

VSPM Academy of Higher Education
Arvinbapu Deshmukh Mahavidyalaya Bharsingi
Department of Physical Education
Academic session 2019-20
Report of Activities conducted



VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2019-20



Name of Department- Department of Physical education



Name of Activity	Yoga & Meditation
Date and Time of activity	10/08/2019 to 10/09/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 15 Boys: 10 Total 25
Number of faculties participate	One

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 & meditation camp for college students On 10/08/2019 to 10/09/2019. 25 students of Every faculty students were involved. The Yoga Guru Dr.Tejsinha Jagdale and Trainer Dr.Manojkumar Varma have taken classes with high level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience.





VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2019-20



Name of Department-Department of Physical education

Name of Activity	Medical test of college students
Date and Time of activity	2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Dr. Kishor Dhoble ,Dr.Bhavna Jevde ,lata mangeshkar hospital team
Number of students participate	Girls: 80 Boys:120 Total 200
Number of faculties participate	

Brief Report

A physical examination helps to determine the general status of student's health. The exam also gives a chance to talk to them about any ongoing pain or symptoms that experiencing or any other health concerns that they have. Dept of physical education Every year conduct medical and physical test for college students. On 21/06/2019 Dr. Kishor Dhoble ,Dr.Bhavna Jevde ,lata mangeshkar hospital team examine 200 students of college.

Physical Test(Girls)

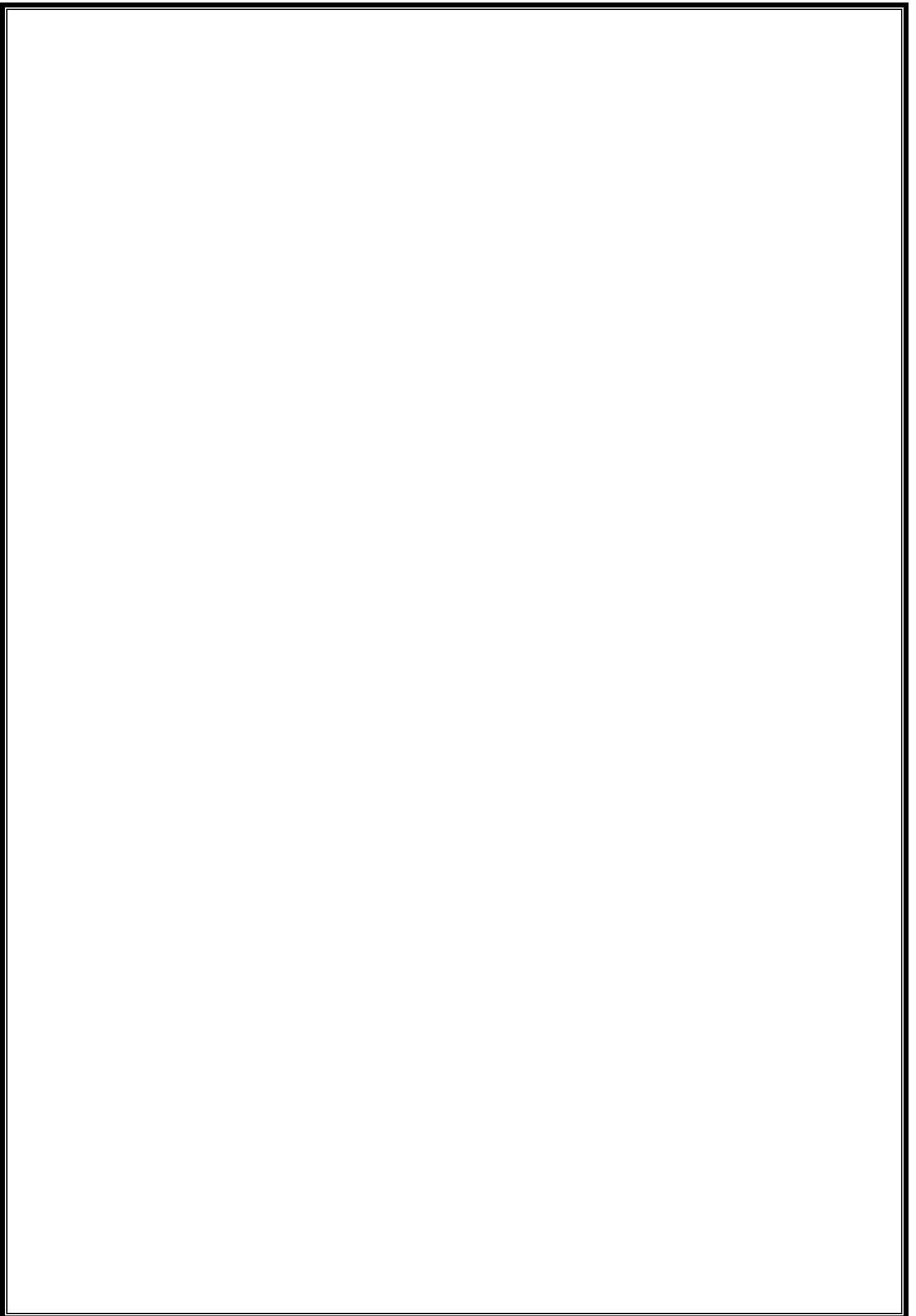
- 75 mt Race
- Long jump
- Rope skiping
- Sit ups or Surya namaskar
- Short puts
- Asan

