



VSPM Academy of Higher Education



ARVIND BABU DESHMUKH MAHAVIDYALAYA

BHARSINGI

Annual Report

Academic session 2021-22

Department

Physical Education

List of colour Holders

SR.NO	NAME OF PLAYER	EVENT
1.	Mr Sahil Wabhitkar.	Volleyball Colour Holder
2.	Mr. Rajat Charde	Volleyball Colour Holder
3.	Mr.Gaurav Nishane	Mallakhamb Colour Holder
4.	Mr.Chandrashekhar Maraskolhe	Mallakhamb Colour Holder
5.	Ku.Priyanka Raut	Rope-Mallakhamb Colour Holder
6.	Ku.Rasika Bhakte	Yogasan Colour Holder Silver Medalist Khelo India
7.	Ku.Tanuja Thakur	Woodball Colour Holder
8.	Mr.Saurabh Shende	Woodball Colour Holder
9.	Ku.Pratiksha Katole	Woodball Colour Holder
10.	Ku.Diksha Katol	Woodball Colour Holder
11.	Mr.Umesh Surjuse	Woodball Colour Holder
12.	Mr.Sunny Fusate	Cross-Country Colour Holder Championship
13.	Mr Lilaram Bawne	Cross-Country Colour Holder Championship
14.	Mr.Sagar Sindhapure	Cross-Country Colour Holder Championship
15.	Mr.Vikesh Shende	Cross-Country Colour Holder Championship
16.	Ku.Prajakta Godbole	5000m Running National
17.	Ku.Dimple Thakre	Marshelarts Khelo India
18.	Mr. Chetan Vadbudhe	Volleyball National
19.	Ku.Reena Prajapati	Boxing Silver Medalist



VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi



Academic session 2021-22

Name of Department – Physical



Name of Activity	National sports Day (major Dhyanchand Birth anniversary)
Date and Time of activity	29th August 2021
Activity organized under committee/cell	Physical
Invited Guest	Prof.Rajendra Ghorpade
Number of students participate	Total 12
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 2021. 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 Prof.Rajendra Ghorpade, and Dr.Shrikant Thakre, IQAC Coordinator as a chief guest. At last vote of thanks given by Dr.Bhavik Maniyar, Assistant Professor in Department of Music.



VSPM Academy of Higher Education



Arvinbabu Deshmukh Mahavidyalaya, Bharsingi

Academic session 2021-22

Name of Department – Physical & Music Department

Name of Activity	Work-shop Topic: Stress management through yoga & Music
Date and Time of activity	26 th March 2022 7.30 AM
Activity organized under committee/cell	Physical & Music Department
Invited Guest	Dr. Tejsinha Jagdale Asso. Professor Department of Physical Edu. Nabira College, katol
Number of students participate	Girls: 53 Boys: 70 Total 123
Number of faculties participate	05

Brochure of Activity



VSPM Academy of Higher Education, Nagpur

ARVINDBABU DESHMUKH MAHAVIDYALAYA

Bharsingi, Ta. Narkhed, Dist. Nagpur



DEPARTMENT OF PHYSICAL EDUCATION & MUSIC

Jointly organize workshop on

Stress management through Yoga & Music

Date : 26th March 2022, Time : 7.30 a.m.

Venue : Chintamunishwar Tekdi, Paradsinga, Ta. Katol, Dist. Nagpur

RESOURCE PERSON



Dr. Tejsinha Jagdale
Nabira Mahavidyalaya, Katol

CONVENER



Dr. Manoj Verma
Physical Director

CHAIRPERSON



Dr. Prakash Pawar
Principal



Dr. Bhavik Maniyar
Department of Music



Dr. Shrikant Thakre
IQAC Co-ordinator

Brief Report

Stress is the reaction of our body to situations which cause turmoil, create conflicts and unhappiness there by becoming a threat to our well being. Stress is inevitable but coping and managing stress is of utmost importance to lead a healthy and joyful life. Yoga & Music can have a profound effect on both the emotions and the body. Music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Yoga & Music is effective for relaxation and stress management.

