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- 2019-2020

(Organized by the Institution/Other Institutions)



Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College, Nagpur



■ 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

YGC No./

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 2019-2020

Sr. No.	Details of the cultural event/ activity/Competition	Date Fromto	Organized by the institution/other , institution
1	International Yoga Day Yoga Training Program	21/6/2019	Organized by the Institution
2	Sports Awareness on National Sports Day Program	29/8/2019	Organized by the Institution
3	cultural Competitions organzied on the occasion of Annual Cultural Festival in the college	8/9/2019	Organized by the Institution
4	Participation in Inter-collegaite cross country competition organzied by RTM Nagpur University	20/9/2019	other institution
5	Participation in Inter-collegiate Badminton Competition organzied at RTM Nagpur University	9/10/2019 to 12/10/2019	other institution
6	Participation in Inter-Collegiate Athletics Competition organzied by RTM Nagpur University	14/10/2019	other institution
7	Participation in Inter Collegiate Kabaddi Competitions organzied by RTM Nagpur University	24/11/2019	other institution
8	Participation in Soft Ball Training Program organized by RTM Nagpur university	28/11/2019	other institution
9	Participation in Inter-collegiate Selection Trial Cricket Competition organzied by RTM Nagpur University	19/12/2019 to 20/12/2019	other institution
10	Participation in Rugby University Team Selection Competitionorganzied by RTM Nagpur University	24/12/2019	other institution
11	Participation in Rugby Ball All India Championship Tournaments organzied by Punjab University	25/12/2019 to 30/12/2019	other institution
12	Participation in Korf Ball University Team Selection Competitionorganzied by RTM Nagpur University	12/1/2020 to 14/1/2020	other institution
13	Participation in Inter-collegiate Netball University Team SelectionCompetitionorganzied at RTM Nagpur University	20/1/2020 to 22/1/2020	other institution
14	Participation in Inter-collegiate Cross Country Competition organzied by Santaji College, Nagpur	23/1/2020	other institution
15	Participation in Korf Ball All India Championship Tournaments organzied by Gondwana University	5/2/2020 to 10/2/2020	other institution
16	Participation in NET Ball All India Championship Tournaments organzied at Chennai	13/2/2020 to 16/2/2020	other institution



Yashoda Oiris Arts & Commerce Colice Sheh Nagar, Nagar-15



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Sneh Nagar, Wardha Road, Nagpur. 440015

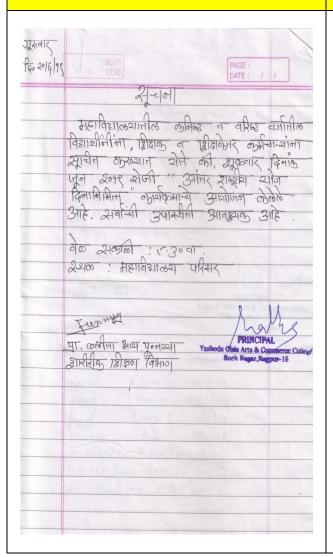
Yoga Training Program on International Yoga Day

Date: 21-06-2019

Number of Teachers Participated: 11
Number of Students Participated: 119 Students

(Circular/Notice/ Fixture of the program)

News of the program



स्रोदा महाविद्यालय स्नेहनगर येथील यशोदा महाविद्यालयात प्राचार्य हाँ. धनराज शेट्ये यांच्या प्रमुख उपस्थितीत योगदिन साजरा झाला. या वेळी हाँ. महेंद्र कटरे व डाँ. सुधाकर थूल यांनी योगासनांचे महत्त्व सांगितले. कार्यक्रमाला डाँ. लिलता पुत्रया, प्रा. रेखा मेश्राम व अन्य शिक्षकांची उपस्थिती होती. अंजुमन महाविद्यालय सदर येथील अंडुमन अभियांत्रिकी व तंत्रनिकेतन महाविद्यालयात योगदिनानिमित्त विविध कार्यक्रमांचे आयोजन करण्यात आले. या वेळी प्रभारी प्राचार्य डाँ. आकारा लोडगे, डाँ. सय्यद महंमद अली, प्रा. प्रमोद गाडगे, डाँ. युसूफ काझी, डाँ. झकीर खान, डाँ. अर्चना शिरामाते यांच्यासह अन्य शिक्षक उपस्थित होते.

