



**VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya,
Bharsingi, Ta-Narkhed, Dist-Nagpur**



Academic session 2022-23

**REPORT ON SPORTS ACTIVITY
Students Participation in Sports and
Sports Events Organized**

**List of students Participated and Get Award at All India University
Level**

S. N.	Name of students	Name of Sport	Award
1	Swati Madhukar Panchbudhe	Cross Country	Certificate
2	Ajit Govind Bende	Cross Country	Certificate
3	Lilaram Istru Bawane	Cross Country	Certificate
4	Sunny Arjun Fusate	Cross Country	Certificate
5	Lilaram Istru Bawane	Athletics	Certificate
6	Swati Madhukar Panchbudhe	Athletics	Certificate
7	Sunny Arjun Fusate	Athletics	Certificate
8	Prachi Shamrao Chikankar	Athletics	Certificate
9	Sopan Sukhadev Ghorpade	Woodball	Certificate
10	Rasika Pramod Bhakte	Woodball	Gold Medal
11	Swati Kishor Gakhare	Woodball	Certificate
12	Jagruti Pradip Kohale	Malkhamb	Certificate
13	Vanshik Laxman Wade	Malkhamb	Certificate
14	Diksha Suresh Katole	Malkhamb	Certificate
15	Priyanka Vijay Raut	Malkhamb	Certificate
16	Ankush Sopan Gaikwad	Kho-Kho	Certificate
17	Nikhed Lalchand Nishad	Kho-Kho	Certificate
18	Valay Sanjay Charde	Volleyball	Certificate
19	Shubhangi purushottam Jaipurkar	Karate	Certificate

University Championship Award and participants

1. Cross Country (Men) – 1st Championship
2. Cross Country (Women)- 1st Championship
3. Mallakhamb (Men)- 1st Championship
4. Rope- Mallakhamb (Women)- 1st Championship
5. Yogasan (Women) - 1st Championship
6. Yogasan (men) – 2nd Championship



Cross country men

1. Mohit S/O Mukesh
2. Lilaram Istru Bawane
3. Sunny Arjun Fusate

4. Ajit Govind Bende
5. Sagar Hansaram Sindhpure
6. Bhavesh Sunil Khandar
7. Vikas Kundlik Bisane



Cross country women

1. Swati Madhukar Panchbudhe
2. Diya Arun Chikhale
3. Prachi Shamrao Chikankar
4. Mayuri Sohanlal Barwad
5. Nidhi Vinod Tarare

6. Saflata Naresh Kolhatkar

7. Shital Gopalrao Langote



Mallakhamb men

1. Vanshik Laxman Wade
2. Chandu Makarand Dighore
3. Kishan Yogiraj Nehare
4. Pravin Arun Sawarkar
5. Nishant Vasanta Sembekar
6. Mangesh Ramesh Dhanorkar



Yogasan women

1. Rasika Pramod Bhakte
2. Priyanka Vijay Raut
3. Arti Yogesh Dhopre
4. Swati Kishor Gakhre
5. Jagruti Pradip Kohale
6. Diksha Suresh Katole



**DIRECTOR SPORTS & PHYSICAL EDUCATION
RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR**

Add:- R. B. D. Laxminarayan Campus, Amravati Road, Ravi Nagar, Nagpur
Office Phone No. 0712-2531696; Mobile No. 9850303154, Email - departnmu@yahoo.in

CHAMPIONSHIP CERTIFICATE

Awarded to

Arvindbabu Deshmukh Mahavidyalaya, Bharsingdi
for his / her participation in the University Inter Collegiate *Rope Making* (Men / Women)

Tournament for the year 2022 - 2023

The team secured II place.



M. M. Mungel
Director
Sports & Physical Education
Department of Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur



Yogasan Men

1. Pravin Arun Sawarkar
2. Mohit Yogesh Dhopre
3. Samir Dinesh Sharma
4. Ashish Nathhuji Murkute
5. Nishant Vasanta Shembekar
6. Nikhil manohar Borje



VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi



Academic session-2022-23

Name of Department- Department of Physical education

Name of Activity	University level volleyball competition (Men)
Date and Time of activity	16/11/2022 to 18/11/2022
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Boys: 240 Total 20 college
Number of faculties participate	20

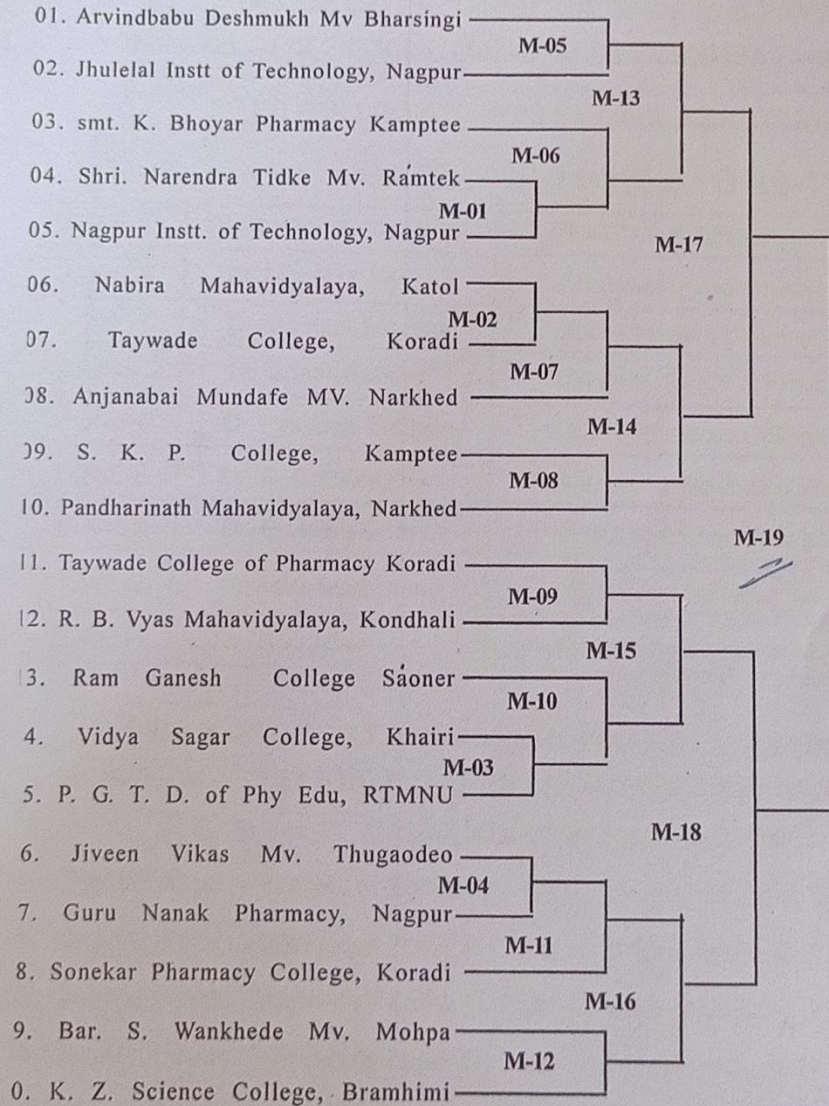
Brief Report

Arvindbabu Deshmukh Mahavidyalaya, Bharsingi, Department of Physical education organized the *Intercollegiate Volleyball tournament* on 16/11/2022 to 18/11/2022 in college Volleyball court. Dr. Prakash Pawar, principal was the Chairman and Dr. Deepak Arajpure, Director of Physical Education, Jeevan Vikas mahavidyalaya; Devgram was Chief Guest for the Inaugural function. In Volleyball University level Zone A Competition total 240 male students of 20 colleges participated in competition.

- **Referee**
1 Dr. Mahendra Singh Rathod
2 Mr. Raju Raut
- **First Winner Team**
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi

VENUE : ARVINDBABU DESHMUKH COLLEGE, BHARSINGI
TEACHER INCHARG : DR. MAONJ VARMA

ZONE = A



DATE : 16.11.2022

M.No. 01 08.00 a.m.
M.No. 02 09.00 a.m.
M.No. 03 10.00 a.m.
M.No. 04 11.00 a.m.
M.No. 05 12.00 noon
M.No. 06 01.00 p.m..
M.No. 07 02.00 p.m.
M.No. 08 03.00 p.m.
M. No. 09 04.00 p.m.

DATE : 17.11.2022

M.No. 10 08.00 a.m.
M.No. 11 09.00 a.m.
M.No. 12 10.00 a.m.
M.No. 13 11.00 a.m.
M.No. 14 12.00 noon
M.No. 15 01.00 p.m..
M.No. 16 02.00 p.m.

DATE : 18.11.2022

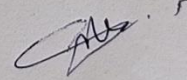
M.No. 17 08.00 a.m.
M.No. 18 09.00 a.m.
M.No. 19 03.00 p.m.