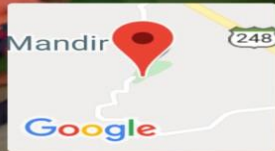
Department of Physical Education and Music jointly Organized workshop on the Topic- ***‘Stress management through yoga & Music’*** on dated 26 March 2022 at chintamunishwar tekdi Paradsinga by Dr.Tejsinha Jagdale, Director of Physical Edu.Nabira Mahavidyalaya Katol. Dr.Manojkumar Varma, Director of Physical Education given introduction of Guest and give short brief about topic of Workshop. One hundred and twenty three students of various colleges were participated in this workshop.

Dr.Tejsinha Jagdale elaborate following point in workshop

- Brief about Yoga & Music
- How to stress management by yoga & music

At last session was vote of thanks given by Dr.Bhavik Maniyar, Assistant Professor in Department of Music.

Geo-tagged Photos of activity



Nagpur, Maharashtra, India
Shiv Shankar Mandir Rd, Maharashtra 441305, India
Lat 21.305892°
Long 78.527225°
26/03/22 08:37 AM

GPS Map Camera



Nagpur, Maharashtra, India
Shiv Shankar Mandir Rd, Maharashtra 441305, India
Lat 21.305955°
Long 78.527475°
26/03/22 08:31 AM

GPS Map Camera



VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session 2021-22



Name of Department- Department of Physical education

Name of Activity	Koshish (inter class sport activity)
Date and Time of activity	22/01/2022 to 24/01/2022
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal
Number of students participate	Girls: 134 Boys: 115 Total 30
Number of faculties participate	six

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 22/01/2022 to 24/01/2022. 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



अश्विनिदेशमुख महाविद्यालय, भारसिंगी
आंतरवर्गीय क्रीडा स्पर्धा



- उद्घाटन समारंभ -

कार्यक्रम परिचय

दि. 22 जाने 2022

पाठ्यांश आगमण	:	सकाळी ८.३० मि.
स्वागतगीत	:	सकाळी ८.३५ मि.
पाठ्यांश स्वागत	:	सकाळी ८.४० मि.
क्रीडा भवजारोहण	:	सकाळी ८.४५ मि.
क्रीडा न्योत प्रचलन	:	सकाळी ८.५० मि.
माने पायट (पेटेड चंदना)	:	सकाळी ९.०० वा.
शपथ	:	सकाळी ९.०५ मि.
पाठ्यांश भाषण	:	सकाळी ९.१५ मि.
राष्ट्रगीत	:	सकाळी ९.२० मि.
आभार प्रदर्शन	:	सकाळी ९.२५ मि.
स्पर्धा सुरुवात	:	सकाळी ९.३० मि.



Dr. Manojkumar Varma
Director of phy. Edu
Ashwini Mahavidyalaya
Bharsingi



टीएनपीएस संकेतनी ऑफ हायर एजुकेशन
अरविंदबाबू देशमुख महाविद्यालय, भारसिंगी
त.नरखेड, जि. नागपूर

क्रीडा महोत्सव

कवडी सामने

पुरुष/महिला

● गुणपत्रिका ●

प्रांकंड नंबर.

टॉस Toss won by B.Cam III and choose ~~Roll~~
शाळेचे/महाविद्यालयाचे नाव: A. D. M. Bhaaringji

खेळाडूचे नाव	खेळाडूचे नाव
१. Amit Dehankar	१. Amit Jawale
२. Chandu Dighore	२. Aniket Dhore
३. Jaysraj Nehare	३. Prakash Banakar
४. Shubham Bhojar	४. Haralik Hazjar
५. Akshay Silver	५. Shubham Tule
६. Akshay Bansod	६. Ajay Dabrase
७. Umesh Bansod	७. Yash Karakar
८. Pravin Thorambe	८. _____
९. _____	९. _____
१०. _____	१०. _____
११. _____	११. _____
१२. _____	१२. _____

शाळेचे/महाविद्यालयाचे नाव : _____

शाळेचे/महाविद्यालयाचे नाव : _____

B. Cam पहिला डाव III	B. Sc पहिला डाव III
X, X, X, X, X, X, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५,	X, X, ३, ४, ५, ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५.
दुसरा डाव	दुसरा डाव
X, X, X, X, X, X, X, X, X, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५,	X, X, X, ४, ५, ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५.
तिसरा डाव	तिसरा डाव
१, २, ३, ४, ५, ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५,	१, २, ३, ४, ५, ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५.