Yoga Training Program on International Yoga Day

Date: 21-06-2019

Report of the activity

Report of the activity

आंतर राष्ट्रीय योग दिन

अहवाल २०१९-२०२०

यशोदा गर्ल्स आर्टस ॲन्ड कॉमर्स कॉलेज येथे आंतर राष्ट्रीय विश्व योग दिवस आज संपन्न झाला. प्राचार्य डॉ. धनराज शेटें उपस्थित होते. डॉ. महेंद्र कटरे यांनी मार्गदर्शन करतांना विद्यार्थीनींना सर्वांगीण विकास म्हणजे शारिरीक, मानसीक बौध्दीक, नैतीक, सामाजिक विकास घडवून आणणे हा शिक्षणाचा मुख्य उद्देश आहे. याची पूर्तता करण्यास योगशास्त्र उपयुक्त ठरते असे मत व्यक्त केले. याप्रसंगी डॉ. महेंद्र कटरे व डॉ. सुधाकर थुल यांनी प्रात्याक्षीक करुन दाखविले

योगशास्त्रात आसन, प्राणायाम, शुध्वीकिया व सुर्यनमस्कार उपघटक आहेत. <u>आसन</u> :-

- १. ध्यानात्मक आसन मन एकाग्र करण्यासाठी.
- २. शरीर संवर्धनात्मक आसन हलासन, चक्रासन, सर्वागासन, यामुळे सांध्याची व स्नायुची लवचिकता वाढते. रक्ताभिसरण आंतरस्त्रावीय ग्रंथीच्या कार्यात सक्रियता 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 राहण्यास मदत होते.
- २. हस्तपादासन मर, पोट स्नायु बलशाली होतात.

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

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

प्राणायाम :- अनुलोम विलोम, सित्कसा, कपालभारती

सूर्यनमस्कार: - 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 प्रात्यक्षिकाव्दारे करुन दाखविले व करवून घेतले तसेच योग्य सात्वीक 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. धनराज शेटें यांनी वक्तव्य केले. कार्यक्रमाचे संचालन डॉ. ललीता पुन्नया व आभार डॉ. प्रमोद फटींग यांनी मानले. या कार्यक्रमात सर्व विद्यार्थीनी, प्राध्यापक व शिक्षकेत्तर कर्मचारी यांचा सहभाग होता.

PRINCIPAL

Vashoda Ciris Arts & Commerce College

Yoga Training Program on International Yoga Day Date: 21-06-2019
Report of the Activity (English Translation)

Yoga Training Program on International Yoga Day

Date: 21-06-2019

Photograph of the program











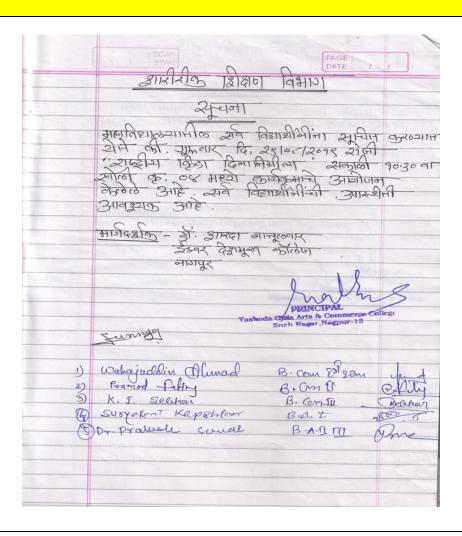
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NATIONAL SPORTS DAY PROGRAM

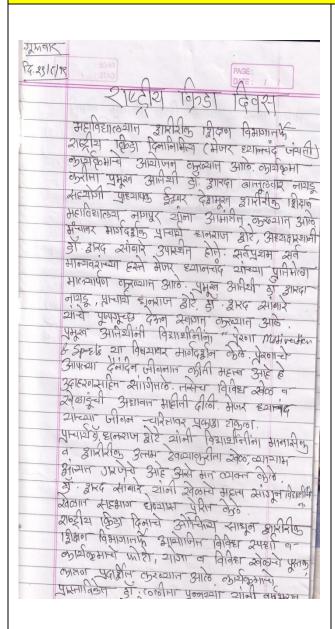
Date: 29 -08-2019

Number of Teachers Participated: 04
Number of Students Participated: 66 Students

Circular/ Fixtures of the from the University



Report of the activity





Photograph of the program











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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, NAGPUR Date: 08/09/2019

