Purushottam Khaparde Health & Education Society's
Yashoda Girls'
Arts & Commerce College, Nagpur
■ Recognized by Government of Maharashtra ■ Affiliated to RTM University, Nagpur
SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M S) INDIA
Accredited B++ (2.97CGPA) by NAAC
■ Tel. : 0712 - 2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com

DEPARTMENT OF PHYSICAL EDUCATION

Dr. Lalita I. Punnya
Director (Associate Professor)

VISION

The physical Education program has a vision of a physically educated world where life long learning and physical activity are practiced by all. Our students are prepared to make lasting contributions to our profession, communities and society.

MISSION

The physical Education Program develops leaders in physical education, coaching recreation and sports management. We are committed to preparing students to meet the complex challenges of our regional and global communities.

OBJECTIVES

- **To make the students realize the importance of Physical Education, sports and Health Education.**
- **To promote all round physical development through games.**
- **To understand different types of games.**
- **To form coordination among students by forming teams.**
- **To inculcate among students sportsman sprit.**

DEPARTMENTAL ACTIVITIES

- **Organizing Guest Lectures for Students Staff.**
- **Organizing health awareness and mental and physical fitness programs.**

Participation of different Sports Competitions

Competitions: **Intervarsity, National, State, and Intercollegiate**

Sports: **Athletics, Badminton, Ball-badminton, Cross-country, Football, Kabaddi, Korfball, Netball, Softball, Volleyball, Karate, Tug-Of-War, Chestoball, Floorball**

Facilities provided for students

- **Sports Equipments**
- **Uniforms, Sports kit**
- **Training and Coaching**
- **Refreshment**
- **Ground Facilities**

YOGA

AEROBIC TRAINING

SELF DEFENSE CAMP FOR GIRLS

BADMINTON

NETBALL

RUGBY

PLAYERS PARTICIPATED (1996 -2024)

CHATRAPATI AWARDEE	01 (Football)
INTER UNIVERSITY	11 (Hockey, Cricket, Football, Kabaddi, Powar Lifting, Softball, Baseball, Ball Badminton, Korfball, Softball, Netball,)
ALL INDIA INTER UNIVERSITY	24 - (Korfball, Softball, Netball, Baseball, Rugby)
ASHWAMEDH (KRIDA MAHOSTAV)	Kabaddi, Kho Kho
NATIONAL	19 (Football, Beach Kabaddi, Kabaddi, Korfball, Attya Pattya, Cestoball)
STATE	33 (Football, Korfball, Kabaddi, Ball Badminton, Attya Pattya, Cestoball

INTER UNIVERSITY				
Sr. No.	**Name of Player**	**Game**	**Achievement**	**Year**
1	Ku. Sukhdevi Soundhiya	Hockey	Inter University	1996-1997
2	Ku. Teena Chavan	Cricket	Inter University	1998-1999
3	Ku. Archana Kambale	Football	Inter University	2001-2002
4	Ku. Sukeshini Lokhande	Football	Inter University	2003-2004
5	Ku. Sukeshini Lokhande	Kabaddi	Inter University	2004-2005
6	Ku. Sukeshini Lokhande	Kabaddi	Inter University Ashwamedh	2004-2005
7	Ku.. Deepali Thool	Power Lifiting	Inter University	2004-2005
8	Ku. Shanta Balpande	Power Lifiting	Inter University	2004-2005
9	Ku. Puja Mourya	Softball	Inter University	2015-2016
10	Ku. Ku. Snehal Ramteke	Baseball	Inter University	2015-2016
11	Ku. Rakshanda Kadav	Kabaddi	Inter University Ashwamedh	2016-2017
12	Ku. Rakshanda Kadav	Korfball	Inter University	2016-2017
13	Ku. Bhawana Dhurve	Ball Badminton	Inter University	2016-2017
14	Ku. Chaitali Kshirsagar	Korfball	Inter University	2016-2017
15	Ku. Ranjana Shahu	Softball	Inter University	2016-2017
16	Ku. Chaitali Kshirsagar	Netball	All India Inter University	2016-2017
17	Ku. Bhawana S. Dhurve	Base Ball	Inter University	2017-2018
18	Ku. Kajal Banduji Doifode	Kabaddi	Inter University	2017-2018
19	Ku. Nikita Manohar Uikey	Kho Kho	Inter University (KridaMohotsav)	2017-2018
20	Ku. Kajal Banduji Doifode	Kabaddi	Inter University (KridaMohotsav)	2017-2018
21	Ku. Monali Dipak Dhole	Kabaddi	Inter University (KridaMohotsav)	2017-2018
22	Ku. Chaitali R. Kshitsagar	Netball	All India Inter University	2017-2018
23	Ku. Chaitali R. Kshitsagar	Korf Ball	All India Inter University	2017-2018
24	Ku. Shadhana Shalik Wagh	Korf Ball	All India Inter University	2018-2019
25	Ku. Shadhana Shalik Wagh	Net Ball	All India Inter University	2018-2019
26	Ku. Shradha S. Dhurve	Base Ball	All India Inter University	2018-2019
27	Ku. Shradha S. Dhurve	Rugby	All India Inter University	2018-2019
28	Ku. Payal Rikhilal Dahake	Rugby	All India Inter University	2018-2019
29	Ku. Puja Rajendra Jillhare	Rugby	All India Inter University	2018-2019
30	Ku.Vanshree D. Parteki	Rugby	All India Inter University	2018-2019
31	Ku. Chakuli M. Gedam	Net ball	All India Inter University	2019-2020
32	Ku. Ankita Nilkanth Kadu	Korfball	All India Inter University	2019-2020
33	Ku. Sadhana Shalik Wagh	Rugby	All India Inter University	2021-2022
34	Ku. Payal Rikhilal Dahake	Rugby	All India Inter University	2021-2022
35	Ku. Divya Dinesh Dhurve	Rugby	All India Inter University	2021-2022
36	Ku. Nandini D. Patale	Rugby	All India Inter University	2022-2023
37	Ku. Ladali Unus Ahamad	Rugby	All India Inter University	2022-2023
38	Ku. Vishali Jagtram shahu	Korfball	All India Inter University	2022-2023
39	Ku. Payal Pradip Ramteke	Rugby	All India Inter University	2023-2024
40	Ku. Payal bhuru rahandale	Rugby	All India Inter University	2023-2024
41	Ku. Manaswi G. Dhepe	Korfball	Al India Inter University	2023-2024

