ratio तपासणी करण्यात आली तसेच कमी तुकडे कमी कॅलॅरि व सोडाची वाढी कमी करणारे व्यायामाचे प्राथमिक उपदर्शनात आले. सरदर कार्यशाळेमध्ये सहभाग घेतले, व्यायामाचे उपदर्शनात

यांनी शुभेच्छा दिल्या तसेच डॉ. हाकर बागडे, अंकिता अंजलि कार्बेकर, शोभाती, शरीर वैद्य आणि उपरोक्त महाविद्यालयीन कार्यकारी अंकिता बिरे यांनी कार्यशाळेचे आयोजन व उपदर्शन केले. सरदर कार्यशाळेमध्ये १०० कार्यकारी व विद्यार्थ्यांनी सहभाग घेतले, व्यायामाचे उपदर्शनात