Physical Test(Boys)

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











VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2019-20



Name of Department-Department of Physical education

Name of Activity	Koshish (inter class sport activity)
Date and Time of activity	22/01/2019 to 24/01/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 80 Boys: 80 Total 160
Number of faculties participate	One

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 22/01/2019 to 24/01/2019. It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students. 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,
- tug of war,
- shak race,
- long jump,
- short put ,
- 100 mt run,
- Tipahi daud

Schedule



अरविंदबाबू देशमुख महाविद्यालय, भारसिंगी
आंतरवर्गीय क्रीडा स्पर्धा

- उद्घाटन समारंभ -

कार्यक्रम पत्रिका

दिनांक - २३ जानेवारी २०२०



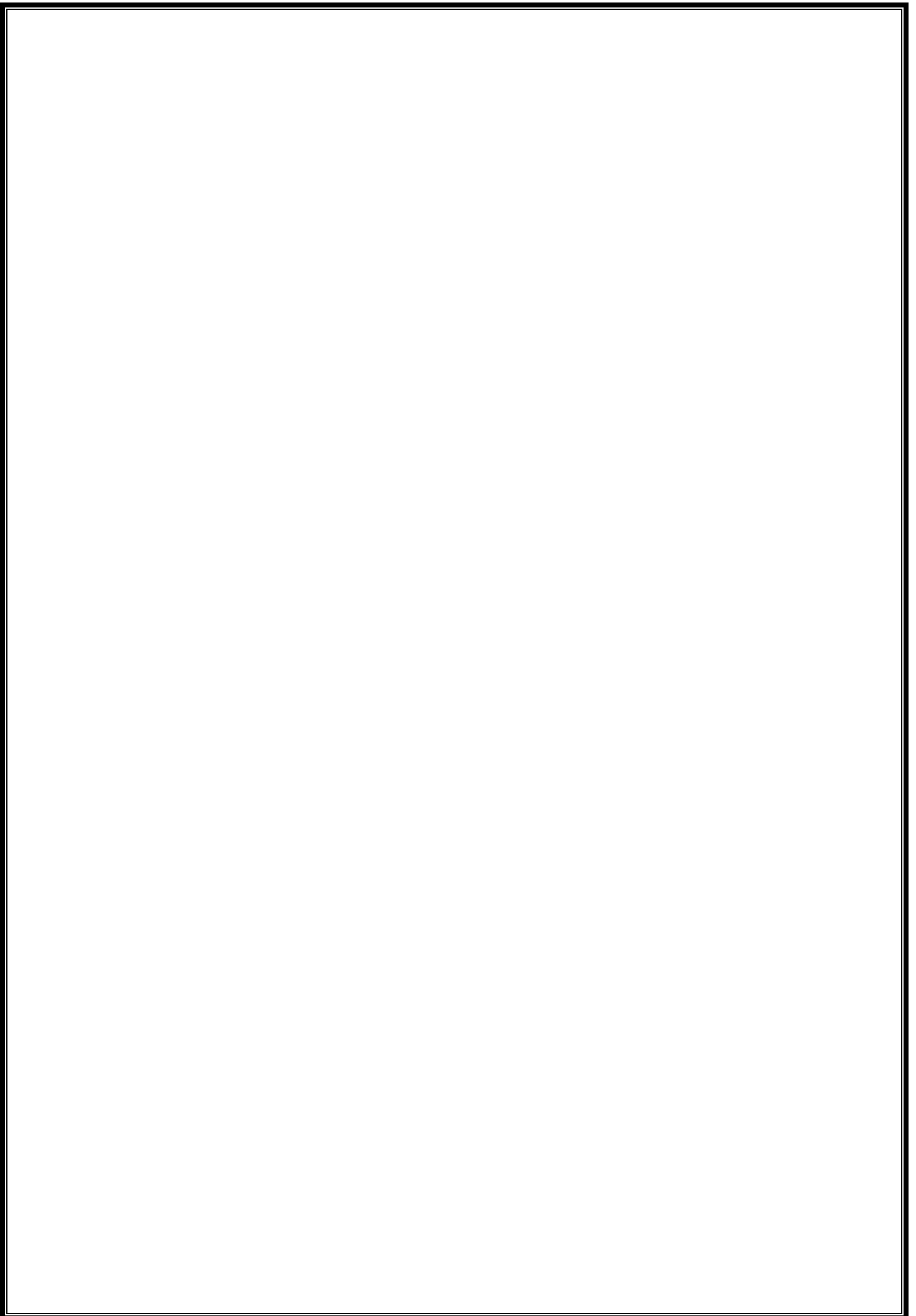
पाहुण्यांचे आगमण	:	सकाळी ८.३० मि.
स्वागतगीत	:	सकाळी ८.३५ मि.
पाहुण्यांचे स्वागत	:	सकाळी ८.४० मि.
क्रीडा ध्वजारोहण	:	सकाळी ८.४५ मि.
क्रीडा ज्योत प्रज्वलन	:	सकाळी ८.५० मि.
मार्च पास्ट (परेड वंदना)	:	सकाळी ९.०० वा.
शपथ	:	सकाळी ९.०५ मि.
पाहुण्यांचे भाषण	:	सकाळी ९.१५ मि.
राष्ट्रगीत	:	सकाळी ९.२० मि.
आभार प्रदर्शन	:	सकाळी ९.२५ मि.
स्पर्धेला सुरुवात	:	सकाळी ९.३० मि.