Number of Teachers Participated: 01
Number of Students Participated: 04 Students

(Circular/Notice/ Fixture of the program)



Principals / Physical Education Teacher	r are reconsisted to submit participants
MEDICAL CERTIFICATE from Registered Medic hat no student will be allowed to participal fedical Certificate.	cal Practioner in it may kindly be noted
	44 45 45 45 45 45 45 45 45 45 45 45 45 4
All the participants will assemble SEPTEMBER 2019 at 5.30 p.m. for instru- serewith. Rs. 100/- will have to be deposited thest number.	ctions. A cooy of the route is enclosed
All the Managers, Coaches, are requeste september 2019 at 4:00 p.m. on University Pla se distributed in this meeting.	d to attend the Manager Meeting on 7th by Ground, Nagpur. Chest Number will
RACES WILL BE FLAGGED OFF AT TH	E FOLLOWING TIME:-
MEN	6,30 A.M. 6,40 A.M.
LIGIBILITY WITHOUT ENTRY FORM WILL I	
The Principals & the Physical Education	
Digibility submitted to the Concern Office.	on reacher is fully responsible for the
EVERY COLUMN OF THE ELIGIBILITY	MUST BE FILLED PROPERLY.
PROTES	
PROTEST SHALL BE MADE IN WRITING WITH OVER BY DEPOSITING A SUM OF RS. 500/- ONLY	Y TO THE TEACHER INCHARGE
Your co-operation for the successful on urther enquiries, you may contact Dr. Avinas collegiate cross Country Championship literated Yadav Technical Manager of hampionship Mobile No. 9665619567, D.	h Shahare Teacher incharge of Inter Mobile No. 9423413416, Mr. Banti Inter Collegiate cross Country r. Sharad Survawanshi, Director of
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Participation of College girls in Inter-collegiate Cross Country Competition organized by RTM Nagpur University, NAGPUR Eligibility Form



CERTIFICATES









Participation of College girls in Inter-collegiate Cross Country Competition organized by RTM Nagpur University, NAGPUR PHOTOGRAPH OF COMPETITION









BRIEF REPORT



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

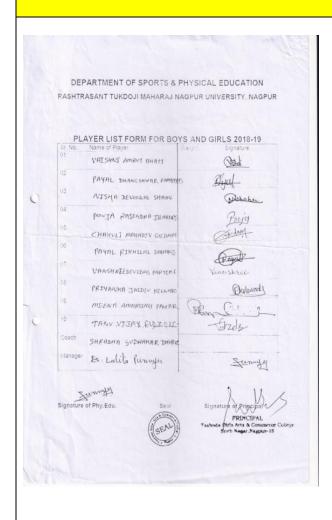
Participation in Inter-collegiate TUG OF WAR Competition organized by RTM Nagpur University

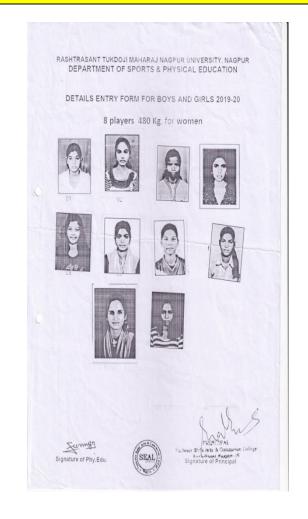
Date: 20-09-2019

Number of Teachers Participated: 01

Number of Students Participated: 11 Students

(Circular/Notice/ Fixture of the program)





Participation in Inter-collegiate TUG OF WAR Competition organized by RTM Nagpur University <u>Eligibility Form</u>



Photograph



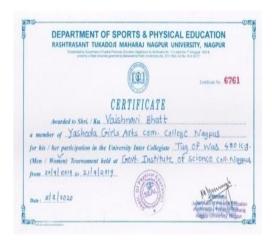




Participation in Inter-collegiate TUG OF WAR Competition organized by RTM Nagpur University CERTIFICATES









