

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

Department of Physical Education & Sports

Annual report: 2021-22

“Never say never because limits, like fears, are often just an illusion.”

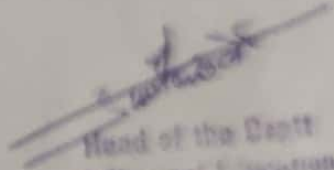
– Michael Jordan ”

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 Dr. Amit K. Tembhone, 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 participates 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 2021-22 our college organizes 5 days national level seminar on "IMAPCT OF COVID-19 ON MENTAL & PHYSICAL HEALTH, PRECAUTIONS AND REMEDIES" overall 300 participants from the country was participated in this seminar. Another one day National seminar on "MUCORMYCOSIS: SYMPTOMS, PRECAUTIONS & REMEDIES" was organized by the college on 02nd June 2021, In this seminar Dr. Vaibhav Nasare was a main resource person for providing guidance on the seminar topic, around 250 participants from over all India benefitted from this seminar. An International Yoga day was also celebrated at our college, Yogacharya Mr. Anant Wadi from yoga vidya gurukul tryambakeshwar, Nasik was guided college staff & students on various benefits of Yogasana & Pranayama, around 200 students & staff was taken benefit of this online workshop. A National Sports day celebration was held at our college & in this occasion a guest lecture for college students on "CAREER OPPORTUNITIES IN SPORTS" Dr. Parveen Kumar from NMD College, Gondia reflected on various career opportunities in sports, about 150 students from the college were attended this guest lecture. A vaccination camp was also conducted by the college with the govt hospital, sakoli & around 50 students from college were vaccinated in this camp. A workshop on "COMBINED DEFENCE SERVICES" was organized for college students, Flight Lieutenant Shivali Deshpande & Mr. Shivan Vishvakarma guided the students for CDS preparation, around 150 students were present in this workshop. A workshop on "YOGIC TACTICS TO IMPROVE PHYSICAL, MENTAL & CONCENTRATION F

"COLLEGE STUDENTS" was organized for college students. Dr. Hemishree Bhusod, Assistant Professor, Kani Kalguna Nandedi Vallygadh, Rantak reflected the various benefit of yoga exercises concern with the topic with demonstration to the students, around 65 students were present in this workshop. Regarding sports participation due to covid restrictions, limited sports events were organized by the university and in this year 7 students Namely Ms. Vaishnavi Nandeshwar (Selected for All Korfball at SPP University, Pune), Ms. Indrayani Mendhe (Selected for All Softball RDCS&T University, Sonapat), Mr. Digambar Lanje & Mr. Umang Berekar (Selected for All Baseball SPP University, Pune), Ms. Indrayani Mendhe, Ms. Shahnam Bokde, Ms. Swapna (Selected for All Baseball Royal Gondwana University, Gowahati, Assam) were represented RTMNU teams in various games organized by Association of All India University and Ms. Suhani Thakre represented State level & Zonal Level volleyball championship in this year.


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