Dr. Manojkumar Varma
Director of phy. Edu

Arvind Babu Deshmukh Mahavidyalaya
Bharsingi







अरविंदबाबू देशमुख महाविद्यालय, भारसिंगी
शारीरिक शिक्षण विभाग



क्रॉस कंट्री (मुले) 2020

52

अ.क्र	खेळाडूचे नाव	वर्ग	जन्म तारीख	खेळाचा प्रकार	वेम नं.
१	Jay Raj Mahare	B.Com(I)			115 ✓
२	Ganesh Jadhav	B.Sc(I)			382 ✓
३	Hardik Deshmule	B.Sc(I)			473 ✓
४	Narnit P Umade	BA(I)			474 ✓
५	Pawan Ghafekar	BA(I)			412 ✓
६	Kunal Tagade	BA(I)			410 ✓
७	Swav Kudre	BA(I)			411 ✗
८	Sabil Pawar	BA(I)			406 ✓
९	Ankush Salpe	BA(III)			407 ✓
१०	Sandip Manekar	BA(III)			408 ✓
११	Gurav Wasule	B.Sc(II)			409 ✓
१२	Gurav Dhore	B.Com(I)			440 ✓
१३	Roshan Dhombare	B.Sc(I)			437 ✓
१४	Mahendra Thosar	BA(I)			438 ✓
१५	Vikram Salim Ukey	BA(I)			441 ✓
१६	Vishal Rokde	B.Com(II)			462 ✓
१७	Rahul Kojkhole	BA(III)			446 ✓
१८	Roshan Pravin Bertkar	BA(III)			466 ✓
१९	Netesh Manekar	MA(II)			496 ✓
२०	Sekhar Rawl	MA(II)			458 ✓
२१	Kunal Tagade	B.A.			410
२२					



Ur. Manojkumar Varma
Director of phy. Edu