Participation in Inter-collegiate TUG OF WAR Competition organized by RTM Nagpur University CERTIFICATES

















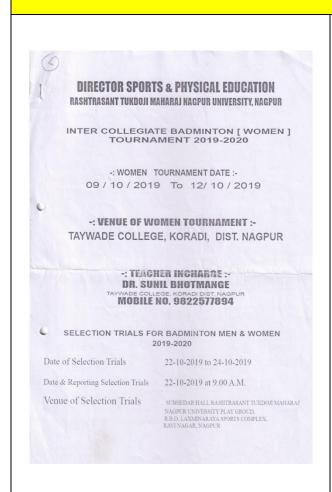
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

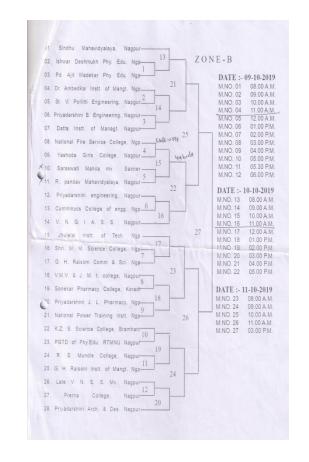
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation of College girls in Inter-collegiate BADMINTON Competition organized by RTM Nagpur University Date: 9/10/2019 TO 12/10/2019

Number of Teachers Participated: 01
Number of Students Participated: 06 Students

(Circular/Notice/ Fixture of the program)





(Circular/Notice/ Fixture of the program)

PHOTOGRAPH OF THE COMPETITION

1-SEMI-FINAL

01, Winner of A Zone v/s. Winner of C Zone 12-10-2019 09.00 a.m.

2-SEMI-FINAL

02. Winner of B Zone v/s. Winner of D Zone 12-10-2019 09.00 a.m.

FINAL

01. Winner of 1 Semi-Final

v/s. 12-10-2019 03.00 p.m

Winner of 2 Semi-Final.

THIRD PLACE MATCH

01. Looser of 1 Semi-Final

v/s. 12-10-2019 02.00 p.m

Looser of 2 Semi-Final.

Ref. No. / DSPERTMNU/2019-20/I.C.Badminton/ 265

Date: 05-10-2019

Copy to

- 01. The principal of all participating college in the Badminton Women tournament 2019-2020.
- Dr. Suril Bhotmanage, Taywade College, Koradi 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.
- 03. The Principal Taywade College, Koradi for information.
- 04. Chairman/Member,Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur
- 05. Member of Selection Committee for Badminton Women 2019-2020 for information.
- 06. The Estate Officer, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information.
- Shri, Manish Thakre, LDC, Shri, M. Javed Department of Physical Education, for information and necessary arrangement.
 - 08. The Wardan, University Girls Hostel, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information.
 - 09. The Sports Editors of all Local News Paper for information and vide published in their esteemed news paper.

Dr. Sharad B. Suryawanshi Director Sports & Physical Education Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur





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

Eligibility Form



CERTIFICATES









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Sneh Nagar, Wardha Road, Nagpur. 440015

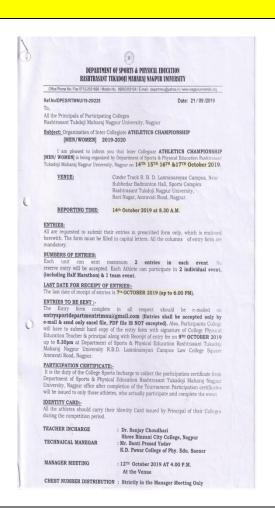
Participation in Inter-collegiate ATHLETIC Competition organized by RTM Nagpur University Nagpur

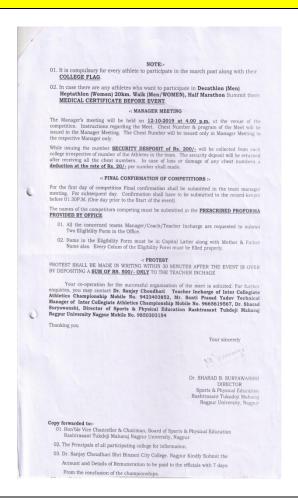
Date: 14/10/2019

Number of Teachers Participated: 01

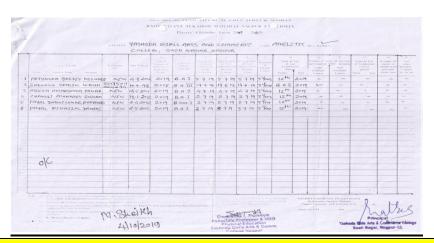
Number of Students Participated: 05 Students