Ref. No. DSPE/RTMNU/I.C.Volleyball M /22-23/895

Date : 10-11-2022

Copy to :-

1. The principals of all participating College in the Volleyball Men Tournament.
2. All the Zone **A to H** for the Teacher Incharge of Inter Collegiate Volleyball Men Tournament 2022-23 for information. Kindly submit the account and details of remuneration to be paid to the Referee/ Umpire/Official with day from the conclusion of the tournament.
3. Dr. Sanjay Choudhari, Chairman, Programm Committee 22-23, Department of Sports & Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information
5. The Principal, of **Zone A to H** for information.
6. The Chairman, Board of Sports & Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information
7. The members of Volleyball Men Selection Committee for information.
8. The Chairman of Volleyball Men Selection Committee for information.
9. Shri. Mohd Javed Rehman (FPE) Department of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University for information and necessary arrangement for the said tournament.
10. Shri. Vaibhav Pandhare (FPE), Department of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University for information and necessary arrangement for the said tournament.
11. The sports Editors of all Local News Paper for information and wide published in their esteemed news paper.



Suraj Suryawanshi
UDC

Sports & Physical Education
Rashtraasant Tukdoji Maharaj
Nagpur University Nagpur

देशोन्नती

वैचारिक क्रांतीचा अग्रदूत

नागपूर मंगळवार, दि. २२ नोव्हेंबर २०२२ पृष्ठे ६+८ = १४ मूल्य ₹:५

अरविंदबाबू देशमुख महाविद्यालयाला विजेतेपद



आंतर महाविद्यालयीन व्हॉलीबॉल स्पर्धा

देशोन्नती वृत्तसंकलन...

देवग्राम ■ राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ अंतर्गत नुकत्याच आयोजित आंतर महाविद्यालयीन व्हॉलीबॉल स्पर्धेत अरविंदबाबू देशमुख महाविद्यालय, भारसिंगीच्या संघाने नेत्रदीपक कामगिरी बजावित विजेतेपद पटकाविले.

या स्पर्धेचा अंतिम सामना अरविंदबाबू देशमुख महाविद्यालय, भारसिंगी व गुरुनानक इंजिनियर

कॉलेज नागपूर यांच्यात झाला. यात अरविंदबाबू देशमुख महाविद्यालयाने विजय संपादन केला. विजयी संघाचे अभिनंदन करण्यासाठी व्हीएसपीएम संस्थेचे कार्यवाह युवराज चालखोर यांच्या अध्यक्षेखाली कार्यक्रमाचे आयोजन करण्यात आले होते. याप्रसंगी प्राचार्य डॉ. प्रकाश पवार, शारीरिक शिक्षण संचालक डॉ. मनोजकुमार वर्मा व्यासपीठावर उपस्थित होते. कार्यक्रमाचे अध्यक्ष युवराजजी चालखोर यांच्या हस्ते विजेत्या संघास शिल्ड देऊन गौरविण्यात आले.

प्राचार्य डॉ. प्रकाश पवार यांनी महाविद्यालयाचा क्रीडा विभाग अतिशय उत्कृष्ट कामगिरी करीत

असून विविध खेळात चॅम्पियनशिप पटकावित असल्याचे यावेळी सांगितले.

कार्यक्रमाचे संचालन प्रा. राजेंद्र घोरपडे यांनी केले तर आमदार डॉ. मनोजकुमार वर्मा यांनी मानले. याप्रसंगी डॉ. दादाराव उपासे, डॉ. श्रीकांत ठाकरे, डॉ. रिता वाळके, डॉ. मेघा रघुवंशी, डॉ. शैलेश बंसोड, डॉ. नितीन राजूत, प्रा. विजय रहांगडाले, डॉ. भाविके मणियार, डॉ. अंजली धारपुरे, ग्रंथपाल प्रा. प्रवीण वसू, प्रा. आशीष काटे, प्रा. सुरेंद्र सिनकर, प्रा. कपिल सिरस्कर आदींसह इतर प्राध्यापकगण, कर्मचारी तसेच विद्यार्थी मोठ्या संख्येने उपस्थित होते. (वार्ताहर)

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

Established by Government of India as Perquisite of service Department by Notification No. 311 dated 26-11-1971 & provision
State University governed by Maharashtra Universities Act, 1956

OFFICE OF THE DIRECTOR PHYSICAL EDUCATION



CERTIFICATE

Certified that Dr. Manoj Kumar Varma
of Arjunbaba Deshmukh Mahavidyalaya, Bharsingi rendered services
as Teacher Incharge / First Aid Assistant / Official / Volunteer during the Inter Collegiate
/ West Zone / Inter Zone / All India Inter University Valley Ball Men
Championship Organized by Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
conducted by A. D. Mahavidyalaya, Bharsingi from 16.11.2022
to 18.11.2022



(Signature)

Director Physical Education
Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

21.10.2023

NP/1/2023/102













VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session- 2022-23



Name of Department- Department of Physical education

Name of Activity	University level Mallakhamb competition (Men & women)
Date and Time of activity	07/01/2023 to 09/01/2023
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 28 Boys- 22 Total 50
Number of faculties participate	10

Brief Report:

University level mallkhamb competition was organized by Department of Physical education for men and women on 07/01/2023 to 09/01/2023. There were 50 men & women participants for Stand mallkhamb, Hanging Mallakhamb and Rope mallakhamb participated from 10 colleges in competition. Dr. Prakash Pawar, principal was the Chairman and Dr. Deepak Arajpure, Director of Physical Education, Jeevan Vikas mahavidyalaya, Devgram and Dr. Arun Atkare, Chintamani College of physical education wardha was Chief Guest for the Inaugural function. Final Championship winner was A.D.M Bharsingi.


Selection committee mallkhamb–

Chairman- Dr. Dipak Arajpure

Selection committee Member –

- Dr.Manojkumar Varma
- Dr.Arun Atkare
- Dr.Meena Balpande
- Prof.C.B.Katre

■ Pranay Sukhdeve


राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ
(राज्य शैक्षणिक अंतरिक्ष विकास विभागकी अतिरिक्त कक्षा १११ दिनांक १ ऑक्टोबर १९९३ - आता राष्ट्रीय व महाराष्ट्र शासकीय शिक्षण अतिरिक्त. २०१६
शा. प्रमाण व मा. प्रमाण, विद्यार्थी अधिष्ठाता कक्षा ५ आता शैक्षणिक विभाग)

क्रीडा व शारीरिक शिक्षण विभाग
आता क्रीडा, स्पर्धाकार्यक्रम संयोजक, संयोजक, अंतरराज्यीय स्तर, नागपूर

दुरध्वनी क्रमांक : ०२१२-२५३१५५५ / १८५२२३१५५, E-mail : departmentu@yahoo.in/sharadiharyawanshi25269@gmail.com

जावफ क्र कीशाशिधि / महा स्पर्धा/2022 - 2023 /1203 दिनांक : 03.01.2023

पति :
मा. प्राचार्य / विभाग प्रमुख
महाराष्ट्र व सलग्न महाविद्यालये आणि पदव्युत्तर शैक्षणिक विभाग
राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ

विषय : आंतर महाविद्यालयीन मल्लखांब (पुरुष/महिला) अजिंक्यपद स्पर्धा/निवड वास्तुची २०२२-२०२३:


आंतर महाविद्यालयीन मल्लखांब (पुरुष/महिला) अजिंक्यपद स्पर्धा/निवड वास्तुचे प्रवित्तर वेळापत्रक खालील प्रमाणे आहे.

- स्पर्धा कालावधी : **दिनांक ७ ते २ जानेवारी २०२३**
आरविंदबाबू देशमुख महाविद्यालय, भारसिंगी
मा. काटोल जिल्हा. नागपूर
- स्पर्धा स्थळ : **दिनांक ७ जानेवारी २०२३ सकाळी ९.०० वाजता**
डॉ. मनोज कुमार वर्मा
आरविंदबाबू देशमुख महाविद्यालय, भारसिंगी
प्रमथ्वणी क्र. १४२२८२४४९९/१८३४४४९८२२
ई-मेल : manojvarma@gmail.com

- खेळाडूंचे उपस्थितीची तारीख व वेळ :
➤ स्पर्धा प्रमुख

- खेळाडूंनी उपस्थितीचे वेळी सादर करावयाची कागदपत्रे
अ) पात्रता यादी (Eligibility Form) २ प्रती
ब) २०व्या वर्गाचे मुळ (Original) प्रमाणपत्र आणि गुणपत्रीका
क) २२व्या वर्गाचे प्रमाणपत्र आणि गुणपत्रीका
ड) मागील उत्तीर्ण परिक्षेची गुणपत्रीका
इ) आभार कार्ड
ई) महाविद्यालयाचे ओळख पत्र
उ) हमीपत्र

टिप :- वरिल सर्व कागदपत्रे स्पर्धा स्थळी जमा करण्याची जबाबदारी महाविद्यालयाच्या सध व्यवस्थापकाची राहिल.


