

श्री राधाकिसन लक्ष्मीनारायण तोष्णीवाल विज्ञान महाविद्यालय, अकोला

DEPARTMENT OF PHYSICAL EDUCATION

REPORT

Teams participated in Inter Collegiate Tournaments & Selection Trials. The following students participated in following events.

Sr. No.	Name of Students	Class	Sports & Youth Festival
1	Nilkhan Nikhil S.	B.Sc.I	Chess
2	Janjal Vishal R.		Cross Country
3	Dofe Partik G.		Taekwondo
4	Somwanshi Jay M		Taekwondo
5	Potey Ruchiket A.		Judo, Wt. & Power Lifting
6	Telgote Dipankar R.		Judo
7	Mehare Akash R.		Volleyball, Kabaddi
8	Sawale Ankit R.		Volleyball
9	Mawale Mangalkumar		Volleyball, Kabaddi
10	Talokar Rushikesh S		Volleyball, Kabaddi
11	Dhore Rushikesh P.		Volleyball, Kabaddi
12	Mahalle Nana P.		Volleyball
13	Wankhade Shumbham		Volleyball
14	Ingle Shivam G.		Volleyball
15	Nikole Akshay R.		Volleyball
16	Vilhekar Pritesh D.		Volleyball
17	Dahibhate Shayam S.		Athletics
18	Gawande Mahesh G.		Kabaddi
19	Dange Rohit G.		Badminton
20	Dharmode Pawan D.		Badminton
21	Pujara Harsh C.		Badminton
22	Pawar Anjali V.		Badminton
23	More Nikita B.		Badminton
24	Sanghai Damini D.		Badminton
25	Sulkar Vaibhav V.	B.Sc.II	Chess
26	Kakade Akash R.		Cross Country
27	Joshi Hitesh V.		Taekwondo

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28	Ingle Pranil S.	B.Sc.II	Taekwondo	
29	Murtadkar Shyam S.		Judo, Kabaddi	
30	Mhasaye Abhijit S		Judo, Kabaddi, Wrestling	
31	Khandare Kunal S.		Judo, Wrestling	
32	Gite Tushar H.		Judo	
33	Deshmukh Prajкта V.		Judo	
34	Kalalkar Priya S.		Judo, Wrestling	
35	Shinde Shubham H.		Badminton	
36	Damodar Sachin B.		Badminton, Table Tennis	
37	Vidyasagar Yash D.		Badminton	
38	Varma Ghanshyam D.		Table Tennis	
39	Akot Gaurav R.		Table Tennis	
40	Bais Harshal A.		Table Tennis	
41	Jadhao Shivani M.		Judo, Wrestling	
42	Khawane Swaraj R.		Volleyball	
43	Karale Vaibhav K		Weight & Power Lifting	
44	Khendkar Akash B.		Kabaddi	
45	Raut Godavari M.		Wrestling	
46	Miskin Sachin D.		B.Sc.III	Chess
47	Chitrang Shivam G.			Chess
48	Kaware Datta S.	Chess		
49	Nage Prashant P.	Taekwondo		
50	Rathod Vishal D.	Taekwondo		
51	Ambuskar Nikita G.	Judo, Wrestling		
52	Gondchaware A.V.	Volleyball, Kabaddi		
53	Thakur Suraj D.	Athletics		
54	Karale Dattatray V.	Athletics		
55	Kothale Sachin S.	Athletics		
56	Unhale Mohan P.	Kabaddi		
57	Gawai Karika D.	Wrestling		
58	Nerkar Tejal D.	Badminton		

Players Selected for Selection Trial from Inter Collegiate Tournament

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| 1. | Vaibhav Sulkar | B.Sc.II | Chess |
| 2. | Yash Vidyasagar | B.Sc.II | Badminton |

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Players Selected for Selection Trial from College

1.	Trupti Bhagat	B.Sc.II	Table Tennis
2.	Pratiksha Lunge	B.Sc.I	Table Tennis
3.	Archana Giri	B.Sc.I	Kabaddi
4.	Abdul Danish	B.Sc.III	Football
5.	Saurabh Ingle	B.Sc.II	Football
6.	Suraj Thakur	B.Sc.III	Hockey

Achievements of Students

Sr. No.	Name	Class	Achievements
1	Ms. Tejal Nerkar	B.Sc.III	Colour Coat in Badminton Participated in West Zone Inter University Tournament held at North Maharashtra University, Jalgaon from 19.12.2017 to 23.12.2017.
2	Ms. Nikita Ambuskar	B.Sc.III	Colour Coat in Judo (63 Kg. & 78 Kg. above Open Weight Category) Participated in All India Inter University Tournament held at Tilak Maharashtra Vidyapeeth, Pune from 05.11.2017 to 07.11.2017. Colour Coat in Wrestling (62 Kg. Wt. Category) Participating in All India Inter University Tournament held at Maharshi Dayanand University, Rohtak from 03.11.2017 to 05.11.2017.
3	Ms. Godavari Raut	B.Sc.II	Colour Coat in Wrestling (55 Kg. Wt. Category) Participating in All India Inter University Tournament held at Maharshi Dayanand University, Rohtak from 03.11.2017 to 05.11.2017.
4	Ms. Shivani Jadhao	B.Sc.II	Colour Coat in Wrestling (57 Kg. Wt. Category) Participating in All India Inter University Tournament held at Maharshi Dayanand University, Rohtak from 03.11.2017 to 05.11.2017.
5	Ms. Priya Kalalkar	B.Sc.II	Colour Coat in Wrestling (50 Kg. Wt. Category) Participating in All India Inter University Tournament held at Maharshi Dayanand University, Rohtak from 03.11.2017 to 05.11.2017.