(Circular/Notice/ Fixture of the program)





Eligibility Form



Certificates











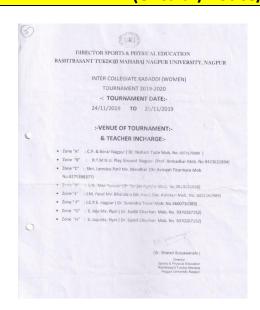
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

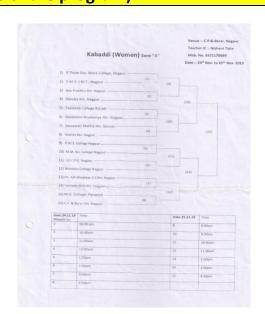
Participation in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University, Nagpur

Date: 24-11-2019

Number of Teachers Participated: 01
Number of Students Participated: 10 Students

(Circular/Notice/ Fixture of the program)





Eligibility Form



Certificates























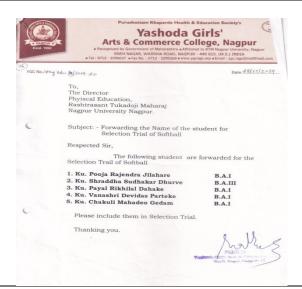
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in soft ball Training program organized by RTM Nagpur university

Date: 28-11-2019

Number of Students Participated: 05 Students

(Circular/Notice/ Fixture of the program)



Eligibility Form





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 cricket selection competition organized by RTM Nagpur University

Date: 19-12-2019to 20-12-2019

Number of Teachers Participated: 01

Number of Students Participated: 01 Students

(Circular/Notice/ Fixture of the program)



Eligibility Form





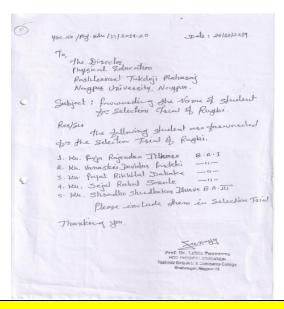
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Rugbi Team selection Competition organized by RTM Nagpur University , Nagpur

Date: 24-12-2019

Number of Teachers Participated: 01
Number of Students Participated: 04 Students

(Circular/Notice/ Fixture of the program)



Eligibility For





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

Participation in Rugbi all India Inter university Championships organized by Punjab University

Date: 25-12-2019 to 30-12-2019

Number of Students Participated: 04 Students

Certificates











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 korf ball selection Competition organized by RTM Nagpur University Nagpur

Date: 12/1/2020 to 14-01-2020
Number of Teachers Participated: 01
Number of Students Participated: 02 Students

(Circular/Notice/ Fixture of the program)



Eligibility Form





(15)

Yashoda Girls' Arts & Commerce College

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 netball selection Competition organized by RTM Nagpur University Nagpur

Date: 20-1-2020 to 22-1-2020

Number of Teachers Participated: 01 Number of Students Participated: 03 Students

(Circular/Notice/Fixture of the program)

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

INTER COLLEGIATE NET BALL [WOMEN] **TOURNAMENT 2019-2020**

> -: WOMEN TOURNAMENT DATE :-16/01/2020 To 17/01/2020

-: VENUE OF WOMEN TOURNAMENT :-J. M. PATEL COLLEGE, BHANDARA

> -: TEACHER INCHARGE :-DR. ROMIDAS ADHIKARI MOBILE NO. 9021162989

SELECTION TRIALS FOR NET BALL [MEN/WOMEN] 2019-2020

Date of Selection Trials

20-01-2020 to 22-01-2020

Date & Reporting Selection Trials

20.01.2020 at 9.00 A.M.