संचालक
क्रीडा व शारीरिक शिक्षण विभाग
राष्ट्रसंत तुकडोजी महाराज
नागपूर विद्यापीठ, नागपूर

प्रतिलिपी :-

- ०१) डॉ. मनोज कुमार वर्मा, आरविंदबाबू देशमुख महाविद्यालय, भारसिंगी स्पर्धा प्रमुख, आंतर महाविद्यालयीन मल्लखांब (पुरुष/महिला) अजिंक्यपद स्पर्धा २०२२-२३ यांनी आवश्यक कार्यवाही घ्यावी.
- मा. प्राचार्य, आरविंदबाबू देशमुख महाविद्यालय, भारसिंगी यांना निवृत्ती की, त्यांनी डॉ. मनोज कुमार वर्मा यांच्या सेवा वरिलसाठी उपलब्ध करून द्याव्यात.
- मा. अध्यक्ष, विद्यापीठ संघ निवड समिती २०२२-२३ यांना आवश्यक कार्यवाहीस्तव अज्ञेयित.
- सर्व सन्माननीय सदस्य, विद्यापीठ संघ निवड समिती २०२२-२३ यांना आवश्यक कार्यवाहीस्तव अज्ञेयित.
- श्री. सुनिल गांवडे, (ए.व्हे.क.) आंतर महाविद्यालयीन स्पर्धा कक्ष, क्रीडा व शारीरिक शिक्षण विभाग, राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, नागपूर यांनी अनुषंगीक कार्यवाही घ्यावी.
- श्री. जावेद रेहमान, (ए.व्हे.क.) आंतर विद्यापीठ स्पर्धा कक्ष, क्रीडा व शारीरिक शिक्षण विभाग, राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, नागपूर यांनी अनुषंगीक कार्यवाही घ्यावी.
- सर्व वर्तमानपत्रांचे सन्माननीय क्रीडा संपादक यांना निवृत्ती की, त्यांनी आपले लोकप्रिय वर्तमान पत्रात स्पर्धेची विस्तृत माहिती देवून सहकार्य करावे.

10 महाविद्यालयीन स्पर्धा

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

Established by Government of India on 15th October 1947. Declared by the Government of India on 1st August 1952. Assam's Department registered by the Government of India on 1st August 1952.

OFFICE OF THE DIRECTOR PHYSICAL EDUCATION



CERTIFICATE

Certified that Dr. Manoj Kumar Varma rendered services as Teacher Incharge / Event Aid Assistant / Official / Volunteer during the Inter Collegiate / West Zone / Inter Zone / All India Inter University Malkharab Men & Women Championship Organized by Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur conducted by A. D. Mahavidyalaya, Bharisogi from 07-01-2023 to 09-01-2023.



Signature
R.D. DEWANE
Director Physical Education
Rashtrasant Tukadoji Maharaj Nagpur University
Nagpur

dt. 10.01.2023

नागपूर Live देशोन्नती

■ शनिवार, दि. १४ जानेवारी २०२३ ■ <https://www.deshonnati.com>

अरविंदबाबू देशमुख महाविद्यालयात आंतरमहाविद्यालयीन मल्लखांब चॅम्पियनशिप

देशग्राम ■ राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ अंतर्गत मुले व मुली मल्लखांब आणि रोप मल्लखांब चॅम्पियनशिपचे आयोजन करण्याचा बहुमान बादा अरविंदबाबू देशमुख महाविद्यालयाला मिळाला. या तीन दिवसीय चॅम्पियनशिपचे उद्घाटन प्राचार्य डॉ. प्रकाश पवार यांच्या आभारतोषातनी करण्यात आले. यावेळी प्रमुख अतिथी म्हणून शारंगीक शिक्षण संघालाक तथा येजरमन



मल्लखांब रातुम नागपूर विद्यापीठ डॉ. दीपक अरजपुरे, सदस्य मल्लखांब रातुम नागपूर विद्यापीठ डॉ. अरुण अतकरे, डॉ. साधना विचकार, डॉ. दादाराव उपाले, डॉ. शशांक विक्रम आदी उपस्थित होते. कार्यक्रमाच्या सुरुवातीला 'हम होंगे कर्मयोग' हे गीत डॉ. भाविक मणिसर व त्यांचा संघ यानी सादर केले. दरम्यान प्राचार्य डॉ. प्रकाश पवार, डॉ. दीपक अरजपुरे, डॉ. मनोजकुमार वर्मा यानी

निघाण्यांना मार्गदर्शन केले. यावेळी श्रीकांत थकरे, डॉ. सिमता तुड्डे, डॉ. रिता वाळके, डॉ. मेधा रघुवंशी, डॉ. रान डोंगरे, डॉ. जयिंत नाई, संवपाल प्रा. प्रवीण वडे, प्रा. लता राजळे, प्रा. अमित नांदगावे, प्र. मिश्रिंद सोमकुमार, डॉ. धारानी, व पांडे, डॉ. अमित वाडेकर आदींस इतर सर्व प्राध्यापकांम, शिक्षकेत कर्मचारी तसेच विद्यार्थी मोठ्या संख्ये उपस्थित होते. (बातडीहर)

Photo Gallery:



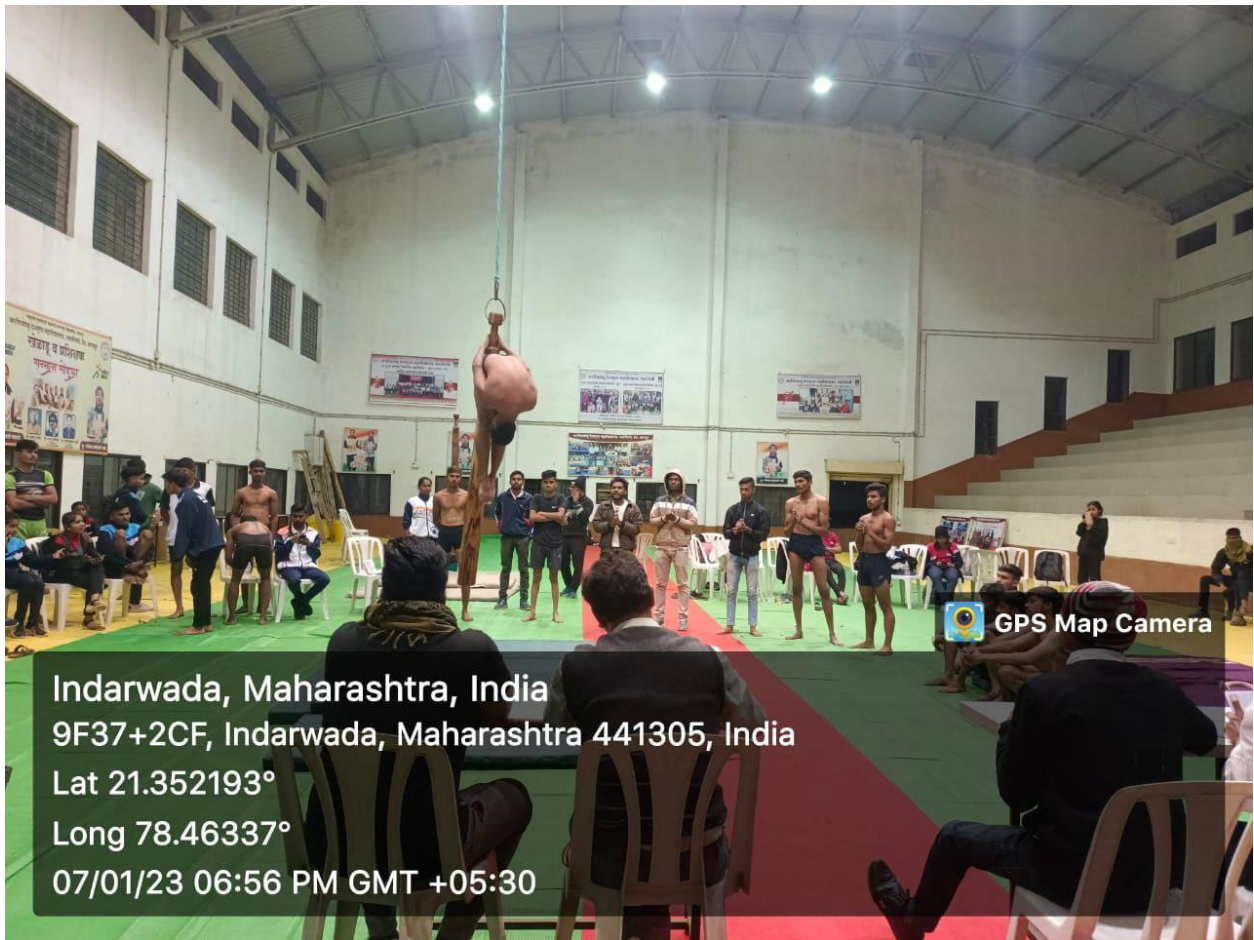


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AI QUAD CAMERA



Indarwada, Maharashtra, India
9F37+2CF, Indarwada, Maharashtra 441305, India
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Long 78.462786°
07/01/23 04:37 PM GMT +05:30





Indarwada, Maharashtra, India
9F37+2CF, Indarwada, Maharashtra 441305, India
Lat 21.352193°
Long 78.46337°
07/01/23 06:56 PM GMT +05:30




GPS Map Camera



Indarwada, Maharashtra, India
9F37+2CF, Indarwada, Maharashtra 441305,
India
Lat 21.352196°
Long 78.463428°
07/01/23 05:17 PM GMT +05:30



 GPS Map Camera

Indarwada, Maharashtra, India

9F37+2CF, Indarwada, Maharashtra 441305, India

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Long 78.46337°

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VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2022-23



Name of Department- Department of Physical education

Name of Activity	Koshish (inter class sport activity)
Date and Time of activity	01/04/2023 to 02/04/2023
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 157 Boys: 157 Total 314
Number of faculties participate	07

Brief Report

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. Considering the concept of "**KOSHISH**" we organized Inter-class tournaments for students on 01/04/2023 to 02/04/2023 by Department of Physical Education. It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students. Total 314 Boys & Girls Participated in various games and activities. Dr. Prakash Pawar, principal was the Chairman of Inaugural function and Dr.Sadhna Jichkar and IQAC Coordinator Dr.Shrikant Thakre were chief guest. Director of Physical education Dr.Manojkumar Varma share his views on Importance of Physical education in Modern life. This venture shall enable the students to have fun, learn new sports, enhance social interaction and tests one's physical capability.

