YASHODA GIRL'S ARTS AND COMMERCE COLLEGE, NAGPUR



5.3.2 : Sports and cultural activities in which the students of the institution have participated in the last five years (Organized by the institution/other institutions)

Department of Sports & Physical Education

Sports Activities- 2017-2018

(Organized by the Institution/Other Institutions)



Yashoda Girls' Arts & Commerce College, Nagpur

Accredited B++ by NAAC

■ Recognized by Government of Maharashtra ■ Affiliated to RTM Nagpur University, Nagpur SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA

■ Tel.: 0712-2290637 ■ Fax No.: 0712- 2290368 ■ Website: www.yashodagirlscollege.edu.in ■ Email: ygc.ngp@rediffmail.com

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5.3.2 Details of the Sports Activities/ Competitions organized by the institution/ other institutions in which the students of the college participated.

Sports-Session 2017-2018

Sr. No.	Details of the cultural event/ activity/Competition	Date Fromto	Organized by the institution/other institution
1	International Yoga Day Yoga Training Program	21/6/2017	Organized by the Institution
2	Students' Participation in The Maharashtra Inter-District Rugby Championship 2017 organized by Rugby Association Maharashtra and Rugby Association of Nagpur	8/5/2017	Other institution
3	Training program on 'Empowerment of Girls through sports' on the occasion of National Sports Day.	8/29/2017	Organized by the Institution
4	Participation of the students in Inter-Collegiate Yoga Competition organized at RTM Nagpur University on 22 & 23 September 2017	9/22/2017 to 23/09/2017	Other institution
5	Participation of College girls in Inter-collegiate Cross Country Competition organized by RTM Nagpur University	9/24/2017	Other institution
6	Participation in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University	10/4/2017	Other institution
7	Participation in Inter-collegiate Baseball Competition organized by RTM Nagpur University	10-10-2017	Other institution
8	Participation in Inter-collegiate Kho-Kho Competition/Tournament 2017 organized by RTM Nagpur University	10/12/2017 to 14/10/17	Other institution
9	Participation in Inter-collegiate Athletics Competition/Tournament 2017 organized by RTM Nagpur University	11/9/2017 to 13/11/17	Other institution
10	Participation of girl from the institution in All India Inter University Baseball in the team of RTM Nagpur University.	14/11/2017 to 18/11/2017	Other institution
11	Participation of girl from the institution in Inter University West Zone Kabaddi Tournament conducted at Mumbai in the team of RTM Nagpur University.	17/11/2017 to 20/11/2017	Other institution
12	Participation of girls in Inter-University KridaMahotsav At Dapoli in which the three girls represented the RTM NU Team	27/11/2017 to 01/12/2017	Other institution
13	Participation in Inter-collegiate Badminton Competition/Tournament 2017 organized by RTM Nagpur University	04/12/2017 to 06/12/2017	Other institution

14	participation of girls in State AtyaPatya Championship held at Solapur	20/12/2017 to 22/12/17	Other institution
15	Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur	9/1/2018	Other institution
16	Yogasana Workshop organized at the Institution for the students	12/1/2018	Organized by the Institution
17	Participation of students in National Championship AtyaPatya Competition held at Shirdi	12/1/2018 to 14/1/2018	Other institution
18	Annaul Sports Competition organzied in college	23/1/2018 to 25/1/2018	Organized by the Institution
19	Participation in Inter-collegiate net ball Selection Competition 2017 organized by RTMNU2017	30/01/2018 to 31/01/2018	Other institution
20	Particiapation of students in Self Defense Training Programnorgnzied at IshwarDeshmukh College of Physical Education, nagpur on behalf of KridaBharati	12/1/2018 to 13/1/2018	Other institution
21	Participation in Inter collegiate soft ball competition organzied by RTM Nagpur University	15/2/2018 to 17/2/2018	Other institution
22	Representation of the player from the institution in All India Inter University NET BALL Tournaments	20/2/2018 to 23/2/2018	Other institution



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Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Yoga training Program on International Yoga Day

Date: 21 June, 2017
Number of Teachers Participated: 13

Number of Teachers Participated: 13

Number of Students Participated: 46 Students

सहाविद्यालयामील कामेक्ट व विराट वार्तामिक विद्यार्थीमी द्विराट वार्तामिक विद्यार्थीमी द्विराट व विराट वार्तामिक वार्तामी द्विराट व वार्तामिक वार्ताम

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NOTICE

Brief Report

Yoga Training program was organized on the occasion of International Yoga Day 21st June 2017 by the Department of Physical Education and Sports of the Institution. Mr. Pradeep Ghode was the Yoga trainer who trained the students and the staff members. Total 18 teachers and 46 girls students of the institution participated in the training program. Mr. Pradeep Ghode not only demonstrated Yoga Exercises but explained the benefits of each also exercise. The students and teachers were very serious during the program and they participated very actively. The Principal also guided the students on this occasion and called upon them to practice Yoga exercises daily to remain fit and healthy.

Yoga training Program on International Yoga Day

Date: 21 June, 2017

Report of the event

Report of the event

आंतर राष्ट्रीय योग दिन

अहवाल २०१७—२०१८

यशोदा गर्ल्स आर्ट्स ॲन्ड कॉमर्स कॉलेज येथे तिसरा विश्व योग दिवस आज संपन्न झाला. याकरीता श्रीमान प्रदीप घोडे (योगतञ्ज) जनार्दन स्वामी योगाभ्यासी मंडळ यांना आमंत्रित करण्यात आले. प्राचार्य डॉ. शरद सांबारे यांच्या इस्ते मान्यवराचे स्वागत करण्यात आले. विद्यार्थीनीना सर्वांगीण विकास म्हणजे शारिरीक, मानसीक बीध्दीक, नैतीक, सामाजिक विकास घडवून आणणे हा शिक्षणाचा मुख्य उद्देश आहे. याची पूर्तता करण्यास योगशास्त्र उपयुक्त ठरते. व्यक्तीचे शारिरीक व मानसीक आरोग्य व्यवस्थित राहण्याकरीता त्यांनी मार्गदर्शन केले.

योगशास्त्रात आसन, प्राणायाम, शुध्दीकिया व सुर्यनमस्कार उपघटक आहेत.

आसन -

- १. ध्यानात्मक आसन मन एकाग्र करण्यासाठी.
- शरीर संवर्धनात्मक आसन इलासन, चकासन, सर्वागासन, यानुळे सांध्याची व स्नायुची लविचकता वाढते. रक्ताभिसरण आंतरस्त्रावीय ग्रंथीच्या कार्यात सिक्यता वाढते.
- ३. विश्रांती कारक आसन हलासन, मकासन, यामुळे शरिर व मनावाचा थकवा, तान तणाव कमी होण्यास फायदा होतो.

बैठे आसन

- पदमासन, बध्द पदमासन, सुखासन यामुळे पाठ दुखी कमी होते व पोठातील स्नायुचा व्यायाम होतो.
- २. पश्चिमोतासन पाठ, पोट, पायाचे स्नयु बळकट होतात.
- ३ गोमुखासन पाठीचा कणा, कमर, मान यांच्या स्नायुचा व्यायाम होतो.
- ४ वजासन पचन शक्ती सुधारते.

उभे आसन :-

- ताडासन उंची वाढण्यास मदत होते. पाठीचा कणा सरळ राष्ट्रण्यास मदत होते.
- २. हस्तपादासन -क्मर, पोट स्नायु बलशाली होतात.

त्रिकोणासन - पाठीचा कणा लवचिक बनतो. दृष्टी सुधारण्यास मदत होते.
 मानेला व्यायाम होते. याशिवाय पाठीवर व पोटावर ओपून काही आसनाची माहिती दिली.

ओकार ध्यान :- मन:शांती, एकाग्रता, स्मरणशक्ती वाढते, तणव कमी होते.

प्राणायाम :- अनुलोम विलोम, सित्कसा, कपालभारती

सुर्यनमस्कार: - पाठीच्या कण्याला मागे पुढे वाकविले जातात, पाय मागे पुढे ताणावे लागते त्यामुळे शरिराच्या विविध स्नायुचे आकुचन पसरण होते व पाठीच्या काणाची लवचिकता सुधारते. हुदय, फुफुस, आतडी, मुत्राशय, गर्भाशय इ. अवयाची कार्य सुरळीत होण्यास मदत होते.

वेगळे-वेगळे आसन, प्राणायाम प्रात्याक्षिकाव्यारे करुन दाखविले व करवून घेतले तसेच योग्य साल्वीक आहार, विश्रांती व जीवनाकडे बघण्याचा सकारत्मक दृष्टिकोन याविषयी माहिती दिली.