गुणांनी विजयी झाले. B. Cam III Won by 18 points.

Seminar
PLAYER

3

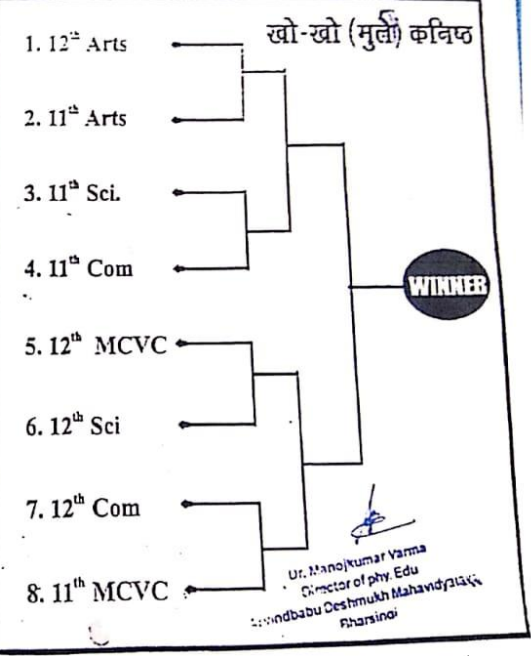
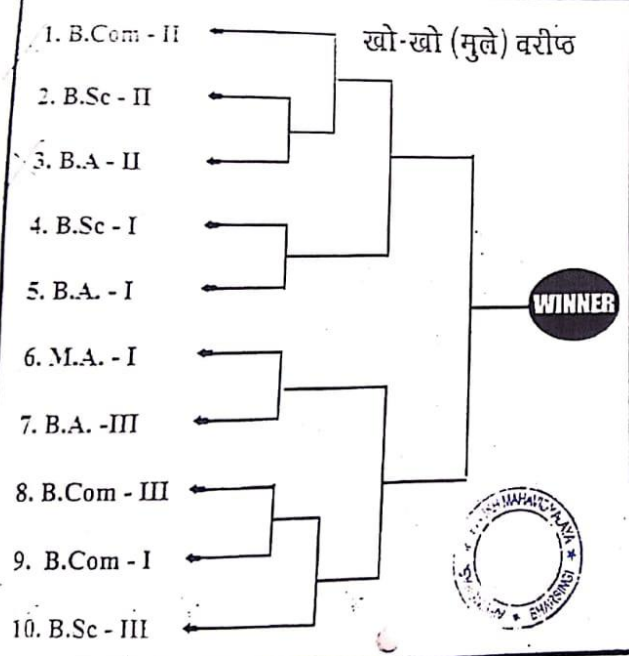
5



ARVINDBABU DESHMUKH MAHA VIDYALAYA
BHARSINGI



INTER CLASS TOURNAMENT - 2022





संस्कृत विभाग, जय प्रकाश विश्वविद्यालय, भारतीय
 न. परमेश्वर, वि. जयपुर

क्रीडा महोत्सव

पारिभाषिक सामान्य

पुस्तक संख्या

पुस्तक संख्या

पृष्ठ संख्या

राज्य/विभागीय स्तर पर : R.Sc. II

राज्य/विभागीय स्तर पर : प्र. नि. म. अ. भारतीय

पंक्त संख्या	पंक्त संख्या
1. उल्लस	1. उल्लस
2. मं. प्र.	2. मं. प्र.
3. वात्सल्य	3. वात्सल्य
4. सुकाम	4. सुकाम
5. प्रेम	5. प्रेम
6. प्रेम	6. प्रेम
7. प्रेम	7. प्रेम
8. प्रेम	8. प्रेम
9. प्रेम	9. प्रेम
10.	10.
11.	11.
12.	12.