Venue of Selection Trials

RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY PLAY GROUD, R.B.D. LAXMINARAYA SPORTS COMPLEX, RAVI NAGAR, NAGPUR

THIRD PLACE MATCH

01. Looser of Match No. 17

V/S Looser of Match No. 18

17-01-2020

03.30 p.m

Date: 13-01-2020

- 01. The principal of all participating college in the Netball Women tournament 2019-2020.
- 02. Dr. Romidas Adhikari, J. M. Patel College, Bhandara 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.
- 03. The Principal J. M. Patel College, Bhandara for information.

Ref. No. / DSPERTMNU/2019-20/I.C.NETBALL W/ 368

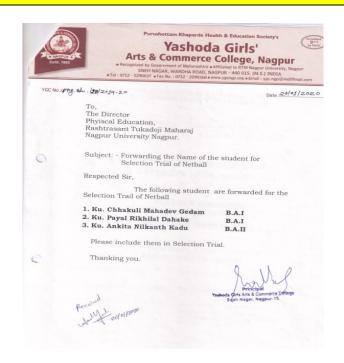
- 04. Chairman/Member,Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University,
- 05. Member of Selection Committee for Net Ball Women 2019-2020 for information.
- 06. The Estate Officer, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for information.
- 07. The Wardan, University Girls Hostel, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur for
- 08. The Sports Editors of all Local News Paper for information and vide published in their esteemed news

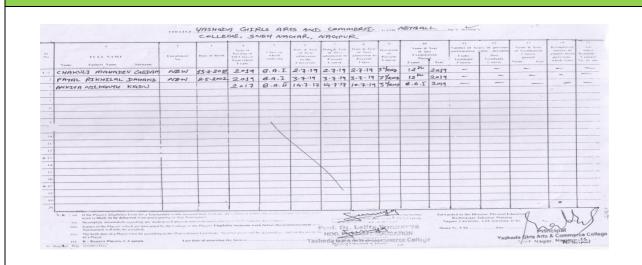
Director Sports & Physical Education Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur

Participation in Inter-collegiate netball selection Competition organized by RTM Nagpur University Nagpur

Date: 20-1-2020 to 22-1-2020

Number of Teachers Participated: 01
Number of Students Participated: 03 Students







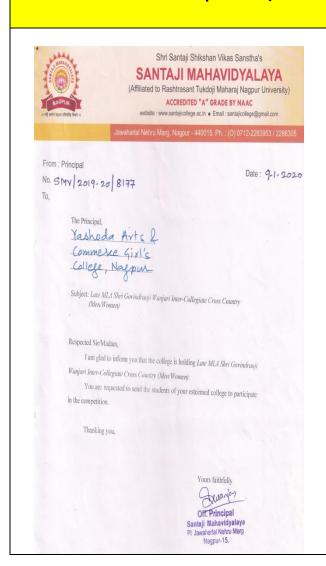
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

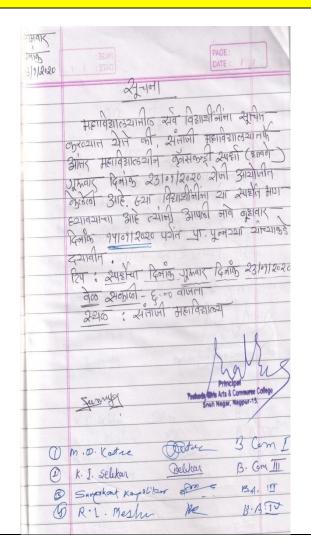
Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur

Date: 23-1-2020

Number of Teachers Participated: 01
Number of Students Participated: 14 Students

(Circular/Notice of the program)





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













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



















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

Participation in Korf ball All India Inter-university Competition organized by Gondwana University Gadhachiroli

Date: 5/2/2020 to 10-2-2020

Number of Students Participated: 01 Students

(Circular/Notice of the program)

CERTIFICATE





BRIEF REPORT



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

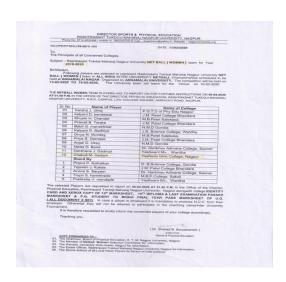
Participation in net Ball all India Inter-university Competition organized by Chennai University

Date: 13/2/2020 - 16/02/2020

Number of Students Participated: 01 Students

(Circular/Notice of the program)

CERTIFICATE





BRIEF REPORT