निरामय आरोग्यासाठी योगसाधनेशिवाय पर्याय नाही. यासाठी नियमीत सराव महत्वाचा आहे असे मत महाविद्यालयाच्या प्राचार्य डॉ. शरद सांबारे यांनी वक्तव्य केले. कार्यक्रमाचे संचालन डॉ. ललीता पुन्नया व आभार डॉ. प्रमोद फर्टींग यांनी मानले. या कार्यक्रमात सर्व विद्यार्थीनी, प्राध्यापक व शिक्षकेत्तर कर्मचारी यांचा सहभाग होता.



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Yoga training Program on International Yoga Day

Date: 21 June, 2017
PHOTOS

















Yoga training Program on International Yoga Day ACTIVITY REPORT

News of the event published in 'Maharashtra Times' Daily (Nagpur Edition) dtd. Wednesday 5 July, 2017

News of the event published in 'Sakal' Daily (Nagpur Edition) dated Saturday, 24 June, 2017





नागपूर: यशोदा गर्ल्स आर्ट्स व कॉमर्स कॉलेज येथे ऑतरराष्ट्रीय योग दिन आणि वृक्षारोपण कार्यक्रमाचे आयोजन करण्यात आले होते. योग दिनाच्या कार्यक्रमाला जनार्दनस्वामी योगाश्यासी मंडळाचे प्रदीप घोडे प्रमुख अतिथी होते. शारीरिक व मानसिक आरोग्य व्यवस्थित राखण्यासाठी करावयाच्या उपायांवर त्यांनी मार्गदर्शन केले. विविध आजारांवर उपयुक्त उरणारी आसने त्यांनी प्रात्यक्षिकातून समजावून सांगितली.

निरामय आरोग्यासाठी योगसाधनेला पर्याय नाही, असे मत प्राचार्थ डॉ. शरद सांबारे यांनी व्यक्त केले. डॉ. लिलता पुत्रया यांनी कार्यक्रमाचे संचालन केला आणि डॉ. प्रमोद फटिंग यांनी आभार मानले. या कार्यक्रमात सर्व विद्यार्थिनी, प्राध्यापक आणि शिक्षकेत्तर कर्मचारी उपस्थित होते. कॉलेजमध्ये वृक्षारोपण कार्यक्रमाचेदेखील आयोजन करण्यात आले होते. प्राचार्य डॉ. शरद सांबारे तसेच सर्व प्राध्यापक व कर्मचारी उपस्थित होते.

Sports 2017-2018- Students' Participation in The Maharashtra Inter-District Rugby **Championship 2017** Date 5-8-2017

Letter for participation by the Head

List of Participants

KHIE 02/05/2096

प्राचार्य यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कालेज स्नेह नगर नागपूर

बिषय : महाविद्यालावातील विद्यार्थीतीना महाराष्ट्र इंडर डीस्ट्रीक (महाराष्ट्र अंतर जिल्हा) सिनियर पुरुष आणि महिला रखी चेम्पियनशिप २०१७ बात महमानी करण्याची परवाननी देण्याबावत.

रबी अमोनिएशन और नागपूर तर्फे महाराष्ट्र अंतर किला पुरुष आणि महिला रबी चैम्पियनशिप २०१७ दिनांक २४/०८/२०१७ व दिनांक ०५/०८/२०१७ रोजी विद्यापीठ ब्रीडोगण येथे आयोजित कच्यात अले अहे. सदर चैम्पियनशिपमध्ये महस्रम धेप्यास आपल्या महाविद्यानायातील धानीन विद्यापीतीना पाठकच्याची परवानसी रेम्पात यावी हि विर्तती.

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Sports 2017-2018- Students' Participation in The Maharashtra Inter-District Rugby Championship 2017 Date 5-8-2017

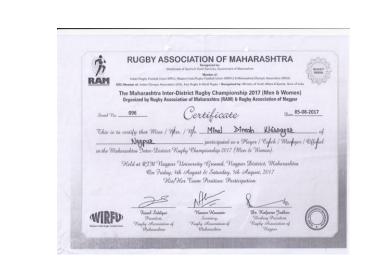
Certificate













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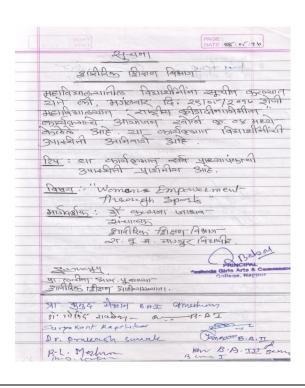
<u>Training Program on Empowerment of girls through Sports on the</u> <u>occasion on National sports day</u>

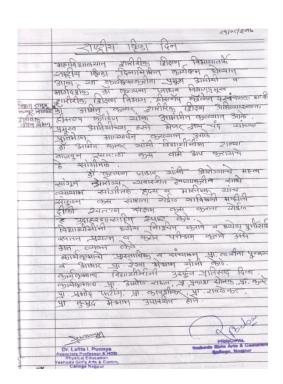
Date: 29August 2017

Number of Teachers Participated: 11
Number of Students Participated: 70 Students

Circular/ Notice

Report of the Program





Brief Report of the Activity

Training program on 'Empowerment of Girls through sports on the occasion of National Sports Day. Was organized by the Department of Physical education on the occasion of Sport Day on 29 August, 2017. Mrs. Kalpana Jadhav from Hislop College, Nagpur was the trainer who trained the students on how sports can help the girls to remain fit. Total 11 Staff members and 70 students from Arts and Commerce were present in training program.

<u>Training Program on Empowerment of girls through Sports on the</u> <u>occasion on National sports day</u>

Date: 29August 2017









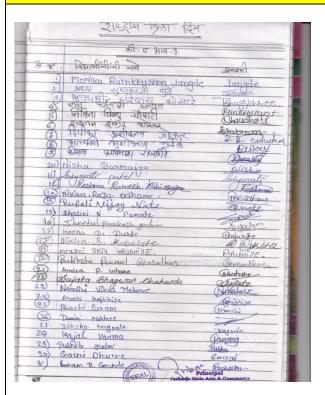


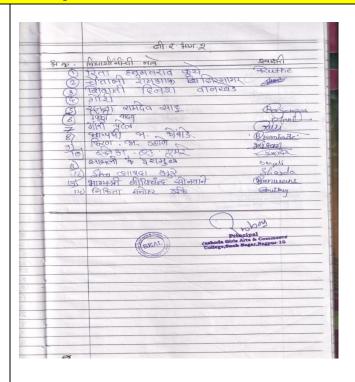


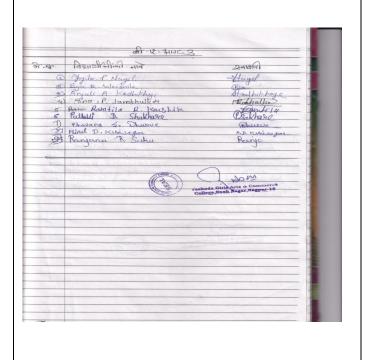
<u>Training Program on Empowerment of girls through Sports on the</u> <u>occasion on National sports day</u>

Date: 29August 2017

List of Participants











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Participation of the students in Inter-Collegiate Yoga Competition organized at RTM Nagpur University

Date: 22-23 September 2017
Number of Teachers Participated: 01

Number of Students Participated: 06 Students

Circular/Notice of the Event

DEPARTMENT OF PHYSICAL EDUCATION RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR VENUE :- RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY SPORTS COMPLEX, AMRAVATI ROAD, NAGPUR All the principals of participating colleges, Subject :- Organisation of Inter Collegiate YOGASAN [MEN & WOMEN]
Champinship 2017-18 01. DATE OF TOURNAMENT 22/09/2017 to 23/09/2017 02. VENUE OF THE COMPETITION RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY SPORTS COMPLEX, AMRAVTI ROAD, NAGPUR 03. REPORTING DATE AND TIME 22nd SEPTEMBER 2017 AT 8.00 A.M. 04. TEACHER INCHARGE DR. Ms. LALITA PUNNIYA
YASHODA GIRLS COLLEGE, NAGPUR MOBILE NO. 09850348812 ELIGIBILITY WITHOUT ENTRY FORM WILL NOT BE ENTERTIONED. 03. All the concerned teams Manager/Coach/Teacher are requested to submit One Eligibility in the Office and One Eligibility on the Ground to the Teacher Incharge. 04. Name in the Eligibility must be in Capital Letters alongwith Mother & Father Name also. Dr. Ms. Kalpana V. Jadhav Director Physical Education Rashtrasant Tukdoji Maharaj Nagpur University Nagpur ..02..