राज्य/विभागीय स्तर पर : R.Sc. II

राज्य/विभागीय स्तर पर : B.A. II

पहिला स्तर	पहिला स्तर
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 6	1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 15
दूसरा स्तर	दूसरा स्तर
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 11	1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 17
तिसरा स्तर	तिसरा स्तर
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 17	1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. = 10

पुस्तकी विजयी स्तर

30-17

[B.A. II विद्यार्थी 13-पुस्तकी]

G



वीएसपीएम अकेडमी ऑफ हायर एज्युकेशन, नागपूर

अरविंदबाबू देशमुख महाविद्यालय, भारसिंगी



शारीरिक शिक्षण विभाग

क्रॉस कंट्री (मुली) 2021-22

Ss

अ.क्र	खेळाडूचे नाव	वर्ग	जन्म तारीख	खेळाचा प्रकार	चेस नं.
१	Asmita Dande	BA(III)		Running	404 ✓
२	Gruhini Savalkar	BA(III)		Running	405 ✓
३	Sacita Yadav	BA(I)		Running	436 ✓
४	Swati Khobrajade	BA(I)		Running	455 ✓
५	Keshmi Dhurve	BA(I)		Running	478 ✓
६	Ranjana Sende	BA(I)		Running	435 ✓
७	Nisha Tagde	BA(I)		Running	431 ✓
८	Snehal Ghospade	BA(III)		Running	299 ✓
९	Madhuri Lokhande	MA(I)		Running	419 ✓
१०	Chandraloka Dhore	MA(I)		Running	485 ✓
११	Kanchan Choudhary	MA(I)		Running	471 ✓
१२					
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२०					
२१					
२२					



Ur. Manojkumar Varma
Director of phy. Edu.
Arvind Babu Deshmukh Mahavidyalaya
Bharsingi







● ○ REDMI NOTE 9
∞ AI QUAD CAMERA







VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2021-22



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: 30 Total 30
Number of faculties participate	15

Brief Report:

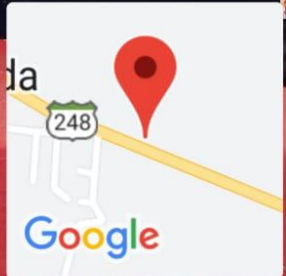
A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the 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.



REDMI NO. 159
AI QUAD CAMERA



GPS Map Camera



Indarwada, Maharashtra, India
MH SH 248, Indarwada, Maharashtra 441305, India
Lat N 21° 21' 5.2164"
Long E 78° 27' 54.2556"
21/06/22 09:44 AM





VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi



Academic session-2021-22

Name of Department- Physical education

Name of Activity	University Malla-khamb Coaching Camp
Date and Time of activity	FROM 24-03-2022 TO 30-03-2022
Activity organized under committee/cell	Department of Physical education
Invited Guest	Principal & yoga Teacher Dr.Manojkumar varma
Number of students participate	Girls: 07 Boys: 07 Total 14
Number of faculties participate	

Brief Report:

Those Players Are Selected To Represent Rashtrasant Tukdoji Maharaj Nagpur University MALKHAMB [MEN/ WOMEN] Team In **ALL INDIA INTER UNIVERSITY** Championships Scheduled To Be Held At Hanumangarh, Rajasthan Organized By Shri Khushal Das University. The Competition Was Held On 03/04/2022 TO 06/04/2022.

Arvindbabu Deshmukh Mahavidyalaya, Bharsingi,organized Coaching Camp From 21-03-2022 To 30-03-2022. Dr. Manoj Manoj Varma, Arvindbabu Deshmukh Mahavidyalaya, Bharsingi (Men-coach) and Dr.Deepak Arajpure,Director of physical edu. Jeevan Vikas Mahavidyalaya Devgram was Women Coach.

DIRECTOR SPORTS & PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

Phone No. 0712-2531696 / mobile no. 9850303154 E-mail :- departnmu@yahoo.in, Website :- nagpuruniversity.org

NO.DPE/RTMNU/21-22/47

DATE :20/03/2022

To,
The Principals of all Concerned Colleges & H.O.D. Department

Subject :-RashtrasantTukdojiMaharaj Nagpur University**MALKHAMB MEN & WOMEN** team for Year**2021-2022**

Sir/Madam,

Following players are selected to represent RashtrasantTukdojiMaharaj Nagpur University **MALKHAMB [MEN/ WOMEN]** team in**ALL INDIA** INTER UNIVERSITY Championships scheduled to be held at **HANUMANGARH, RAJASTHAN** Organized by **SHRI KHUSHAL DAS UNIVERSITY**.The competition will be held on **03/04/2022 TO 06/04/2022**. The University team will leave for the Venue on **01/04/2022**.