These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

The following events have been organized for the inter-class sports tournaments for students:

- Kabaddi,
- volleyball,
- kho kho,
- shak race,
- long jump,
- short put ,
- 100 mt run,



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"KOSHISH"
Inter Collegiate Sport Competition
Department of Physical Education

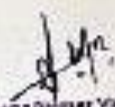
Session - 2022-23

Kabaddi (Boys & Girls)

1.1.2023 to 2.4.2023

Sr.No	Class- B.Com III	Sr.No	Class- B.Com III
1	AMRIN NURMOHAMMAD SHAIKH	1	ATAY GAJANAN GUSHTENE
2	ARTI YOGESH DHAPRE	2	ATANSHAMPAD PAMKAR
3	DIYA SAMAYRAO KUMAR	3	ANETI SONTIRAO HAKARE
4	PAVAL ASHOK DADRE	4	HARSHI SUNIL BADADEVAR
5	RANI GRIHAN PAVADE	5	GIRISH PYARELAL KHARBUDE
6	PREYA DNYANESHWAR KUMESTY	6	VIKKI BALDEO KHARBUDE
7	HARSHI MOHESHWAR DEWANE	7	ANKUSH HARIPRAO MURDHE
8	SHISHI LASHOKRAO SONGARPE	8	NATIBAU NATIBAU WADHAR
9	KANANI GAJANAN GANOUHRI	9	ROHAN KISHORI DAREKAR
10	PRATIKSHA PRAKASH AGE	10	DARSHAN RAJENDRA SEMBENAR




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Volleyball (Boys & Girls)

1-11-2023, 4-2-6-2023

Sr.No	Class- B.Sc II	Sr.No	Class- B.Sc II
1)	Dipankhu S. Barmase	1)	Vishakha D. Natre
2)	Chiray T. Jayde	2)	Baleshwasi A. Shirodiye
3)	Charan P. Borkar	3)	Kajal V. Mhatre
4)	Yogesh Nehere	4)	Jayashri S. Salpute
5)	Kamal D. Lohé	5)	Pallavi C. Barmal
6)	Manish G. Ghode	6)	Prachi D. Jankar
7)	Nikhil R. Thombac	7)	Dikshita Dhurve
8)	Ritesh R. Raut	8)	Rini Mankar
9)	Rashan S. Basunde	9)	Pranjita Konde
10)	Sahil P. Dhokane	10)	Lechita Chopale



[Signature]
Dr. Manoj Kumar Vornia
Director of Phy. Edu.
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Inter Collegiate Sport Competition

Department of Physical Education

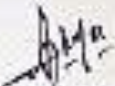
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Volleyball (Boys & Girls)

1.4.2023 to 2.4.2023

Sr.No	Class- B.Com II	Sr.No	Class- B.Com II
1	HINA SUBHAS YEOTE	1	STANESH SHAMNARAJKAR
2	KANYANI GANGAPRASAD KADANE	2	SUJAL RAJESHKAR
3	MANUJI PRADIP BHARTE	3	VIRAJAL SHANKARAS PATHE
4	PAVAL RAJENDRA SONDIWAR	4	GAURAV GANARAJ KADALE
5	PRACHI SHANKAR KADHE	5	GAURABH ANIL LODSARA
6	ACHAL PANDIT BHAYAR	6	GANESH GANPATI DUMRABE
7	SUSHAMA ANIL LAJINGH	7	SAMIR DINESH SHARMA
8	UTSMALI GOUNDRAS KAWANE	8	ROSHAN ANESH KUMERTYA
9	BHAYESHJI PRADIPRAO BAMBAR	9	ADARSH WASUDD LONE
10	KAMAL HARISHANKAR KACHHAWA	10	KARAN CHOPAL KHARFURIYE




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Department of Physical Education

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Volleyball (Boys & Girls)

1-4-2023 to 2-4-2023



Sr.No	Class- B.Sc I	Sr.No	Class- B.Sc I
	yash N. Loh	2	Lakshwari G. Dhunge
	Dhanraj G. Adhikar	2	Pranjana R. Chakre
	Pratik L. Tatte	3	Samiksha R. Gore
	Laksh Rautkar	4	Shyambhumi B. Khushi
	Leashal Dhenge	5	Swarita V. Gabre
	DIP Nikaju	6	Shruti D. Urofe
	Ashikh Murkhe	7	Mamta S. Barmade
	Chandrashekhar Patil	8	Kayani H. Alone
	Abhi Rautkar	9	Resham S. Ughade
	Dinesh Toriya	10	Pooja D. Chaudhari




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Inter Collegiate Sport Competition

Department of Physical Education

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Running Competition (Boys) 11.01.2023 to 14.01.2023



Sr.No.	Name of Participants	Class	Time Record
1.	Achut Manojrao Deshpande	M-10M-1	
2.	Akashchandra Manojrao Deshpande	M-10M-1	
3.	Bhavanrao Ganendra Patil	M-10M-2	
4.	Diksha Arun Deshpande	M-10M-1	
5.	Karun Vilasrao Patil	M-10M-1	
6.	Nisha Vinod Deshpande	M-10M-1	
7.	Pooja Vinod Deshpande	M-10M-2	
8.	Shubham Vinod Patil	M-10M-2	
9.	Vishal Deshpande Deshpande	M-10M-1	
10.	Anil Vinodrao Deshpande	M-10M-1	
11.	Chandra Manojrao Deshpande	M-10M-1	
12.	Fajzalina Eshwarrao Patil	M-10M-1	
13.	Komal Vinod Patil	M-10M-1	
14.	Kanishk Ganeshrao Deshpande	M-10M-1	
15.	Rishi Ganeshrao Deshpande	M-10M-1	
16.	Sanjay Ganeshrao Deshpande	M-10M-1	
17.	Santosh Ganeshrao Deshpande	M-10M-1	
18.	Shubham Manojrao Deshpande	M-10M-1	
19.			
20.			



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"KOSHISH"

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Kabaddi (Boys & Girls)

1.4.2023 to 2.4.2023

Sr.No	Class- B.Sc III	Sr.No	Class- B.Sc III
1 (M)	Bhupesh Rajkumar Morekar	11 (F)	Achal Mahadeo Chavhan
2 (F)	Mayuri Damodhar Sembekar	12 (F)	Aditi Dharmendra Nasare
3 (F)	Mayuri Wasudeo Banalt	13 (F)	Aditi Bkrattaji Raut
4 (F)	Priyanka Jnanrdhan Manmale	14 (M)	Dnyaneshwar Urshnu Bkade
5 (F)	Punam Vinod Borkar	15 (F)	Gaurav Shankarrao Adhav
6 (F)	Vaishnavi Dinakorji chadhane	16 (F)	Harsh Sahebrooo Bagabe
7 (F)	Vaishnavi Kisanji Thakre	17 (M)	Himanshu Anikush Thakre
8 (F)	Vaishnavi Pradip Watkar	18 (M)	Himanshu Hirachandra Sahare
9 (M)	Yash Ambadas Manikar	19 (M)	Kunal Ramesh Ganande
10 (M)	Tushar Prabhakar Parate	20 (M)	Nikhil Namdeo Sawane

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S. R. Srinivas



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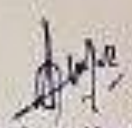
Volleyball (Boys & Girls)

1. 3.2.23 to 2.4.23



Sr.No	Class- B.Com III	Sr.No	Class- B.Com III
1	ARTI YOGESH DHOPARE	1	GIRISH PVARELAL KHARPURIA
2	MEGHA NIDHI BANAIT	2	MARSHAL SUNIL BADADEKAR
3	PAYAL ASHOK DHORVE	3	ROHAN MANAJI DHEKAR
4	PRIYA DYANSHWAR KOMKAR	4	VAIBHAV NATHNUT WASHDE
5	RANI GAJANAN PAWAR	5	ANUP KRISHNAKUMAR MADGE
6	SMITAL ASHOK JUNGHARE	6	NIKHI BALDEO KHARPURIA
7	VAISHALI SANDIP TIKOLE	7	ADARSH GAJANAN JOSHI
8	TANUSHRI SHAMBAK RAUT	8	JAY HARIDAS WASHK
9	KANANT GAJANAN CHOUDHARY	9	PRAVESH ANILRAO KHARDE
10	GURJANTRAI P. GAJBHIRE	10	DEEPA NATHNUT WASU




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Running Competition (Girls) - M.A. II
 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20.