Participation of the students in Inter-Collegiate Yoga Competition organized by Nagpur University

Date: 22-23 September 2017

Eligibility Form

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Participation of the students in Inter-Collegiate Yoga Competition organized at RTM Nagpur University

Date: 22-23 September 2017

Photographs of the Activity









International Yoga Day Yoga Training Program



<u>Participation of the students in Inter-Collegiate Yoga Competition</u> <u>organized at RTM Nagpur University</u>

Date: 22-23 September 2017

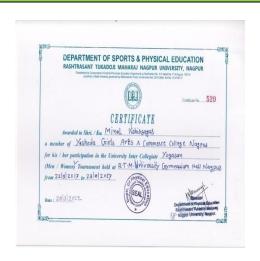
Brief Report

Seven girls from the college participated in Inter – collegiate Yoga Competition organized at RTM Nagpur University 22 & 23 September 2017 held at the University Subhedar Hall of RTM Nagpur University The Seven students from the college have been participated in the event and they have been given certificates of participation.

Participation of the students in Inter-Collegiate Yoga Competition organized at RTM Nagpur University

Date: 22-23 September 2017

Certificates















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Sneh Nagar, Wardha Road, Nagpur. 440015

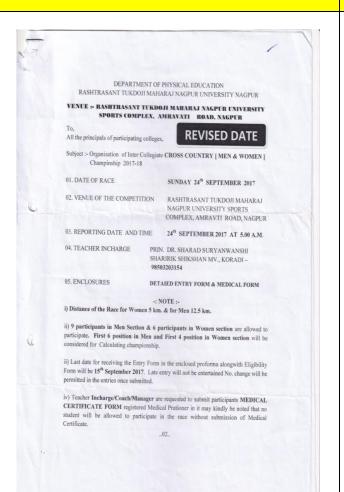
Participation of College girls in Inter-collegiate Cross Country Competition organized by RTM Nagpur University

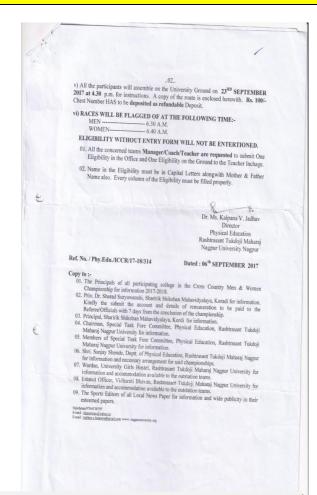
Date: 24 September 2017

Number of Teachers Participated: 01
Number of Students Participated: 06 Students
(Circular/Notice of the program)

Circular of the University

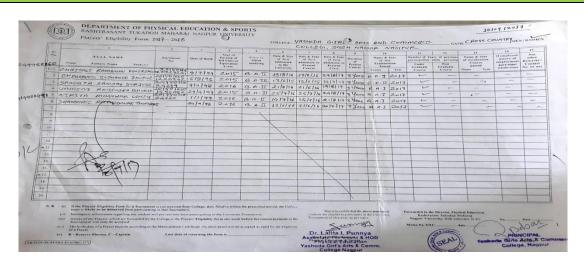
Circular of the University





Six girls from the institution participated in Intercollegiate Cross country competition organized by RTM Nagpur University

Eligibility Form



CERTIFICATES















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Sneh Nagar, Wardha Road, Nagpur. 440015

<u>Participation in Inter-collegiate Kabaddi Competition organized</u>

by RTM Nagpur University

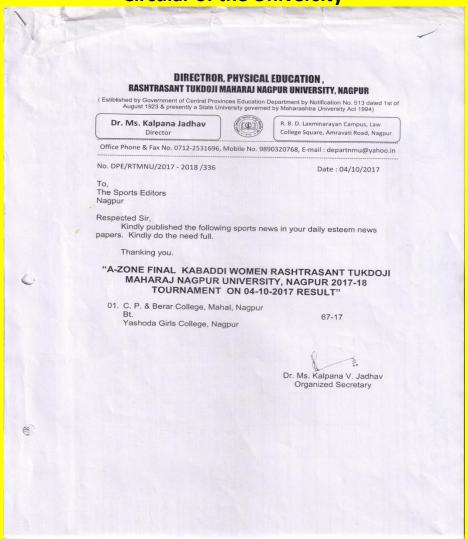
Date: 04/10/2017

Number of Teachers Participated: 01

Number of Students Participated: 11 Students

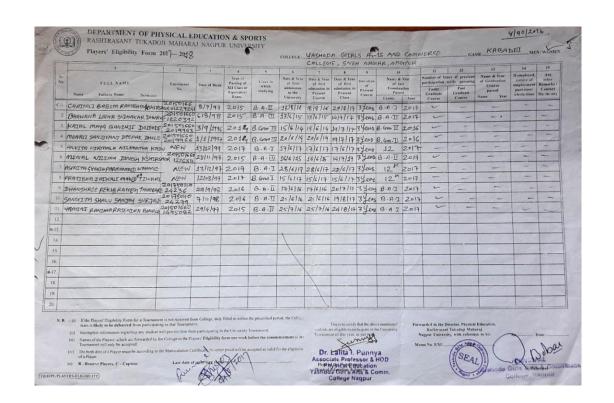
(Circular/Notice of the program)

Circular of the University



<u>Participation in Inter-collegiate Kabaddi Competition organized</u> <u>by RTM Nagpur University</u>

Eligibility Form



Participation in Inter-collegiate Kabaddi Competition organized

by RTM Nagpur University

Brief Report

Total 11 Girls from the institution participated in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University organized on 04/10/2017.

Certificates of participation are enclosed.

Participation in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University CERTIFICATE





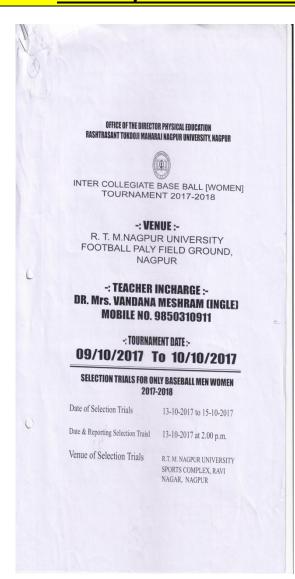
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

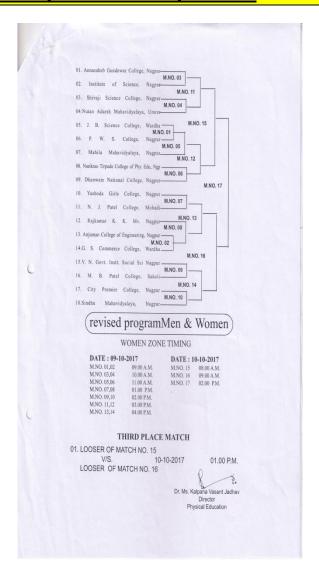
Participation in Inter-collegiate Baseball Competition organized by RTM Nagpur University

Date: -09 & 10-10-2017

Number of Teachers Participated: 01
Number of Students Participated: 12 Students

Circular/ Fixture of the University for the competition

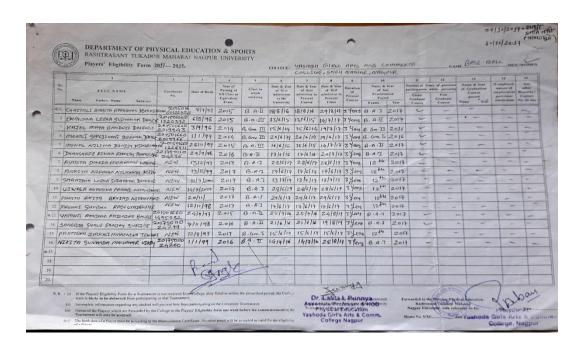




Participation in Inter-collegiate Baseball Competition organized by

RTM Nagpur University

Date: -09 & 10-10-2017 Eligibility Form



Participation in Inter-collegiate Baseball Competition organized by RTM Nagpur University Brief Report

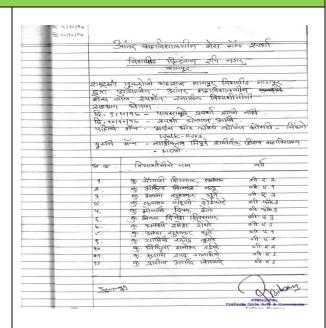
Twelve Students from the institution participated in Inter-collegiate

Baseball Competition organized by RTM Nagpur University on 10
10-2017. The certificates of Participation has been enclosed.