Arvindbabu Deshmukh Mahavidyalaya
Bharasingi



असमिन्नायु वैशम्भुय महाविद्यालय, आरंभिकी
 त. नरमोड, जि. नासिक

क्रीडा महोत्सव

वर्षावसान

पुस्तक संख्या

• गुणपत्रिका •

पान संख्या

दिनांक: १०.१०.१९८८

शाळेचे/महाविद्यालयाचे नाव: ए. सी. ई. क्रीडा महोत्सव

संख्या	संलग्नक नाव	संख्या	संलग्नक नाव
१	उत्सव	१	विद्यार्थी
२	संलग्नक	२	उत्सव
३	विवरण	३	संलग्नक
४	उत्सव	४	विद्यार्थी
५	संलग्नक	५	उत्सव
६	विवरण	६	संलग्नक
७	उत्सव	७	विद्यार्थी
८	संलग्नक	८	उत्सव
९	विवरण	९	संलग्नक
१०	उत्सव	१०	विद्यार्थी
११	संलग्नक	११	उत्सव
१२	विवरण	१२	संलग्नक

शाळेचे/महाविद्यालयाचे नाव: R. S. II

शाळेचे/महाविद्यालयाचे नाव: B. A. II

पहिला डाव	पहिला डाव
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गुणांनी विजयी झाले.

30-17

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B. A. II विजयी 13 गुणांनी

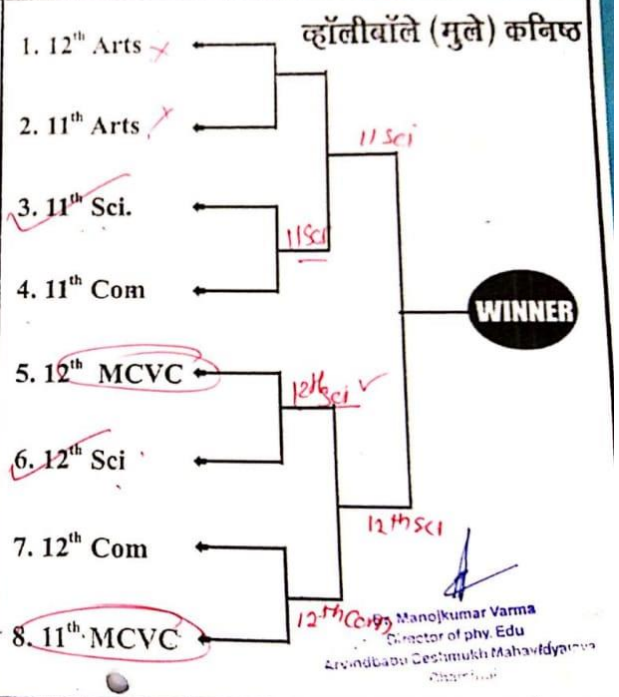
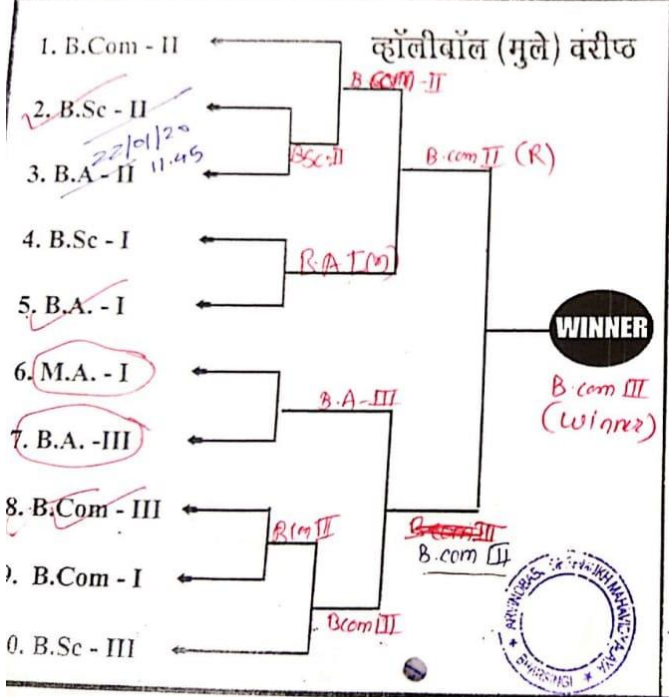
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VSPM Academy of Higher Education
ARVIND BABU DESHMUKH MAHVIDYALAYA
BHARSINGI