| Sr.No. | Name of Participants | Class | Time Record |
|--------|----------------------------------|----------|-------------|
| 1. | Ka. Anchal Ravi Sahane | M. A. II | |
| 2. | Ms. Anisha Bhatnagar/Bhatnagar | --- | |
| 3. | Ms. Chetna Umesh Khatke | --- | |
| 4. | Ms. Jaya Prabhakar Sawant | --- | |
| 5. | Ms. Hani Padam Ingle | --- | |
| 6. | Ms. Bhushan Bhawanrao | --- | |
| 7. | Ms. Princy Vasant Wadgaonkar | --- | |
| 8. | Ms. Roshan Gokul Sonane | --- | |
| 9. | Ms. Swarnal Suresh Bajda | --- | |
| 10. | Ms. Nishu Parashram Mandale | M. A. II | |
| 11. | Ms. Bhushan Dilip Nikam | --- | |
| 12. | Ms. Gauri Hanubhai Dargade | --- | |
| 13. | Ms. Nitesh Anilrao Phokse | --- | |
| 14. | Ms. Pratiksha Sadashiv Ladhe | --- | |
| 15. | Ms. Anika Vasudev Patil | --- | |
| 16. | Ms. Bhavna Anandhan Bhandari | --- | |
| 17. | Ms. Pratyaksha Anandhan Bhandari | --- | |
| 18. | Ms. Pooja Nandhan Bhandari | --- | |
| 19. | | | |
| 20. | | | |



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Dr. D. N. Sawant



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Kabaddi (Boys & Girls)

1.4.2023 to 2.6.2023



| Jr.No | Class- B.Com I | Jr.No | Class- B.Com I |
|-------|---------------------------|-------|----------------------------|
| 1 | ARTI ISHWAR GORE | 1 | ADIL DILDAR MAHABRE |
| 2 | ARPIA VASANT BHALAVI | 2 | AKASH VILAS GATKHE |
| 3 | BHAWANA RAMDASH BARAMBE | 3 | CHETAN KISHAN SATPUTE |
| 4 | DAYAL RAMESH PAUT | 4 | GAURAV BHIMRAO KHAVASE |
| 5 | DAYAL CHAMPARAJI BAWANKAR | 5 | JAYDESH PRADIP NAGARE |
| 6 | MAHURI GRIHANAN HASWAR | 6 | KHIMANSHU VIKRANTHAKARE |
| 7 | PURJA GAJANAN CHOLE | 7 | PRADWAL MURLIDHAR JAMBHARE |
| 8 | PUNAM SANJAY MADANE | 8 | PRATIKESH DILIP BOBDE |
| 9 | TANUJA GENDRAJ BOWADE | 9 | YASH ZEENAT PRADHAN |
| 10 | SHIRATI BANDU SENDE | 10 | YASH VIJAY BHAGAT |



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Department of Physical Education

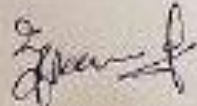
Session - 2022-23

Kabaddi (Boys & Girls)

1-12-2023 to 2-3-2023



| Sr.No | Class- B.Sc I
(Boys) | Sr.No | Class- B.Sc I
(Girls) |
|-------|-------------------------|-------|--------------------------|
| 1. | Adesh Ambadas Bupare | 1. | Astha Dilip Charyan |
| 2. | Abhishek C. More | 2. | Purva Sanandhanu Bontre |
| 3. | Gaurav B. Borimase | 3. | Jagriti P. Khatke |
| 4. | Bhavana K. Bontre | 4. | Kalyani H. Alone |
| 5. | Deep V. Nikaju | 5. | Vidya Suresh Dilote |
| 6. | Himanshu M. Wanjari | 6. | Nishi K. Bhosral |
| 7. | Jivish B. Suryawade | 7. | Sanukha B. Gase |
| 8. | Rakesh A. Pawalkar | 8. | Saukha D. Gotmare |
| 9. | Rohini A. Raut | 9. | Taruna M. Nigle |
| 10. | Pranav S. Pele | 10. | Prachi W. Chitre |


(Dr. S.R. Bawade)




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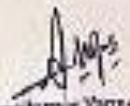
KOSHISH
Inter Collegiate Sport Competition
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Kabaddi (Boys & Girls)

1.1.2023 to 24.2.2023

| Sr.No | Class- B.Com II | Sr.No | Class- B.Com II |
|-------|---------------------------|-------|---------------------------|
| 1 | ANUPAMA PRAKASH DESHPANDE | 1 | ADITYACHANDRAMONI NAGPURE |
| 2 | MOHINI NARAYAN KAMBLE | 2 | ANIL DADARAO YADAV |
| 3 | PRATIK UMDASH SEMBARKAR | 3 | KARTIK DILIP GADGESHIMUKH |
| 4 | SHOBEL TREMBAK GHADGE | 4 | VISAN YOGESH PATIL NEHARE |
| 5 | SAYALI DARSHI SALAM | 5 | MAYUR BABAN WAGHADE |
| 6 | PRATIKSHA JYAN JAWALE | 6 | NAYAN DILEP KANDE |
| 7 | SWATI BHIMPAT WANI NE | 7 | PRANAV DILEP BORYAR |
| 8 | BHARATI HEMRATI PATIL | 8 | RAHUL VIJAYRAO BHAYAR |
| 9 | MAYURI NIRANTHAN NEHARE | 9 | SAHIL SUNIL WANKHARDE |
| 10 | PAVAL RAJENDRA SONULKAR | 10 | SAMIR DINGSH SHARMA |




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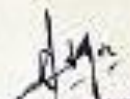
Volleyball (Boys & Girls)



1. 4.2023 to 2.6.2023

| Sr.No | Class- B.Sc III | Sr.No | Class- B.Sc III |
|-------|---------------------|-------|---------------------|
| 1. | Sureyam. P. Dhote | 1) | Kalpina K. Kakole |
| 2 | Bhuresh H. Morekar | 2) | Kajal H. Morekar |
| 3) | Chetan P. Fule | 3) | Vaishnavi K. Thakur |
| 4) | Aniket. T. Gadam | 4) | Aashi R. Fomate |
| 5) | Harshad A. Umekar | 5) | Alpesh W. Barot |
| 6) | Tejas P. Pund | 6) | Komal B. Baburkar |
| 7) | Ashwan A. Dote | 7) | Manali M. Vaidya |
| 8) | Shubham R. Kulkarni | 8) | Karjani Munne |
| 9) | Manav V. Kulkarni | 9) | Poojanka Mammale |
| 10) | Yash A. Morekar | 10) | Maajari Sembrkar |




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"KOSHISH"

Inter Collegiate Sport Competition
 Department of Physical Education

Session - 2022-23

Running Competition (Girls) Boys: 0-40 I, 20-22

11-2023 to 2-2023

| Sr.No. | Name of Participants | Class | Time Record |
|--------|----------------------|-----------------------------|-------------|
| 1. | Kalpama K. Kulkale | B.Sc III rd year | |
| 2. | Kasari H. Kulkale | B.Sc III rd year | |
| 3. | Jayashri G. Gajpute | B.Sc II nd year | |
| 4. | Vishakha D. Nasre | B.Sc II nd year | |
| 5. | Pallavi C. Bambal | B.Sc II nd year | |
| 6. | Prachi D. Janalkar | B.Sc II nd year | |
| 7. | Ruleshwari N. Shinde | B.Sc II nd year | |
| 8. | Lakshwari Shingde | B.Sc I st year | |
| 9. | Priyanka Chikne | B.Sc I st year | |
| 10. | Kajal V. Mahariya | B.Sc II nd year | |
| 11. | Swayam P. Phale | B.Sc III rd year | |
| 12. | Aniket I. Gadam | B.Sc Final year | |
| 13. | chetan R. Fule | B.Sc Final year | |
| 14. | Bhupesh R. Morekar | B.Sc Final year | |
| 15. | Chirag Jagde | B.Sc II nd year | |
| 16. | Chandni P. Barkare | B.Sc II nd year | |
| 17. | Yadish B. Nehare | B.Sc II nd year | |
| 18. | yash N. Lohar | B.Sc I st year | |
| 19. | Dhanraj G. Oshankar | B.Sc F.Y. | |
| 20. | pratik L. Tante | B.Sc F.Y. | |



[Signature]
 Dr. Manoj Kumar Varma
 Director of phys. Edu.
 Arvindbahu Deshmukh Mahavidyalaya
 Bharsingi

Page 3/4



VSPM Academy of Higher Education

Arvindbabu Deshmukh Mahavidyalaya

Bharsingi

"KOSHISH"

Inter Collegiate Sport Competition

Department of Physical Education

Session - 2022-23

Kabaddi (Boys & Girls)

1.4.2023 to 2.9.2023



| Sr.No | Class- B.Sc II | Sr.No | Class- B.Sc II |
|-------|----------------------|-------|-------------------------|
| | Boys- | | Girls- |
| 1 | Aditya R. Karurkar | 1 | Baleshwar B. Shirwadkar |
| 2 | Dipanshu S. Parmare | 2 | Bhavika V. Gadhane |
| 3 | Chandu P. Baskar | 3 | Kajal V. Maharaja |
| 4 | Aayush P. Mangulkar | 4 | Namasata B. Wadke |
| 5 | Khilashwar B. Bandre | 5 | Palkavi S. Meshram |
| 6 | Prasanna M. Kankikar | 6 | Pallavi P. Bawt. |
| 7 | Ritesh B. Pawt. | 7 | Rani R. Ghoshal. |
| 8 | Sahil P. Dhokare | 8 | Vishakha D. Nalare |
| 9 | Sudhanshu R. Akarte | 9 | Shrutika S. Mahulkar |
| 10 | Nishad D. Sambekar | 10 | Samiksha N. Tekade |

Dr. Manoj Kumar Jaisra

Director of P.E. Cell

Arvindbabu Deshmukh Mahavidyalaya



Manasi

[Manasi A. Joshi]



VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya
Bharsingi



"KOSHISH"