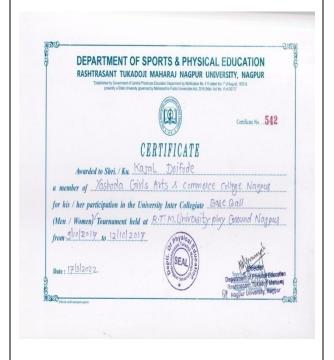
Participation in Inter-collegiate Baseball Competition organized by RTM Nagpur University

CERTIFICATES











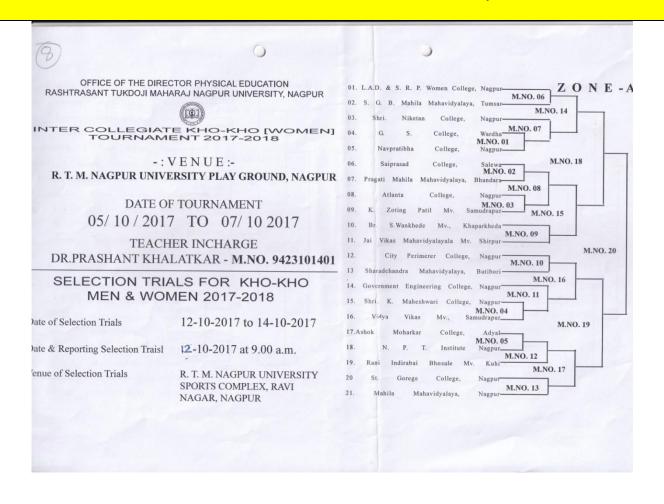
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

<u>Participation in Inter-collegiate Kho-Kho Competition/Tournament</u> <u>2017 organized by RTM Nagpur University</u>

Date: 12 to 14-10-17

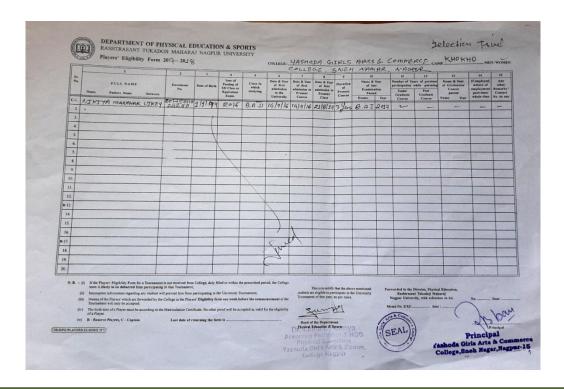
Number of Teachers Participated: 01
Number of Students Participated: 01 Students

Circular/ Fixture of the University



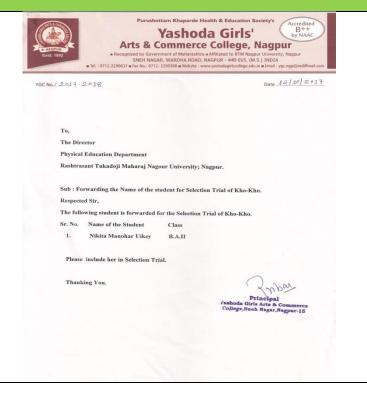
Participation in Inter-collegiate Kho-Kho Competition/Tournament 2017 organized by RTM Nagpur University

Eligibility Form Date: 12 to 14-10-17



Participation in Inter-collegiate Kho-Kho Competition/Tournament 2017 organized by RTM Nagpur University Brief Report

One girl named Nikita Uikey
participated in Intercollegiate Kho-Kho
Competition/Tournament
2017 organized by RTM
Nagpur University. She was
later selected in the team of
RTM Nagpur University and
represented the RTM Nagpur
University Kho-Kho team.





Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

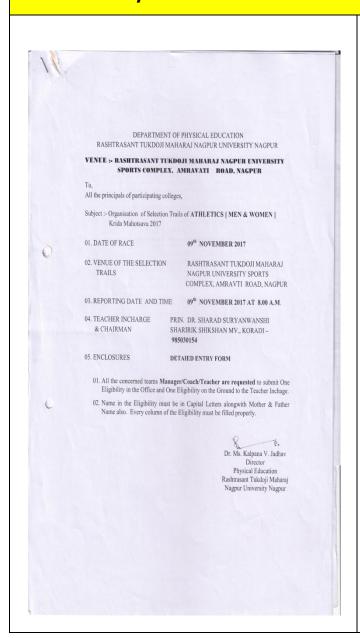
Participation in Inter-collegiate Athletics Competition/Tournament 2017 organized by RTM Nagpur University

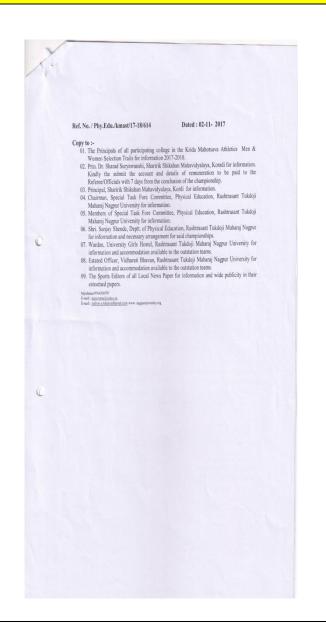
Date: 09-11-17 to 13-11-2017

Number of Teachers Participated: 01

Number of Students Participated: 03 Students

Circular/ Fixture from the University for Athletics Competition

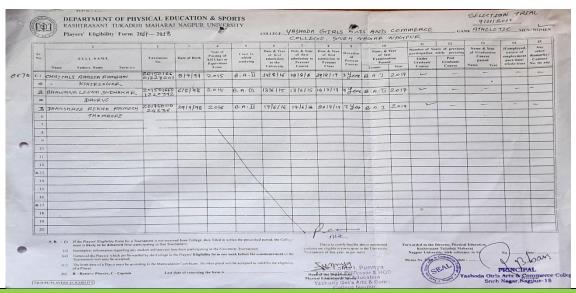




Participation in Inter-collegiate Athletics Competition/Tournament 2017 organized by RTM Nagpur University

Date: 09-11-17 to 13-11-2017

Eligibility Form

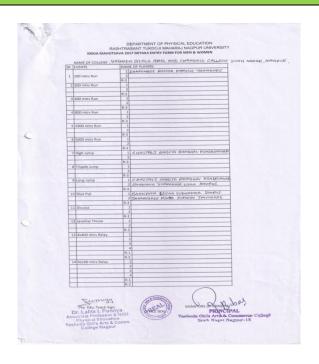


Participation in Inter-collegiate Athletics Competition/Tournament 2017 organized by RTM Nagpur University

Brief Report

List of participation in Athletic Meet

Three girls from the institution participated in Inter-collegiate Athletics
Competition/Tournament 2017 organized by RTM
Nagpur University. The game was played at RTM Nagpur University play ground,



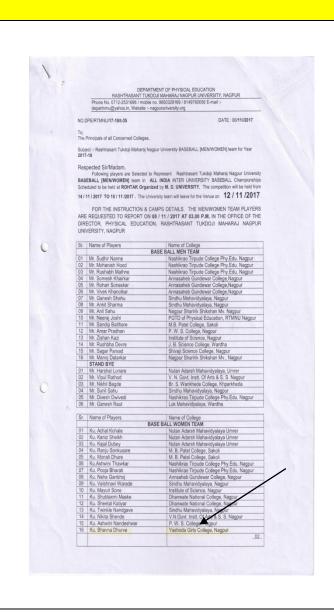


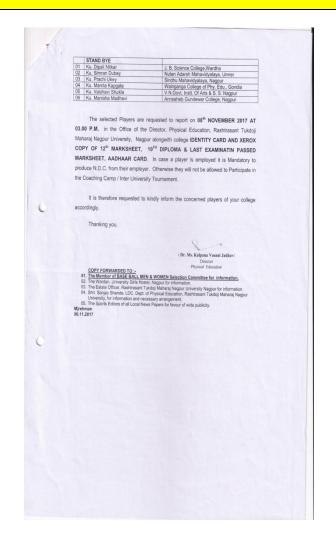
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of girl from the institution in All India Inter University Baseball in the team of RTM Nagpur University.

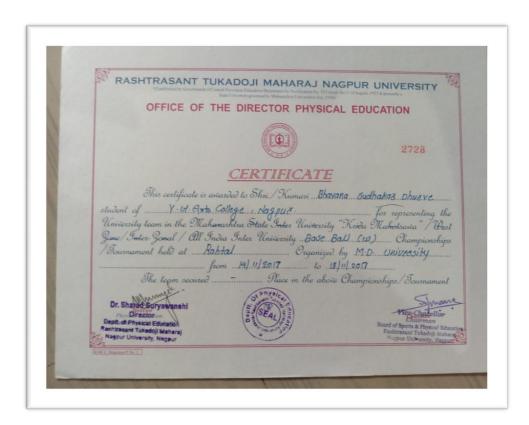
Date: 14-11-2017 to 18-11-2017
Number of Teachers Participated: 01
Number of Students Participated: 01 Students

Circular/ Fixture from the Affiliating University





Participation of girl from the institution in All India Inter University Baseball in the team of RTM Nagpur University. CERTIFICATE



Participation of girl from the institution in All India Inter University

Baseball in the team of RTM Nagpur University.

Brief Report

One Girl from the institution participated in All India Inter
University Baseball team of RTM Nagpur University. She
represented the team of the University for Inter University
Tournaments.