INTER CLASS TOURNAMENT 2020









VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2019-20



Name of Department- Department of Physical education

Name of Activity	University level volleyball competition (women)
Date and Time of activity	05/10/2019 to 06/10/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 40 Total 40
Number of faculties participate	One

Brief Report

Department of Physical education organized the Intercollegiate Volleyball tournament on 05/10/2019 to 06/10/2019 Volleyball court. Dr. Vijay Dhote, principal was the Chief Guest for the Inaugural function. University level **Zone F 12** college students participated in competition.

Referee

- 1 Dr.mahendra singh Rathod
- 2 Mr.raju Raut

Winner

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
"Established by Government of Central Provinces Education Department by Notification No. 513 dated the 1st of August, 1923 & presently a State University governed by Maharashtra Universities Act, 1994"

OFFICE OF THE DIRECTOR PHYSICAL EDUCATION



CERTIFICATE

Certified that Dr. Manojkumar M. Varma
of Arvindbaby 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 Volley- Ball (Women)
Championship Organized by Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
conducted by Arvindbaby Deshmukh Mahavidyalaya, Bharsingi from 05-10-2019
to 06-10-2019

22/02/2021



Dr. Sharad Suryawanshi
Director
Physic Education
Rashtrasant Tukadoji Maharaj Nagpur University
Dept. of Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur

RAW/C/Physical/P.No.2







VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi



Academic session

Name of Department- Department of Physical education

Name of Activity	University level volleyball competition(men)
Date and Time of activity	12/10/2019 to 16/10/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Boys: 40 Total 40
Number of faculties participate	One

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

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Championship Organized by Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
conducted by Arvindbabu Deshmukh Mahavidyalaya, Bhalsingi from 12-10-2019
to 16-10-2019



Dr. Sharad Suryawanshi
Director

Deptt. of Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur

22/02/2021

RAW.C-Physical P.No.2

Brief Report

Department of Physical education organized the Intercollegiate Volleyball tournament on 12/10/2019 to 16/10/2019 Volleyball court. Dr. Vijay Dhote, principal was the Chief Guest for the Inaugural function. University level **Zone A 16** college students participated in competition.