Inter Collegiate Sport Competition
Department of Physical Education

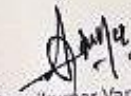
Session - 2022-23

Volleyball (Boys & Girls)

1.4.2023 to 2.4.2023

| Sr.No | Class- B.Com I | Sr.No | Class- B.Com I |
|-------|---------------------------|-------|----------------------------|
| 1 | MOHINI NANDKISHOR LAISING | 1 | NIKESH KAILAS MOHARIYA |
| 2 | NANDINI DILIP DHOPRE | 2 | DIPAK NARENDRA CHAPEKAR |
| 3 | NIKITA DTPAK SAHU | 3 | NIKHIL MANOHAR BORJE |
| 4 | PAYAL RAMESH RAUT | 4 | RAHUL ANIL PERODIYE |
| 5 | PRAGATI PARASRAMMURDIYE | 5 | RITESH MOHAN DHOPARE |
| 6 | NEHA BHOIRAJ BHOYAR | 6 | SHAILESH SHINSHAM KUMERIYA |
| 7 | NIKITA RAMESHWAR NIKAJU | 7 | GANESH TEJRAM KHARPOURIA |
| 8 | BAKSHI SUNILMUSALE | 8 | PINUSH RAJIT KHADE |
| 9 | RANI PRASHANT AGARKAR | 9 | MAN KIRANRAO PACHPOR |
| 10 | SEJAL SURESHRAO SAEKAR | 10 | SANKET RAJENDRA MADKE |




Dr. Manojkumar Varma
Director of phy. Edu.
Arvindbabu Deshmukh Mahavidyalaya
Bharsingi





VSPM Academy of Higher Education

Arvinbaba Deshmukh Mahavidyalaya

Bharsingi

"KOSHISH"

Inter Collegiate Sport Competition

Department of Physical Education

Session - 2022-23

Running Competition (Girls) Boys Sports I, II, III
1. 4.2.2023 to 2.4.2023



| Sr.No. | Name of Participants | Class | Time Record |
|--------|----------------------------|------------|-------------|
| 1. | AKANSHA DHANRAJ BARIWAR | B. com I | |
| 2. | BHAGYSHRI SURESH AGARKAR | B. com I | |
| 3. | HARSHIKA AJABRAO MOHALE | B. com I | |
| 4. | JAYSHRI SURESH BAGDE | B. com I | |
| 5. | BHARTI HEMRAJ PATIL | B. com II | |
| 6. | VISHALI DNYANESHVAR DHUNDE | B. com II | |
| 7. | MAYURI NIRANJAN NEHARE | B. com II | |
| 8. | HARSHLATA MORESHAMR PAKHAR | B. com III | |
| 9. | PRACHI PUNDLIK MESHARAM | B. com III | |
| 10. | ADITHA VIJAY SAHU | B. com I | |
| 11. | VISHAL SUBHASH KUMERINJA | B. com I | |
| 12. | CHETAK PYARELAL MURDSE | B. com I | |
| 13. | MAYANK NAMDEORAO KALAMBE | B. com II | |
| 14. | KISAN YOGIRAJ NEHARE | B. com II | |
| 15. | PRAVIN ARUN SAWARKAR | B. com II | |
| 16. | ATAY SHAMIRAOJI PATANKAR | B. com III | |
| 17. | ANKIT SUNIL THAKARE | B. com III | |
| 18. | ANIKESH MARBIRAO MURDSE | B. com III | |
| 19. | | | |
| 20. | | | |



Dr. Manojkumar Yama
Director of phy. Edu.
Arvinbaba Deshmukh Mahavidyalaya
Bharsingi

[Signature]

Photo gallery:





Nagpur, Maharashtra, India

Civil lines, Tirpude Institute Of Management Education, Futala Rd, Sadar, Nagpur,

Maharashtra 440001, India

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Long E 79° 4' 12.684"

01/04/23 10:16 AM



Nagpur, Maharashtra, India

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Nagpur, Maharashtra, India

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Maharashtra 440001, India

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Nagpur, Maharashtra, India

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Maharashtra 440001, India

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Nagpur, Maharashtra, India

Civil lines, Tirpude Institute Of Management Education, Futala Rd, Sadar, Nagpur,

Maharashtra 440001, India

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01/04/23 10:40 AM



Nagpur, Maharashtra, India

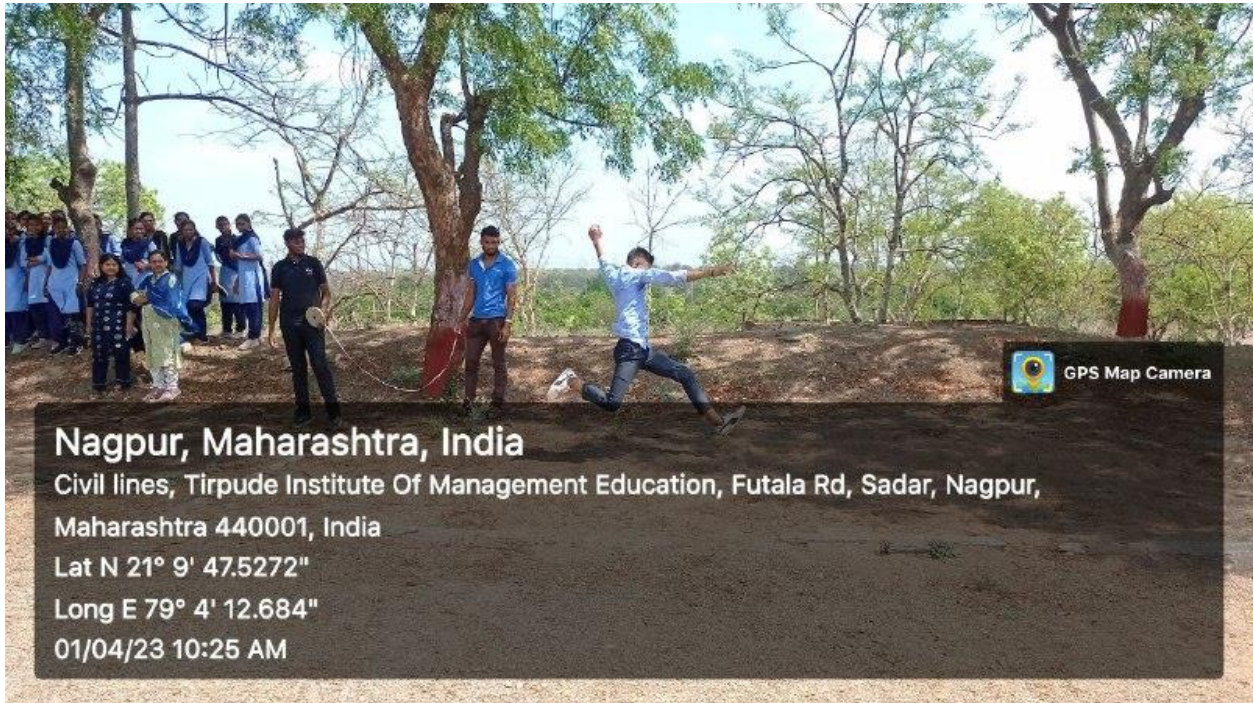
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Maharashtra 440001, India

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Nagpur, Maharashtra, India

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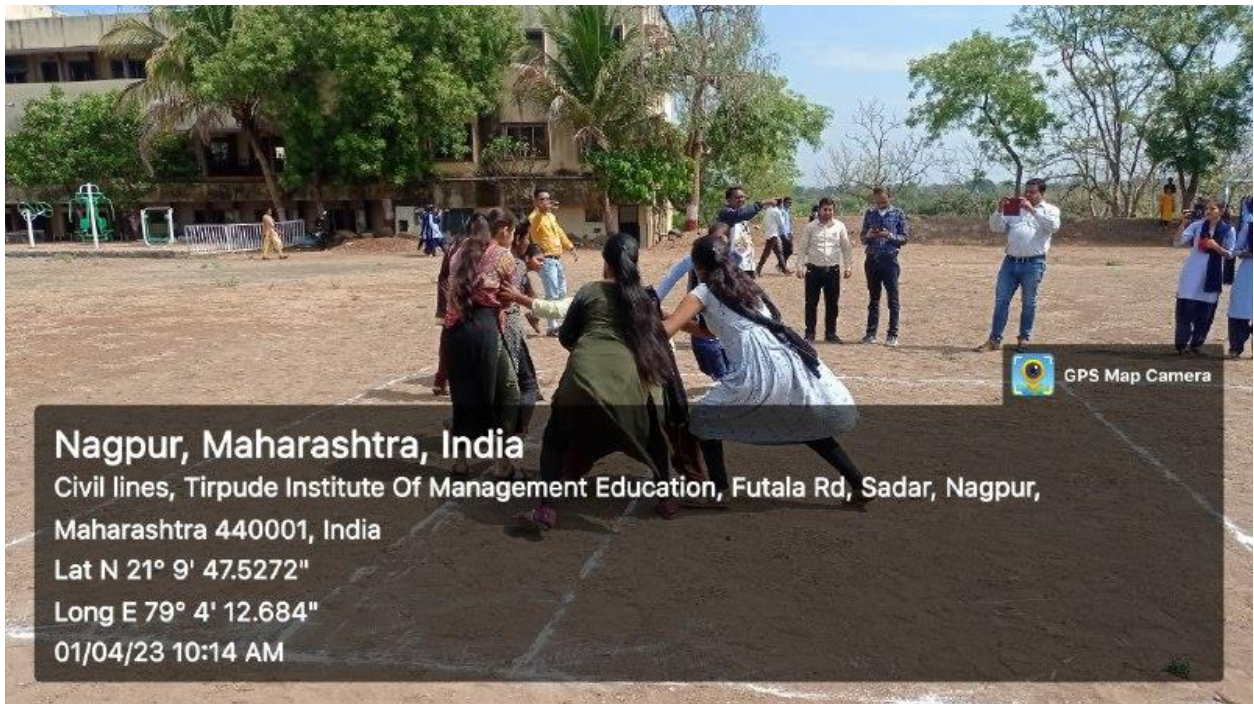
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Maharashtra 440001, India