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of girl from the institution in Inter University West Zone Kabaddi Tournament in the team of RTM Nagpur University.

Date: 17-11-2017 to 20-11-2017 **Number of Teachers Participated: 01 Number of Students Participated: 02 Students**

Selection Letter from the University

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
Phone No. 0712-2531696 / mobile no. 9850329169 / 8149760656 E-mail :departmru@yahoo.in, Website :- nagpuruniversity.org

NO.DPE/RTMNU/17-18/t-35

DATE: 09/11//2017

Subject :- Rashtrasant Tukdoji Maharaj Nagpur University KABADDI [WOMEN] team for Year 2017-18

Respected Sir/Madam, Following players are Selected to Represent Rashtrasant Tukdoji Maharaj Nagpur University KABADDI [WOMEN] team in WEST ZONE INTER UNIVERSITY KABADDI Championships Scheduled to be held at MUMMBAI Organized by UNIVERSITY OF MUMBAI. Conducted by Dr.Babasaheb Ambedkar College of Arts, Science & Commerce, Mahad Dist. Raigad The competition will be held from 17 / 11 / 2017 TO 20 / 11 /2017. The University team will leave for the Venue on 15 / 11 /2017

FOR THE INSTRUCTION & CAMPS DETAILS. THE MEN/WOMEN TEAM PLAYERS ARE REQUESTED TO REPORT ON 11/ 11 / 2017 AT 02.00 P.M. IN THE OFFICE OF THE DIRECTOR,

Sr.	Name of Players	Name of College									
	KABADDI WOMEN TEAM										
01	Ku. Pinki Bante	C. P. & Berar College, Nagur									
02	Ku. Priyanka Kuyare	C. P. & Berar College, Nagur									
03	Ku. Sakshi Shende	C. P. & Berar College, Nagur									
04.	Ku. Pooja Wade	Shri. Binzani City College, Nagpur									
05	Ku. Ruchika Paigwar	Shri, Binzani City College, Nagpur									
06	Ku. Sonal Meshram	Shri. M. W. S. S. Mv. Kamptee									
-07	Ku. Kajal Doifode	Yashoda Girls College, Nagpur									
08	Ku. Rajeshri Zade	Dhanwate National College, Nagpur									
09	Ku. Shital Tijare	Kamla Nehru Mahavidyalaya, Nagpur									
10	Ku. Nikita Wandare	Vidyabharti Mahavidyalaya, Seloo									
11	Ku, Priti Binzade	D. D. Bhoyar Arts & Sci. College, Mouda									
12	Ku. Disha Waghmare	S. N. Mor College, Tumsar									
	STAND BYE										
01	Ku. Monali Dhale	Yashoda Girls College, Nagpur									
02	Ku. Jyoti Dabas	Saket College of Phy. Edu., Gondia									
03	Ku. Ankita Bhemde	Samarth Mahavidyalaya, Ashti									
04	Ku. Ashwriya Mahadole	V. R. College, Wardha									
05	Ku, Chetana Nande	Dhanwate National College, Nagpur									
06	Ku, Vibha Sahare	Tai Golwalkar College, Ramtek									

The selected Players are requested to report on 11th NOVEMBER 2017 AT 02.00 P.M. in the Office of the Director, Physical Education, Rashtrasant Tuktdoji Maharaj Nagpur University, Nagpur alongwith college IDENTITY CARD AND XEROX COPY OF 12th MARKSHEET, 10th UDIPLOMA & LAST EXAMINATIN PASSED MARKSHEET, ADHARC ARRO. 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.

accordingly.
Thanking you.

(Dr. Ms. Kalpana Vasant Jadhav)
Director
Physical Education

Physical Education

1. The Member of Kabaddi Women Selection Committee for information.

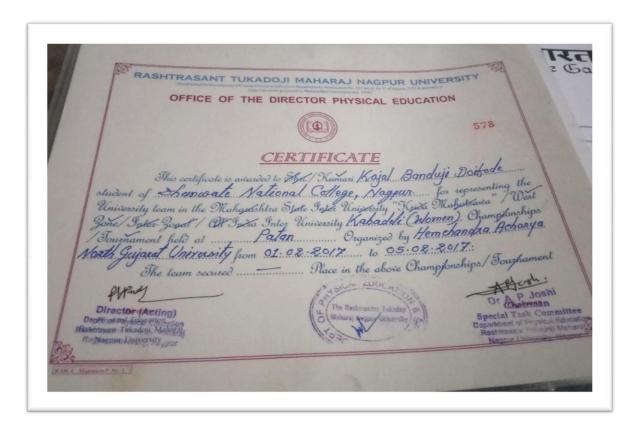
2. The Wardan, University Girls Hostel, Nagpur for information.

3. The Estate Officer, Rashtrasant Tukkobji Maharaj Nagpur University Nagpur for information.

4. Shri. Sanjay Shende, LOC. Dept. of Physical Education, Rashtrasant Tukkoji Maharaj Nagpur University, for information and necessary arrangement.

5. The Sports Editors of all Local News Papers for favour of wide publicity.

Participation of girl from the institution in Inter University Kabaddi Mumbai Tournament in the team of RTM Nagpur University. CERTIFICATE



Brief Report of the Activity

Two girls from the institution in Inter University Kabaddi

Tournament in the team of RTM Nagpur University and

participated in Inter University Tournaments organized at Mumbai.

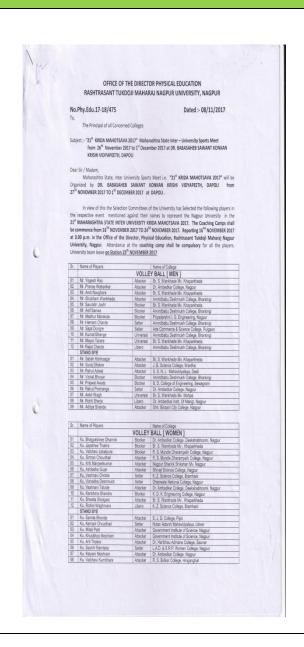


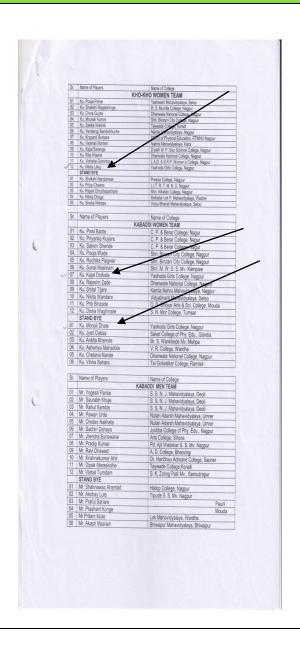
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of girls in Inter-University Krida Mahotsav At Dapoli in which the three girls represented the RTM NU Team

Date: 27-11-2017 TO 1-12-2017 Number of Teachers Participated: 01 Number of Students Participated: 03 Students

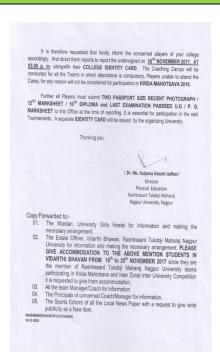
(Circular/Notice of the program)





Participation of girls in Inter-University Krida Mahotsav At Dapoli in which the three girls represented the RTM NU Team

Date: 27-11-2017 TO 1-12-2017 (Circular/Notice of the program)/ CERTIFICATE









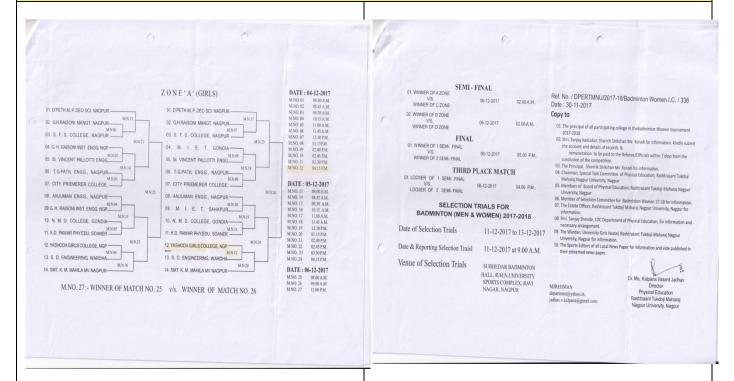


Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Badminton Competition/Tournament 2017 organized by RTM Nagpur University

04-12-2017 to 6 -12-2017

Circular/ Fixture of the University



Elligibility Form submitted to the University

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Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

participation of girls in State Atya Patya Championship held at Solapur Date 04-12-2017 to 6 -12-2017 6 Girls Participated