COACHING CAMP FROM 21-03-2022 TO 30-03-2022 ALL THE PLAYERS ARE REQUESTED TO REPORT DR. MANOJ VARMA FOR MEN TEAM AND DR. D. ARJPURE FOR WOMEN TEAM, ARVINDBABU DESHMUKH MAHAVIDYALAYA, BHARSINGI AT 3.00 P.M.


Sr.	Name of Player Men	Name of College
01	GauravNishane	ArvindbabuDeshmukhMvBharsingi
02	Manish Rahangdale	Dr. R. G. Bhoyar Sci. College, Seloo
03	PranavSukhdeve	IshwarDeshmukhPhy. Edu. Nagpur
04	PrajwalPanchubdhe	IshwarDeshmukhPhy. Edu. Nagpur
05	SaurabhKhade	Dhanwate National College, Nagpur
06	ChandrashekharMaraskolhe	ArvindbabuDeshmukhMvBharsingi
	Stand bye	
01	HimanshuAmbule	Priyadarshini B. College of Engg. Nagpur

Sr.	Name of Player Women	Name of College
01	SanjanaMorode	Dr.AmbedkarInstt. Of Mangt. Nagpur
02	PriyankaRaut	ArvindbabuDeshmukhMvBharsingi
03	Asthaljmulwar	Kamla Nehru Mahavidyalaya, Nagpur
04	RavinaBhagat	PGTD of Arts RTMNU Nagpur
05	RaunakBhise	V. N.Govt. Instt.of Arts &Sco.Sci. Nagpur
06	PayalUike	Dr. R. G. Bhoyar Sci. College, Seloo
	Stand bye	
01	RasikaBhakte	ArvindbabuDeshmukhMvBharsingi

The selected Men & Women Players are requested to report on **24-03-2022 AT 01.00 P.M.** in the Office of the Director, Physical Education, RashtrasantTukdojiMaharaj Nagpur University, Nagpur alongwith college **IDENTITY CARD AND XEROX COPY OF 12th MARKSHEET, 10th DIPLOMA & LAST EXAMINATION PASSED MARKSHEET & P.G. STUDENT TO BRING FINAL YEAR PASS MARKSHEET OF U.G.(Tow Sets)** In case a player is employed it is mandatory to produce N.O.C. from their employer. Otherwise they will not be allowed to participate in the coaching camp/Inter University Tournament.

It is therefore requested to kindly inform the concerned players of your college accordingly.

Thanking you.


(Dr. Sharad B. Suryawanshi)

DIRECTOR

Sports & Physical Education
RashtrasantTukdojiMaharaj

Nagpur University, Nagpur

COPY FORWARDED TO :-

01. The Chairman, Board of Physical Education, R. T. M. Nagpur University, Nagpur
02. The Member of Malkhamb Men & Women Selection Committee for information.
03. The Sports Editors of all Local News Papers for favour of wide publicity

Photos







VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2021-22



Name of Department- Physical education

Name of Activity	Suryanamaskar
Date and Time of activity	FROM
Activity organized under committee/cell	Department of Physical education
Invited Guest	Dr.Manojkumar varma
Number of students participate	Girls: Boys: Total
Number of faculties participate	

On the auspicious occasion of the 75th anniversary of Independence, Arvindbabu Deshmukh Mahavidyalaya, Bharsingi, organized Suryanamaskar classes to promote a healthy lifestyle for all, as a token of gift to our beloved motherland India.coach was Dr.manojkumar Varma, Director of phy.edu.Arvindbabu Deshmukh Mahavidyalaya,Bharsingi





VSPM Academy of Higher Education
Arvindbabu Deshmukh Mahavidyalaya, Bharsingi
Academic session-2021-22



Name of Department- Department of Physical education

Name of Activity	Medical & physical test of college students
Date and Time of activity	21/08/2021
Activity organized under committee/cell	Department of Physical education
Invited Guest	Dr. Rupali Darak and Team of Lata Mangeshkar Hospital ,Katol
Number of students participate	Girls: 112 Boys:120 Total 232
Number of faculties participate	One

Brief Report

A medical and physical Test 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 21/08/2021 Dr. Rupali Darak,lata Mangeshkar Hospital examine 232 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

Photos






PRINCIPAL
ARVINDBABU DESHMUKH MAHAVIDYALAYA
BHARSINGI, DIST. NAGPUR