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VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2022-23



Name of Department- Department of Physical education

| | |
|--|---|
| Name of Activity | Physical test of college students |
| Date and Time of activity | 18/02/2023 to 19/02/2023 |
| Activity organized under committee/cell | Department of Physical education |
| Invited Guest | Dr. Deepak Arajpure |
| Number of students participate | Girls: 276 Boys:200 Total 476 |
| Number of faculties participate | 04 |

Fitness testing is a great way to monitor and assess students' ability as it relates to aerobic fitness, strength, and flexibility. It can also help students understand how healthy they are and learn to set goals to improve their health-related fitness. Physical fitness is simply the body's ability to complete physical work. This can include cardiovascular fitness, muscular strength, and muscular endurance. A physical fitness test may include a repetition maximum of strength-based exercises, like squats or bench presses, to assess muscular strength. It may also involve performing exercises, like bodyweight squats, until exhaustion, which tests muscular endurance. Tests performed on a stationary bike can evaluate anaerobic fitness. People may also complete walking or step aerobics tests, during which heart rate is assessed to determine cardiovascular fitness. These types of tests can be quite helpful in developing a complete understanding of current health.

Arvindbabu Deshmukh Mahavidyalaya, **Dept of physical education** every year conduct physical test for college students. On 18/02/2023 to 19/02/2023 Dr.Deepak Arajpure Director of Physical Education, Jeevan Vikas College, Devgram

examine the Physical Fitness of students. Total 476 Girls and boys perform a physical test.

Physical Test(Girls)

- 75 mt Race
- Long jump
- Rope skiping
- Sit ups or Surya namaskar
- Short puts
- Asan

Physical Test(Boys)

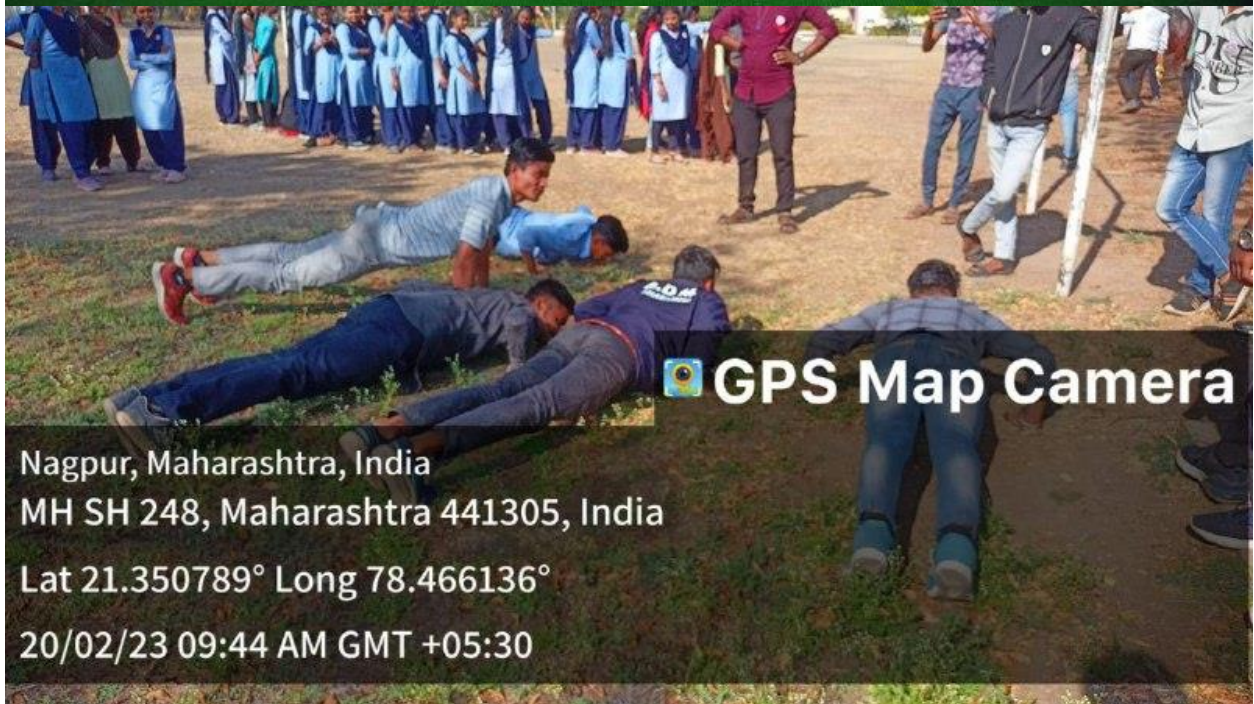
- 100 mt. Running
- Long jump /High jump
- 800 mt running
- Dand Baithak
- Suryanamaskar
- Asan

Photo gallery:



 **GPS Map Camera**

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441305, India
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VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2022-23



Name of Department- Department of Physical education

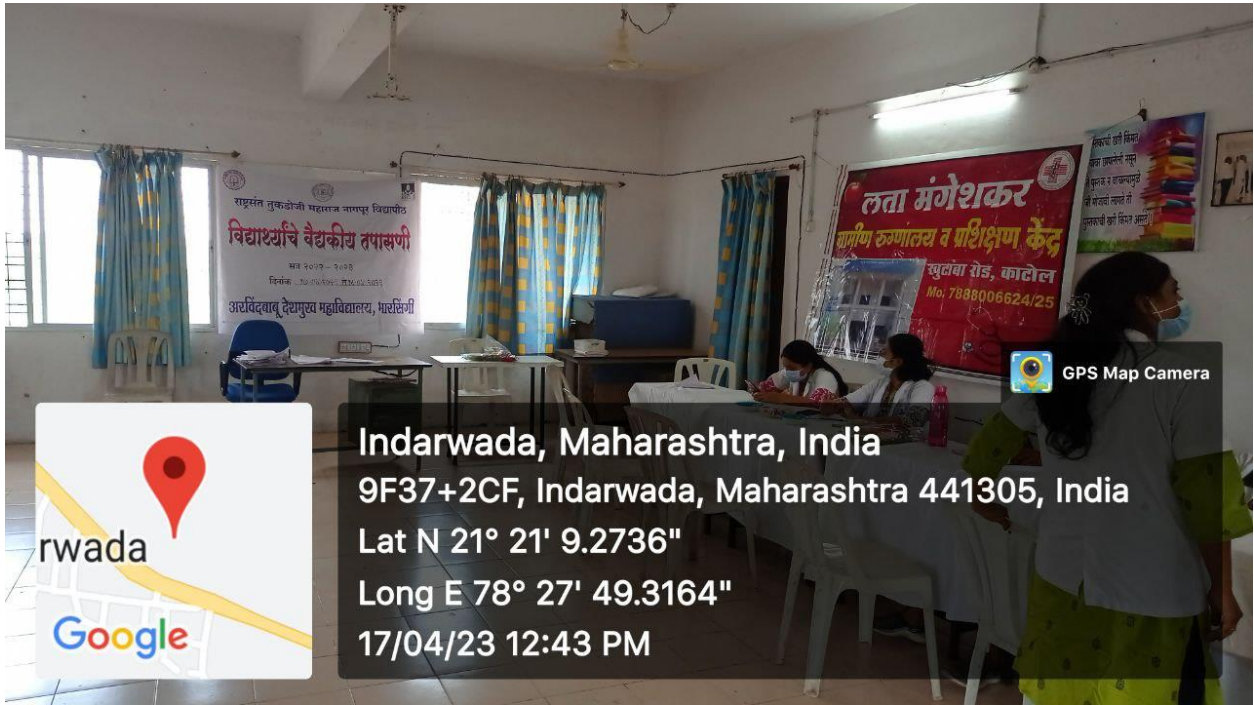
| | |
|--|---|
| Name of Activity | Medical test of college students |
| Date and Time of activity | 17/04/2023 to 18/04/2023 |
| Activity organized under committee/cell | Department of Physical education |
| Invited Guest | Dr. Rupal Darak, Medical officer |
| Number of students participate | Girls: 140 Boys:100 Total 240 |
| Number of faculties participate | 04 |

Brief Report:

Health is a state of complete physical, mental and social wellbeing and not merely the absence of diseases. Health practices create a preventive barrier thus promotes and establishes a sound health check-up status of a student's psychological characteristics such as optimism, self-control, confidence, and can also have a positive effect on both physical and mental health throughout life. The purpose of Medical test is to evaluate health status, screen for risk factors and disease, and provide preventive counseling interventions. The major benefits of regular health examination are early detection of treatable disease.

Dept of physical education every year conduct medical and physical test for college students. On 17/04/2023 to 18/04/2023 Dr. Rupal Darak, Medical officer and seven Doctors of lata Mangeshkar Hospital Katol examine Total 280 students of college.