Certificates of the players





Certificates of the players





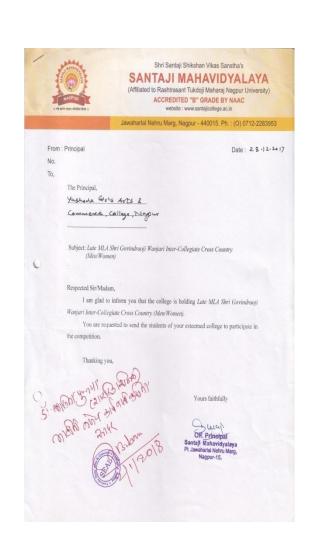


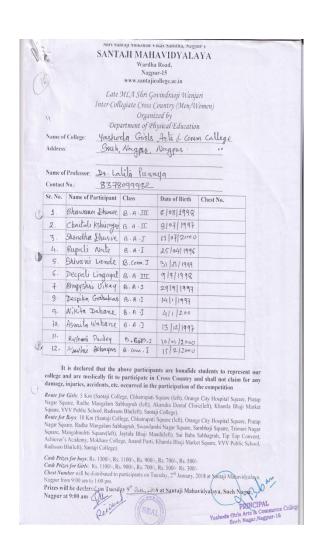
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur

Date: 09-1-2018

Number of Teachers Participated: 01
Number of Students Participated: 12 Students
(Circular/Notice of the program)





Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur CERTIFICATE













Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Yogasana Workshop organized at the Institution for the students

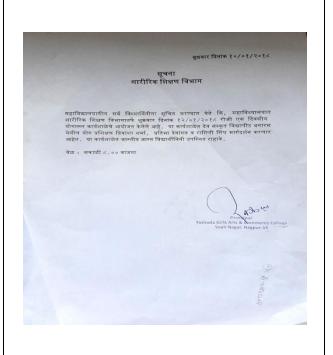
Date: 12-1-2018

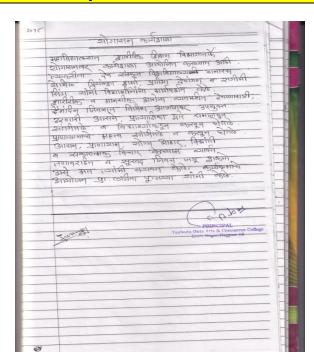
Number of Teachers Participated: 01
Number of Students Participated: 52 Students

(Circular/Notice of the program)

Circular/Notice

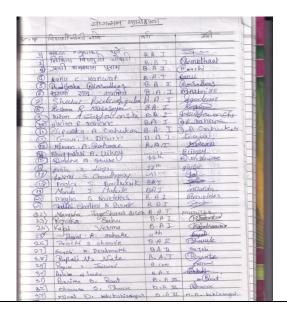
Report of the event





List of Participants

List of Participants



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Yogasana Workshop organized at the Institution for the students <u>PHOTOGRAPH</u>





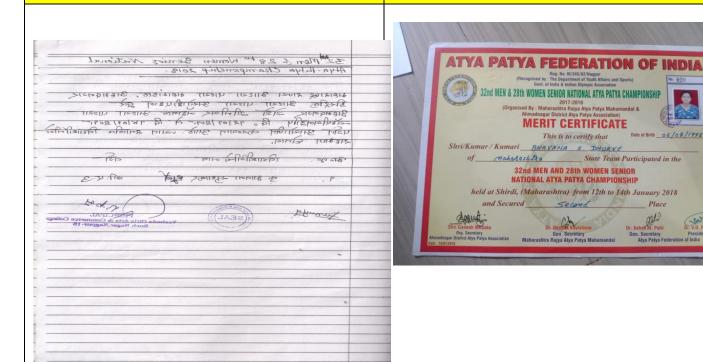


Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of students in State Atya Patya Competition held at Shirdi Date: 12-1-2018 to 14-1-2018 One Student Participated

Letter from the Institution

Certificate





Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of Students in Inter-Class Competitions in sports on Annual **Sports Day**

23-1-2018 to 25-01-2018

Circular of the event

Report of the event

सांस्कृतिक व किंडा महोत्सव 2018 वेळापत्रक किंडा स्पर्धा मंगळवार दि. 23 जानेवारी 2018 उदघाटन सकाळी 8.30 वाजता सांघीक खेळ वरीष्ठ महा, विद्यार्थीनी कनिष्ठ महा. विधार्थीनी वरीष्ठ महा, विधार्थीनी व कनिष्ठ महा. विधार्थीनी वरीष्ठ महा, विधार्थीनी व कनिष्ठ महा. विधार्थीनी वैयक्तिक खेळ 1. घावणी स्पर्धा 3. दोरीवरची उडी 4. तीन पायाची दौड सांस्कृतिक कार्यक्रम बुधवार 24 जानेवारी 2018 स्काळी 9.00 ते 5.00 1. रांगोळी स्पर्धा वैयक्तिक 2. मेंहदी स्पर्धा 3. स्वंयस्फर्न 5. संगीत खुर्ची 09.00 ते 10.00 10.00 ते 11.00 3. स्वंयस्फुर्त भाषण वैयक्तिक 4. प्रश्नमंव स्पर्धा सांघीक 5. गीतगायन स्पर्धा वैयक्तिक 11.00 計 12.00 12.00 計 01.00 01.00 计 02.00 6. लघुनाटिका वैयक्तिक व सामुहिक ा टिप:- स्पर्धकांनी रांगोळी/ मेहंदी स्वतः आपाती PRINCIPAL

Grade Arts & Commerce

यशोदा गर्ल्स आर्टस ॲन्ड कॉमर्स कॉलेज, नागपूर किडा व सांस्कृतिक महोत्सव अहवाल

2017-2018

SEAL

महाविधालयात सत्र २०१७-२०१८ यावर्पोत किंडा व सांस्कृतिक कार्यक्रमाचे आयोजन करण्याच्या संदर्भात दिनांक १० जानेवारी 2018 रोजी सभा घेण्यात आली. सभेत 23 जानेवारी 2018 ते 25 जानेवारी 2018 तीन दिवसीय किंडा स्पर्धा व सांस्कृतिक कार्यक्रमाचे आयोजन करण्याचा निर्णय कार्यकारी प्राचार्य डॉ. शरद सांबारे यांनी घेतला

कार्यक्रम यशस्वी करण्यासाठी दिनांक 17/01/2018 रोजी सभा घेण्यात आली. महाविधालय स्तराव वेगवेगळ्या समित्या तयार करून सर्व प्राध्यापंकाना जबाबदारी सोपविण्यात आली. तसेच आर्थिक तरतुदीविषयी विचार करण्यात आला. सर्व खर्च प्राध्यापक, महाविधालय व विधार्थीनीनी करावा असे ठरविण्यात आले. तशी जबाबदारी सर्वानवर सोपविण्यात आली. व कार्यक्रमाची रुपरेषा टरविण्यात आली.

उघाटन सोहळा :- मंगळवार दिनांक 23 जानेवारी 2018 रोजी सकाळी ९.३० वाजता डॉ. विवेक अवसरे, प्राचार्य, नाशिकराव तिरपुडे शारिरीक शिक्षण महाविधालय नागपूर यांच्या हस्ते करण्यात आले. त्यांनी खेळाचे महत्व सांगीतले तसेच शारिरीक, मानिसक आरोग्य उत्तम ठेवण्याकरीता खेळात सहभाग महत्वाचे आहे असे

कबड्डी स्पर्धा :- या खेळात प्रत्येक संघात 12 खेळाडू घेतले. वरिष्ठ विभागा विरुध्द कनिष्ठ विभाग स्पर्धा घेण्यात आली. यात कनिप्ठ विभाग विजयी ठरला. उत्तम खेळाडू कु. योगीता नघेल , बी.ए.३ व कु. छकुली गेडाम, वर्ग ११ या टरल्या.