CHATRRPATI AWARDEE				
Sr. No.	**Name of Player**	**Game**	**Achievement**	**Year**
1	Ku. Lata Yadav	Football	Chhatrapati Award	2001-2002

NATIONAL LEVEL				
Sr. No.	**Name of Players**	**Game**	**Achievement**	**Year**
1	Ku. Archana Kambale	Football	National	2001-2002
2	Ku. Sukeshini Lokhande	Beach Kabaddi	National	2004-2005
3	Ku. Preeti Ambilduke	Kabaddi	National	2007-2008
4	Ku. Kalyani Lokhande	Kabaddi	National	2007-2008
5	Ku. Ujawala Satpute	Kabaddi	National	2007-2008
6	Ku. Kalyani Meshram	Korfball	National	2008-2009
7	Ku. Rekha Yadav	Korfball	National	2011-2012
8	Ku. Jayashree Dhurve	Korfball	National	2011-2012
9	Ku. Poonam Kokate	Attya Pattya	National	2015-2016
10	Ku. Rakshanda Kadav	Korfball	National	2016-2017
11	Ku. Dhanshree Thombare	Attya Patty	Nationl	2016-2017
12	Ku. Bhawana S. Dhurve	Attya Pattya	National Level	2017-2018
13	Ku. Bhawana S. Dhurve	Attya Pattya	National Level	2018-2019
14	Ku. Shradha S. Dhurve	Attya Pattya	National	2018-2019
15	Ku. Asmita P. Wahane	Attya Pattya	Nationmal	2018-2019
16	Ku. Payal Rikhilal Dahake	Cestoball	National Level	2021-2022
17	Ku. Divya Dinesh Dhurve	Cestoball	National Level	2021-2022
18	Ku. Tanuja B. Kannake	Cestoball	National Level	2021-2022
19	Ku. Laxmi Arvind Ghire	Cestoball	National Level	2021-2022

STATE LEVEL				
Sr. No.	**Name of Players**	**Game**	**Achievement**	**Year**
1	Ku. Archana Kambale	Football	State	1999-2000
2	Ku. Archana Kambale	Football	State	2000-2001
3	Ku. Manjusha Khobragade	Korfball	State	2007-2008
4	Ku. Priti Dhoke	Korfball	State	2007-2008
5	Ku. Sheela Parate	Korfball	State	2007-2008
6	Ku. Preeti Ambilduke	Kabaddi	State	2007-2008
7	Ku. Kalyani Lokhande	Kabaddi	State	2007-2008
8	Ku. Ujawala Satpute	Kabaddi	State	2007-2008
9	Ku. Snehal Ramteke	Ball Badminton	State	2014-2015
10	Ku.Payal Patil	Ball Badminton	State	2014-2015
11	Ku. Rakshanda Kadav	Ball Badminton	State	2014-2015
12	Ku. Sheetal Tunukale	Ball Badminton	State	2014-2015
13	Ku. Yogita Nagel	Attya Pattya	State	2015-2016
14	Ku. Rakshanda Kadav	Attya Pattya	State	2015-2016
15	Ku. Snehal Ramteke	Attya Pattya	State	2015-2016
16	Ku. Asmita Wahane	Attya Pattya	State	2015-2016
17	Ku. Bhawana Dhurve	Attya Pattya	State	2015-2016
18	Ku. Sadhana Wagh	Attya Pattya	State	2015-2016
19	Ku. Dhanshree Thombare	Attya Pattya	State	2015-2016
20	Ku. Poonam Kokate	Attya Pattya	State	2015-2016
21	Ku. Asmita P. Wahane	Attya Pattya	State Level	2017-2018
22	Ku. Shradha S. Dhurve	Attya Pattya	State Level	2017-2018
23	Ku.Dhanshri R. Thombare	Attya Pattya	State Level	2017-2018
24	Ku. Sadhana Shalik Wagh	Attya Pattya	State Level	2017-2018
25	Ku. Arti Govind Roge	Attya Pattya	State Level	2017-2018
26	Ku. Bhawana S. Dhurve	Attya Pattya	State Level	2017-2018
27	Ku. Chakuli M. Gedam	Attya Pattya	State	2018-2019
28	Ku.Vanshree D. Parteki	Attya Pattya	State	2018-2019
29	Ku Shadhana Shalik Wagh	Attya Pattya	State	2018-2019
30	Ku. Shradha S. Dhurve	Attya Pattya	State	2018-2019
31	Ku. Chakuli M. Gedam	Attya Pattya	State	2018-2019
32	Ku. Payal R. Dahake	Cestoball	State Level	2021-2022
33	Ku. Puja Rajendra Jillhare	Cestoball	State Level	2021-2022