Photo Gallery:



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VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2022-23



Name of Department – Physical & Music Department

| | |
|--|--|
| Name of Activity | Work-shop
Topic: -‘Yoga & Music: Mind, Body and Soul’ |
| Date and Time of activity | 20/02/2023 |
| Activity organized under committee/cell | Physical & Music Department |
| Invited Guest | Dr.Pramod Bais |
| Number of students participate | Girls: 50 Boys: 70 Total 120 |
| Number of faculties participate | 05 |

Brief Report:

Yoga is known to have numerous health benefits. Over time, it has become the preferred mode of exercise for people across the globe. One can fully relax with the breathing exercises. Meditation is an important part of yoga as it helps in improving concentration and balance in an individual and relieves one of the negative thoughts. It helps the person in achieving the desired state of mind with the help of particular exercises. Both music and yoga are said to have healing qualities. They both have the power to soothe your mind like no other. And together, they can give immense relaxation to your mind and body. Yoga is believed to be practiced in silence but with music, its healing effects can be magnified. Music has also proved to improve muscular endurance during performing any exercise. Music also takes away negative feelings and feelings of discomfort during the workout, thereby increasing the focused attention of an individual. A type of yoga known as Shakti Yoga, which is believed to be centuries old, incorporates various elements of Tantra Yoga in order

to stimulate the chakras and to prepare one's senses for higher consciousness. It also uses various chants for the purpose of achieving the desired state of consciousness.

Department of Physical Education and Music jointly Organized workshop on the Topic-‘Yoga & Music: Mind, Body and Soul’ on dated 20/02/2023 at Indoor-Stadium of A.D.M Bharsingi. Dr.Pramod Bais, Director of Music, Jeevan Vikas Mahavidyalaya, Deogram, delivered a lecture and Demonstration about Benefit of yoga and music for students. Dr.Manojkumar Varma, Director of Physical Education given introduction of Guest and give short brief about topic of Workshop. One hundred and twenty students of colleges were participated in this workshop. At last session was vote of thanks given by Dr.Bhavik Maniyar, Assistant Professor in Department of Music.

Photo Gallery



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VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2022-23



Name of Department – Physical Education

| | |
|--|---|
| Name of Activity | National sports Day
(major Dhyanchand Birth anniversary) |
| Date and Time of activity | 29th August 2022 |
| Activity organized under committee/cell | Physical department |
| Invited Guest | Principal Dr.Prakash Pawar |
| Number of students participate | Total 30 |
| Number of faculties participate | 05 |

Brief Report

The National Sports Day or Rashtriya Khel Divas is celebrated on 29th August every year in India as a tribute to hockey legend Major Dhyan Chand who was born on this date in 1905. The primary motto of National Sports Day is to promote awareness about the significance of sports and being physically active in day-to-day life. The Government of India organizes various programs, events, seminars etc to raise awareness about the significance of National Sports Day.

Department of Physical Education Organized programme of The National Sports Day on dated 29 august 2022 Dr.Manojkumar Varma, Director of Physical Education given introduction and brief about Major Dhyan Chand. Students of various faculties of colleges were participated in this Programme. The chairman of programme was Principal Dr.Prakash Pawar, prof Rajendra Ghorpade conduct a Programme. On this occasion a felicitation of best sportsman of the year Mr. Sagar

sindapure and Mr.Sunny Fusate ,Runner, by guests. At last vote of thanks given by Dr.Bhavik Maniyar, Assistant Professor in Department of Music.

Photo Gallery:











VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2022-23



Name of Department- Physical education

| | |
|--|---|
| Name of Activity | Yoga - day |
| Date and Time of activity | 21/06/2022 |
| Activity organized under committee/cell | Department of Physical education |
| Invited Guest | Principal & yoga Teacher Dr.Manojkumar varma |
| Number of students participate | Girls: 25 Boys: 15 Total 40 |
| Number of faculties participate | 15 |

Brief Report:

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. In view of this, Dept of physical edu.organized yoga -Day for college students and faculties On 21/06/2022. The Yoga Trainer Dr.Manojkumar Varma has taken yog class with high level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience.

Photo gallery:





GPS Map Camera



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GPS Map Camera



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List of students show participation at RTMNU University, Nagpur 2022-23

Athletics

1. Mohit S/O Mukesh
2. Lilaram Istru Bawane
3. Sunny Arjun Fusate
4. Sagar Hansaram Sindhpure
5. Bhavesh Sunil Khandar
6. Vikas Kundlik Bisane
7. Kartik Dilip Deshmukh
8. Ankush Sopan Gaikwad
9. Bhushan Sahebrao Mendhe
10. Mukul Pundlik Manne
11. Khaibar Yavar Ali

Women athletics

1. Swati Madhukar Panchbudhe
2. Prachi Shamrao Chikankar
3. Mayuri Sohanlal Barwad
4. Nidhi Vinod Tarare
5. Saflata Naresh Kolhatkar
6. Shital Gopalrao Langote
7. Sonal Anil Rathod
8. Muskan Sheshrao Lokhande
9. Payal Ramesh Raut

10. Namrata Gaurishankar Gadhave

Wood ball men

1. Kishan Yograj Nehare
2. Sopan Sukhadev Ghorpade
3. Swapnil Manohar Borje
4. Rahul Anil Pirodiya
5. Kavish Arun Sembekar
6. Pravin Arun Sawarkar
7. Nishant Vasantao Sembekar
8. Mohit Yogesh Dhopare
9. Ashish Natthuji Murkute

Wood ball women

1. Rasika Pramod Bhakte
2. Priyanka Vijay Raut
3. Arti Yogesh Dhopare
4. Swati Kishor Gakhare
5. Diksha Suresh Katole
6. Janhvi Pradip Kohale
7. Pratiksha Suresh Katole
8. Puja Rajendra Maski

Kabaddi men

1. Mayur Chainlal Patle
2. Chandu Mukarand Dighore
3. Shubham Murlidhar Adagale
4. Yash Kumar Dhoke
5. Pravin Arun Sawarkar
6. Gaurav Janardhan Amle
7. Komal Sudhakar Fule
8. Kishan Yogiraj Nehare
9. Manish Sudhakar Kathade
10. Swapnil Manohar Borje
11. Saurabh Ramdas Tayade

Kabaddi women

1. Muskan Sheshrao Lokhande
2. Sonal Anil Rathod
3. Safalta Naresh Kolhatkar
4. Namrata Gaurishankar Gadhave
5. Tanvi Subhash Mehar
6. Shital Gopal Langote
7. Shivani Prakash Satpute
8. Payal Ramesh Raut
9. Vaishnavi Sanjay Surjuse

Kho kho,men

1. Lakhansing Amarsing Paleriya
2. Akshay Narendra Irkhede
3. Bhushan Sahebrao Mendhe
4. Khaibar Yavar Ali
5. Shailesh Sudhakar Chachane
6. Mukul Pundlik Manne
7. Ankush Sopan Gaikwad
8. Chetan Kailash Turankar Nilesh Lalchand Nishad
9. Bhavesh Dilip Kutamate
10. Manish Gajanan Ghode

Boxing women

1. Rina Madanlal Prajapati
2. Neha Pavanrao Wanave

Boxing men

1. Ajay Gajanan jugseniya
2. Praful Khemdeo kothe

Vollyball men

1. Nikhil Hirachand Bhasme
2. Valay Sanjay Charde
3. Yash Jitendra Kodmawar

4. Kartik Vinayak Waghmare
5. Raj Rajesh Sarvan
6. Omprakash Dilip Jichkar
7. Suhanshu Jayprakash Bhasme
8. Priyanshu Dhiraj Sarvan
9. Sahil Rahamtula Sheikh
10. Gaurav Dilip Doijod
11. Shubham Chandrashekhar Varma
12. Ajay Subhash Maraskolhe

Karate women

1. Dimple Mukesh Thakre
2. Shubhangi purushottam Jaipurkar

Volly ball women

1. Koyal Dnyaneshwar Meshram
2. Shubhangi prakash Antulkar

Half Marathon- Men

1. Lilaram Istru Bavne
2. Sunny Arjun Fusate
3. Sagar Hansaram Sindhapure

Half Marathon- Women

1. Swati Madhukar PAnchabudhhe

2. Prachi Shamrao Chikankar
3. Nidhi Vinod Tarare

5000 mt. Running – Women

1. Swati Madhukar PAnchabudhhe
2. Prachi Shamrao Chikankar
3. Mayuri Sohanlal barvat
4. Nidhi Vinod Tarare
5. Saflata Naresh Kolhatkar

Mallakhamb men (District Level)

1. Vanshik Laxman Wade
2. Chandu Makarand Dighore
3. Kishan Yogiraj Nehare
4. Pravin Arun Sawarkar
5. Nishant Vasanta Sembekar
6. Mangesh Ramesh Dhanorkar

Mallkhamb women (District Level)

1. Rasika Pramod Bhakte
2. Priyanka Vijay Raut
3. Arti Yogesh Dhopare
4. Swati Kishor Gakhare
5. Jagruti Pradip Kohale
6. Diksha Suresh Katole



Arvindbabu Deshmukh

**PRINCIPAL
ARVINDBABU DESHMUKH MAHAVIDYALAYA
BHARSINGI, DIST. NAGPUR**