Students Participation

Senier

Chaitali Kehinsagar

Bharna Dharke

Deepali Lingayant

Mrugani Gajbhiye

Rayshree Bagle

Raysin: Jacobal

Winer- Two Time

21 22 23 24 25 26 27 28 29 30

31 32 34 34 35 36 37 38 31 40

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Mital Kininsagar

4 Pratibha Tioni 5. 5 Yozifre Nagel

ANNUAL SPORT

TUG- OF- WAR

Toss won by - - - - - -Vs. Junioz E. No. Name of the student Name of the student 1) Rewati Charhan e) Hema Churhun (B) Gondane 1) Devika Shahy 5) Laremi Choudhuy O) Ehhakuli Gredam 2) Milcita 8) Payal Dahalee 3) Ranu Meshrum

DATE: 23/01/2018

Event:

12345678910 11 12 13 14 15 16 17 18 19 20 21 22 27 24 25 26 27 28 21 30 31 32 33 34 35 34 37 38 37 40 41 42 43 44 45 46 47 48 47 50 Match wen by Genies Team (SEAL)

Students Participation

KABADD	DATE: 23/01/2018
Toss won by James	es.
Senies V	s. Junier
10. Nume of the student	Nome of the student
10 Km. Ankita Kadu	ku Swati Nogapuse
Bhanceng Dhueve	Kuruna Bhuze
Minul Kahisangers	Laxmi Choudhasi
Chartali Kshirsangon	Grunican Dongase
11 Ashmila Wahane	Shorsada Rutherd
12 Bherausher Kampace	Hema Chanhan
Yogita Neugel	meena Powas
13 manda mahusle	Wikita Granteensad Rakhi Gons
Dipedi Lingayat Prehapa Jithaware Ceden	Cheekeeli Geolam
XI Pushapa Teider	Rewati Chancer
16 Pseutibha Tiwazi	Berbita Yordad
Ruj Kumais Puncheshway	Swati Tiwasi
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Match won by _ Seni	es (SEAL)

Participation of Students in Inter-Class Competitions in sports on Annual Sports Day

Students Participation

Students Participation

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the sing in our of	8.000-9		
अनिभा जिनारी	of outh	4, 26m.	- 4.20m
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3419	भी ध्याम. १	- 2.75m,	
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L. Asmita wahane	लक्षी जीहारी
3. Prtibha tiwaré	अस्ति इति जोडाम
4. 18 Anita Kady	भी नी प्वार
5. 14 stradulia altarre	सोनम जैस्वाल
6. Bhavna dhurve	शार्वा बाठीड
8. minal Kohirogas	शाधिका वर्धेन
Raitemare pancheshus	
9.20 Rang Hangut	निल्या तिवारी
C - Yogita nagel	रान मेशाम
12. shivane lodge	रेवती चंदावा
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Inauguration

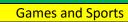
Inauguration

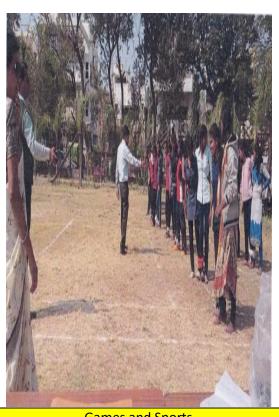




Participation of Students in Inter-Class Competitions in sports on Annual **Sports Day**

Games and Sports







Games and Sports

Games and Sports





Participation of Students in Inter-Class Competitions in sports on Annual **Sports Day**

Games and Sports

Games and Sports





News of the event

Games and Sports



नागपूर : कबड्डी स्पर्धेतील विजेत्या चमूसोबत संस्थेच्या अध्यक्ष रत्नमाला खापडें, माजी प्राचार्य अलका देशमुख, प्रा. श्रीकांत घोगरे.

नागपूर, ता. १७ : यशोदा गर्ल्स आर्ट्स ॲण्ड कॉमर्स कॉलेज येथे विद्यार्थिनींचा वार्षिक क्रीडा उद्घाटनप्रसंगी नाशिकराव तिरपुडे महाविद्यालयाचे प्राचार्य डॉ. विवेक अवसरे यांच्या हस्ते महोत्सवाचे उद्घाटन झाले.

माजी प्राचार्य डॉ. अलका देशमुख, संस्थेच्या अध्यक्ष रत्नमाला खापर्डें, प्रा. श्रीकांत घोगरे, प्राचार्य व सांस्कृतिक महोत्सव साजरा डॉ. शरद सांबारे उपस्थित होते. करण्यात आला. क्रीडा स्पर्धेच्या महोत्सवात क्रीडा व सांस्कृतिक कार्यक्रमातील विजेत्यांना पारितोषिक देऊन गौरविण्यात आले. डॉ. वनिता हिंगे यांनी संचालन केले. प्रा. प्रकाश सोनक यांनी आभार मानले.





Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate net ball Selection Competition 2017 organized by RTMNU2017 Date 30-1-2018 to 31-01-2018

Fixture of the competition

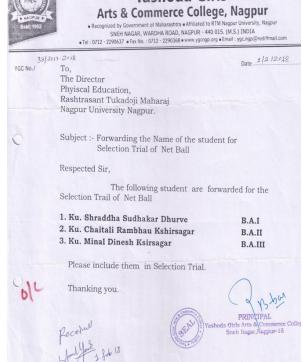
Fixture of the competition



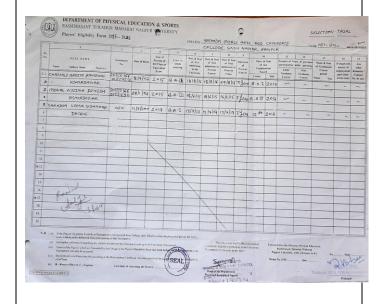


Letter to the University for Participation

Yashoda Girls' Arts & Commerce College, Nagpur



Eligibility form submitted to the University



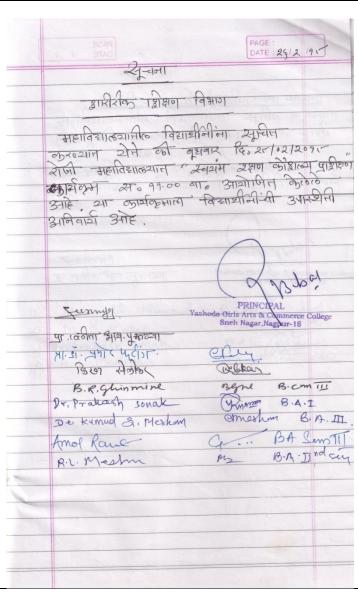


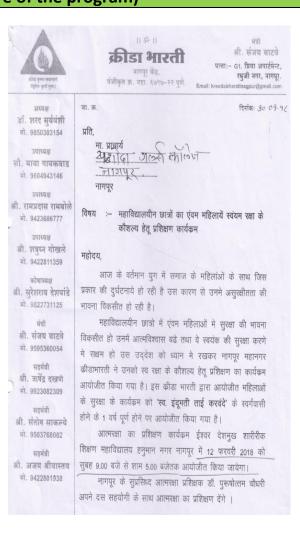
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Self- Defence Workshop organized at the Institution for the students in collaboration with Krida Bharti Date :28/2/2018

<u>Title of the event : RIGHT TO FEEL SAFE</u>

(Circular/Notice & Brochure of the program)







Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Self- Defence Workshop organized at the Institution for the students in collaboration with Krida Bharti

Report of the event

News of the event

THE RIGHT TO FEEL SAFE WORKSHOP

महाविद्यालयातील विद्यार्थीनीना आत्मिनर्भर व सक्षम करणे, विद्यार्थीनीना सूरक्षतेची भावना विकसीत होऊन आत्मिवश्वास वाढावा व स्वतःची रक्षा करता यावी या उद्देशाने महाविद्यालयात स्वयं रक्षण कौशल्य प्रशिक्षण कार्यक्रम आयोजीत करण्यात आला

कार्यशाळचे उदघाटन डॉ. पूरूपोत्तम चौधरी, रीटायर्ड डी.वाय.एस.पी नागपूर यांच्या हस्ते करण्यात आले. त्यांनी विद्यार्थीनींना मार्गदर्शन करतांना म्हणाले की आपल्याला यशस्त्री व्हायंचे असल्यास परीष्रमासोवत मानसिक संतुलन असणे गरजेचे आहे. शस्त्राविना स्वतःचे खण करण्याच्या कौशल्याविपयी मार्गदर्शन केले कौशल्य आत्मसात केल्यावर त्याचा नियमित सराव करणे आवश्यक आहे. असे मत व्यक्त केले. प्रशिक्षक थ्री. मुकूंद डांगे, रीटायर्ड सूपरीटेनडेट, डीस्ट्रीक कोर्ट, गडविरोली यांनी आपल्या मार्गदर्शनात विद्यार्थीनींना शिस्त, साधना व सकारात्मक विचार हेच आपल्याला यशाच्या शिखरावर नेतात असे मत व्यक्त केले.

त्यांनी स्वरक्षणाचे ज्यूदो या खेळाळारो विविध कौशल्याची माहिती देवून त्यांच्या चमूसोवत प्रात्याक्षीक करून दाखविले व विद्यार्थीनीकडून करवून घेतले. प्राचार्य शरद सांबारे यांनी विद्यार्थीनीना मार्गदर्शन केले. कार्यकमाचे आयोजन प्रा. ललीता पुन्तया, शारीरिक शिक्षण विभाग यांनी केले.

कार्यक्रमाच्या यशस्वीतेकरीता सर्व प्राध्यापकांनी सहकार्य केले. या कार्यशाळेत विविध महाविद्यालयातील विद्यार्थीनी व महाविद्यालयातील विद्यार्थीनी सहभाग घेतला.