Referee

- 1 Dr.mahendra singh Rathod
- 2 Mr.raju Raut

Referee

- 1 Dr.mahendra singh Rathod
- 2 Mr.raju Raut

Winners

- Kunal A.Bhange
- Hemant S.Charde
- Vedant A.Thavre
- Praful D.Waghmare
- Sahil P.Waghitkar
- Shubham J.Bhasme
- Ajay.R.Katre
- Abhilash S.Baigane
- Shubham S.Gaikwad







VSPM Academy of Higher Education

Arvindbabu Deshmukh Mahavidyalaya, Bharsingi

Academic session- 2019-20

Name of Department- Department of Physical education



Name of Activity	University level mallakhamb competition (women)
Date and Time of activity	30/10/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 15 Total 15
Number of faculties participate	One

विश्व

पादक-जाना उर्फ युनुस अली

उपसंपादक-मिलिंद देशमुख

दि. ७ ते १३ नोव्हेंबर २०

येथून प्रकाशित

भारसिंगी महाविद्यालयात आंतर महाविद्यालयीन मल्लखांब स्पर्धेचे उद्घाटन



भारसिंगी (वार्ताहर) - राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ अंतर्गत आयोजित अरविंदबाबू देशमुख महाविद्यालय भारसिंगी ता. नरखेड, जि. नागपूर येथे आंतर महाविद्यालयीन स्पर्धेचे उद्घाटन डॉ. कल्पना जाधव संचालक शारीरिक शिक्षण विभाग राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ झोप्या हस्ते करण्यात आले. कार्यक्रमाच्या अध्यक्षस्थानी प्रा. डॉ. विजय घोटे, प्रमुख पाहुणे म्हणून डॉ. दीपक अरजपुरे, चेअरमन मल्लखांब रातुम नागपूर विद्यापीठ डॉ. अरुण अतकरे, डॉ. नरेश भोयर, डॉ. मीना बालबांडे, डॉ. शशांक निकम, डॉ. मनोज वर्मा, संचालक शारीरिक शिक्षण विभाग आदी मान्यवर व्यासपीठावर उपस्थित होते.

आपल्या अध्यक्षीय भाषणात डॉ. विजय घोटे म्हणाले की दिवसेंदिवस मल्लखांब खेळाकडे दुर्लक्ष होत आहे, या खेळात जिद्याध्यानी मोठ्या संख्येने सहभागी होऊन मल्लखांब खेळाला वेगवेगळ्या पातळीवर घ्यावे असे मत व्यक्त केले. या स्पर्धेच्या उद्घाटक डॉ. कल्पना जाधव यांनी मल्लखांब खेळाचे महत्त्व स्पर्धकांना सांगून स्पर्धकांना शुभेच्छा दिल्या. या स्पर्धेत रातुम नागपूर विद्यापीठा अंतर्गत रोप मल्लखांब मध्ये ५ महाविद्यालयांच्या मुली व मल्लखांब स्पर्धेचे ९ महाविद्यालयांच्या मुलींनी सहभाग घेतला होता.

कार्यक्रमाचे प्रास्ताविक डॉ. मनोज वर्मा यांनी केले. सूत्रसंचालन प्रा. राजेंद्र घोरपडे यांनी तर आभार प्रदर्शन डॉ. भाविन मनिया यांनी मानले. याप्रसंगी डॉ. प्रकाश पवार, प्राचार्य डॉ. प्रदीप केचे, श्री सुनील गावंडे, श्री जावेद भाई, महाविद्यालयातील प्राध्यापक, कर्मचारी व विद्यार्थी उपस्थित होते. शेवटी राष्ट्रवदनेने कार्यक्रमाची सांगता झाली.