यशोदा महाविद्यालयात स्वयंरक्षण को शल्य प्रिशिक्षण नागपूर, ता. १९ : विद्यार्थर्नाना आत्मिनर्भर व सक्षम करण्यासाठी यशोदा महाविद्यालयात स्वयंरक्षण को शल्य प्रिशिक्षण कार्यशाळा घेण्यात आली. यशस्वी होण्यासाठी परिश्रमासोबत मानसिक संतुलन तसेच स्वरक्षणासाठी शस्त्राविन कोशल्य असणे गरजेचे असल्याचे मत मार्जी डी. वाय. एस. पी. डॉ. पुरुषोत्तम चौधरी यांनी व्यक्त केले. गडीचरोली येथील जिल्हा न्यायालयाचे मुकुंद डांगे प्रिशिक्षक होते. शिस्त, साधना व सकारात्मक विचार ही यशाची त्रिसूत्री आहे, असे प्रतिपादन त्यांनी केले. तसेच स्वरक्षणाच्या विविध कौशल्यांची माहितां देऊन विद्यार्थिनींकडून प्रात्यक्षिक करवून घेतले. कार्यशाळेत विविध महाविद्यालयांतील विद्यार्थनीही सहभागी झाल्या होत्या.

Self- Defence Workshop organized at the Institution for the students in collaboration with Krida Bharti Photographs

































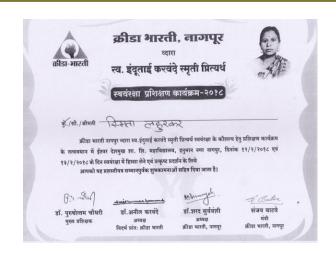




Self- Defence Workshop organized at the Institution for the students in collaboration with Krida Bharti

Certificates of the students















Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter collegiate soft ball competition organzied by RTM **Nagpur University**

Number of Students: 11

Date: 15-2-2018 to 17-2-2018

Fixture of the tournaments

OFFICE OF THE DIRECTOR PHYSICAL EDUCATION

INTER COLLEGIATE SOFT BALL
[WOMEN]TOURNAMENT 2017-2018 03. ANJUMAN ENGINEERING, NAGPUR —

-: TOURNAMENT DATE :-

15/02/2018 To 17/02/2018

-: TEACHER INCHARGE MEN TOURNAMENT :-

DR. Mrs. VANDANA INGLE (MEN) (MOBILE NO. 9850310911)

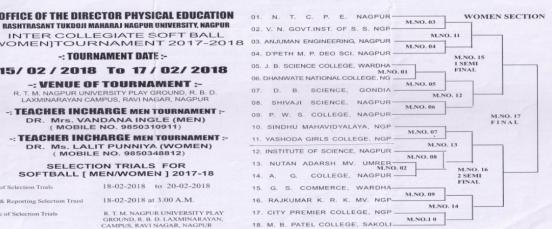
-: TEACHER INCHARGE MEN TOURNAMENT :-DR. Ms. LALIT PUNNIYA (WOMEN) (MOBILE NO. 9850348812)

SELECTION TRIALS FOR SOFTBALL [MEN/WOMEN] 2017-18

18-02-2018 to 20-02-2018

Date & Reporting Selection Traisl 18-02-2018 at 3.00 A.M.

Venue of Selection Trials



MEN SECTION MATCH TIMING

DAIE:	15-02-2018	DATE:	16-02-2018	DATE:	17-02-2018
M.NO. 01	08.00 A.M.	M.NO. 11	08.00 A.M.	M.NO. 21	08.00 A.M.
M.NO. 02	09.00 A.M.	M.NO. 12	09.00 A.M.	M.NO. 22	09.00 A.M.
M.NO. 03	10.00 A.M.	M.NO. 13	10.00 A.M.	M.NO. 23	11.00 A.M.
M.NO. 04	11.00 A.M.	M.NO. 14	11.00 A.M.	M.NO. 24	04.00 P.M.
M.NO. 05	12.00 A.M.	M.NO. 15	12.00 A.M.	141.140.24	04.00 1.101.
M.NO. 06	01.00 P.M.	M.NO. 16	01.00 P.M.		
M.NO. 07	02.00 P.M.	M.NO. 17	02.00 P.M.		
M.NO. 08	03.00 P.M.	M.NO. 18	03.00 P.M.		
M.NO. 09	04.00 P.M.	M.NO. 19	04.00 P.M.		
M.NO. 10	05.00 P.M.	M.NO. 20	05.00 P.M.		

THIRD PLACE MATCH - MEN SECTION

25. LOOSER OF MATCH NO. 22 17-02-2018 03.00 P.M. LOOSER OF MATCH NO. 23

WOMEN SECTION MATCH TIMING DATE: 15-02-2018 DATE: 16-02-2018 DATE: 17-02-2018 MNO.01 08-00 A.M. MNO.10 08-00 A.M. MNO.17 10.00 A.M. NNO.02 08-00 A.M. MNO.17 10.00 A.M.

M.NO. 01	08.00 A.M.	M.NO. 10	08.00 A.M. M.	ъ
M.NO. 02	09.00 A.M.	M.NO. 11	09.00 A.M.	
M.NO. 03	10.00 A.M.	M.NO. 12	10.00 A.M.	
M.NO. 04	11.00 A.M.	M.NO. 13	11.00 A.M.	
M.NO. 05	12.00 A.M.	M.NO. 14	12.00 A.M.	
'M.NO. 06	01.00 P.M.	M.NO. 15	02.00 P.M.	
M.NO. 07	02.00 P.M.	M.NO. 16	03.00 P.M.	
M NO 08	03 00 PM			

9 04.00 P.M. THIRD PLACE MATCH - WOMEN SECTION

18. LOOSER OF MATCH NO. 15 V/S. LOOSER OF MATCH NO. 16

17-02-2018 09 .00 a.M.

Ref. No. / DPERTMNU/2017-18/Softball (men/women) I.C. / 475 Date : 06-02-2018 Copy to

- O1. The principal of all participating college in the Softball Men/Women tournament 2017-2018.

 O2. Dr. Vandana Ingle, D. N. C. Nagpur for information. Kindly submit the account and details of records & remuneration to be paid to the Referee/Officials within 7 days from the conclusion of the competition.

 Dr. Ms. Lalita Punniya, Yashoda Girls College, Nagpur for information. Kindly subm the account and details of records & remuneration to be paid to the Referee/Officials within 7 days from the conclusion of the competition.

 O3. The Prinicipal, Dhanwate National College, Nagpur for information. The Prinicipal, Vashoda Girls College, Nagpur for information.

 O4. Chairman, Special Task Committee of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur

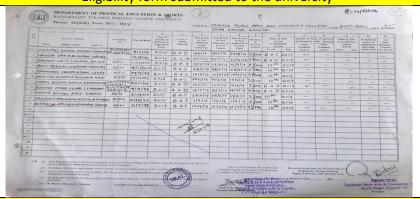
 O5. Members of Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur

- Members of Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur
 Of. Member of Selection Committee for Softball Men Women 17-18 for information
 The Estate Officer, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information.

Director
Physical Education
Rashtraant Tukdoji Maharaj
Nagpur University, Nagpur

MJREHMAN : departnmu@yahoo.in, jadhav.v.kalpana@gmail.com

Eligibility form submitted to the university



Participation in Inter collegiate soft ball competition organzied by RTM Nagpur University

Number of Students: 11

Date: 15-2-2018 to 17-2-2018

Certificates of the students





Certificates of the students



Certificates of the students



Certificates of the students



Certificates of the students



Certificates of the students



Certificates of the students



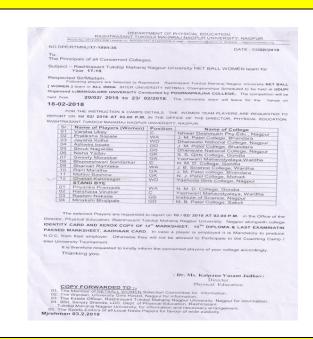


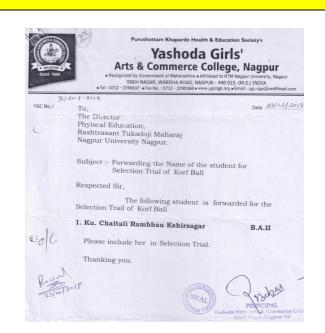
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

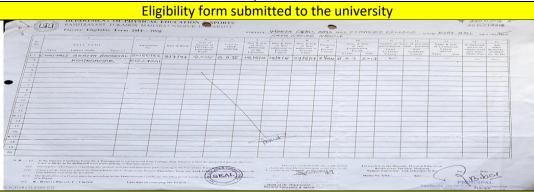
Representation of the player from the institution in All India Inter University **NET BALL Tournaments**

Number of Students: 1

Date: 20-2-2018 to 23-2-2018







Certificate of participation