लोकमत मंगळवार, दि. ५ नोव्हेंबर २०१९

३ ष्टाचा मानबिंदू

लोकमत

आंतरमहाविद्यालयीन मलखांब व रोप मलखांब स्पर्धा



नरखेड : तालुक्यातील भारसिंगी येथील अरविंदबाबू देशमुख महाविद्यालयात राष्ट्रसंत तुकडोजी महाराज आंतरमहाविद्यालयीन दोन दिवसीय मलखांब व रोप मलखांब स्पर्धा नुकत्याच पार पडल्या. स्पर्धेचे उद्घाटन प्राचार्य डॉ. विजय घोटे यांच्या हस्ते करण्यात आले. याप्रसंगी प्रमुख पाहुणे म्हणून जयंतकुमार दीक्षित, डॉ. दीपक अरजपुरे, डॉ. अरुण अतकरे, डॉ. मीना धालपांडे, डॉ. मनोज वर्मा, नरेश नागपूर, मुकेश ठाकरे, प्रा. अमित खाडकर, अरुण चौधरी आदींची उपस्थिती होती. सदा सचैत विधि सत महाविद्यालयातील खेळाडूंनी सहभाग नोंदविला. या स्पर्धेत अरविंदबाबू देशमुख महाविद्यालयाच्या मुली व मुलांच्या संवाने चॅम्पियन्शिप प्राप्त केली. दोन्ही विजेत्या संघाना बक्षीस देऊन गौरविण्यात आले. खेळाडूंच्या यशाबद्दल संस्थेचे अध्यक्ष तथा मानी मंत्री रणजित देशमुख, सचिव युवराज चालखोर, खोपसपीपमचे संस्थापक डॉ. भाऊसाहेब भोगे, प्राचार्य डॉ. विजय घोटे यांनी खेळाडूंचे कौतुक केले. कार्यक्रमाचे संचालन डॉ. निकम यांनी तर आभार डॉ. मनोज वर्मा यांनी मानले.

लोकमत ५ नोव्हेंबर २०



Brief Report

Mallakhamb is a traditional sport in which gymnasts perform poses and acts with the help of a vertical wooden pole or rope. Although this sport dates back to the 12th century, it lost popularity thereafter and was later revived in the 18th century during the Peshwa era. University level mallakhamb competition was organized by Department of Physical education for men and women on 30/10/2019 .There were 15 women participants for Rope mallakhamb participated in competition.

Selection comette mallkhamb—

Chairman- Dr.Dipak Arajpure

- Selection committee Member – Dr.manojkumar Varma
 - Dr.Arun Atkare
 - Dr.meena Balpande
 - Prof.C.B.Katre

Chief guest –Dr.kalpna Jadhav

Director of phy.edu.Rtmnu nag university



VSPM Academy of Higher Education
ArvinDbabuDeshmukhMahavidyalaya, Bharsingi
Academic session



Name of Department- Department of Physical education

Name of Activity	University level mallakhamb competition (men)
Date and Time of activity	31/10/2019
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Boys: 30 Total 30
Number of faculties participate	One

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

(Established by Government of Central Provinces Education Department by Notification No. 513 dated the 1st of August, 1923 & presently a State University governed by Maharashtra Universities Act, 1994)

OFFICE OF THE DIRECTOR PHYSICAL EDUCATION



CERTIFICATE

Certified that Dr. Manojkumar . M. Varma
of Arvindbabu 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~~ Malla-Khamb
Championship Organized by Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
conducted by Arvindbabu Deshmukh Mahavidyalaya, Bharsingi from 31-10-2019
to



Dr. Sharad Suryawanshi
Director

Rashtrasant Tukadoji Maharaj Nagpur University
Dept. of Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur

24/02/21

Brief Report

University level mallkhamb competition was organized by Department of Physical education for men on 31/10/2019 .There were 30 men participants for mallakhamb participated in competition.

Selection comette mallkhamb Chairman- Dr.Dipak Arajpure

- Selection committee Member – Dr.manojkumar Varma
 - Dr.Arun Atkare
 - Dr.meena Balpande
 - Prof.C.B.Katre

Chief guest –Dr.kalpna Jadhav

Director of phy.edu.Rtmnu nag university

Winners

- Ninad j.Dixit,
- Jitendra G.chaudhari,
- Chandu m. Dighore,
- Prajwal D.Panchabudhhe
- Gangadhar D.kale,
- Aniket R.Dhore,
- Saurabh R.Khade




PRINCIPAL
ARVINDBABU DESHMUKH MAHAVIDYALAYA
BHARSINGI, DIST. NAGPUR