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6	Mr. Vaibhav Karale	B.Sc.II	Colour Coat in Power Lifting (83 Kg. Wt. Category) All India Inter University Tournament is scheduled to be held at Panjab University, Chandigarh from 08.02.2018 to 11.02.2018.
7	Mr. Ruchiket Pote	B.Sc.I	Colour Coat in Power Lifting (120 Kg. above Wt. Category) All India Inter University Tournament is scheduled to be held at Panjab University, Chandigarh from 08.02.2018 to 11.02.2018.
8	Ms. Karika Gawai	B.Sc.III	Bronze Medal in Wrestling in Inter Collegiate Wrestling Tournament held at Smt. R.S. College, Ajangaon Surji
9	Mr. Dipankar Telgote	B.Sc.I	Bronze Medal in Judo in Inter Collegiate Judo Tournament held at D.C.P.E., Amravati HVPM
10	Ms. Prajakta Deshmukh	B.Sc.II	Bronze Medal in Judo in Inter Collegiate Judo Tournament held at D.C.P.E., Amravati HVPM
11	Mr. Pratik Dofe	B.Sc.I	Bronze Medal in Taekwondo in Inter Collegiate Taekwondo Tournament held at Dr. B.R. Ambedkar College, Amt.
12	Mr. Vaibhav Sulkar	B.Sc.II	Selected for University Chess Selection Trial from Inter Collegiate Chess Zone Tournament held at S.S.G.M.C. Shegaon.
13	Ms. Nikita Ambuskar Ms. Godavai Raut Ms. Shivani Jadhao Ms. Priya Kalalkar Ms. Karika Gawai	B.Sc.III B.Sc.II B.Sc.II B.Sc.II B.Sc.III	First Time in College and Akola History our College won Wrestling Women Championship 2017-2018 of Sant Gadge Baba Amravati University, Amravati and Four wrestlers awarded Colour Coat at one time in Wrestling
14	Ms. Tejal Nerkar Ms. Anjali Pawar Ms. Nikita More Ms. Damini Sanghai	B.Sc.III B.Sc.I B.Sc.I B.Sc.I	Badminton Women Team is Runner up Team in 'B' Zone Inter Collegiate Badminton Tournament of S.G.B. Amravati University, Amravati
Best Sports Women			
Special Achievement : Ms. Tejal Deepak Nerkar		B.Sc.III	Awarded three Colour Coat in Badminton for College 2015-16, 2016-17, 2017-18

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Achievements of Staff

Sr. No.	Name	Designation	Achievement
1	Dr. Rajesh D. Chandrawanshi	Director (Sports and Physical Education)	Ph.D. degree awarded on 23 rd June 2017
			Member of Wrestling Men & Women, Selection Committee, Sant Gadge Baba Amravati University, Amravati
			Team Manager of Wrestling Free Style Women participated in All India Inter University Tournament held at Maharshi Dayanand University, Rohtak from 03.11.2017 to 05.11.2017.
			Bronze Medals in Hammer Throw in 39 th Maharashtra State Masters Athletics Meet 2017 held at Washim

International Yoga Day

International Yoga day was celebrated on 21st June 2017. All students and staff members attended this programme.

National Sports Day

National Sports Day was celebrated on 29th August 2017. Students were participated in Chess, Badminton, Table Tennis, Skipping Rope & Suryanamaskar events. Friendly matches of Tug of War were decently organised. Aim of this National Sports Day was to motivated students in Sports Activities.

National Sports Day - 29th August 2017

Sr.No.	Event	Name	Class	Place
1	Suryanamaskar Women	Ms. Godavari Raut (58)	B.Sc.II	First
2		Ms. Nikita Ambuskar (51)	B.Sc.III	Second
3		Ms. Shivani Jadhav (29)	B.Sc.II	Third
4	Suryanamaskar Men	Mr. Sachin Kothale (62)	B.Sc.III	First
5		Mr. Tushar Gite (62)	B.Sc.I	First
6		Mr. Surajkumar Sharma (37)	B.Sc.II	Second
7		Mr. Vishal Janjal (33)	B.Sc.I	Third
8	Table Tennis Women	Ms. Pratiksha Lunge	B.Sc.I	First
9		Ms. Poonam Tayde	B.Sc.II	Second
10	Table Tennis Men	Mr. Vishal Pawar	B.Sc.II	First
11		Mr. Harshal Bais	B.Sc.II	Second
12	Badminton Women	Ms. Tejal Nerkar	B.Sc.III	First
13		Ms. Bhagyashree Sawarkar	B.Sc.I	Second
14	Badminton Men	Mr. Harshal Thosar	XI	First
15		Mr. Aditya Khotte	XII	Second
16	Chess M & W	Mr. Vibhav Sulkar	B.Sc.II	First
17		Mr. Sachin Miskin	B.Sc.III	Second

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18	Run Run Women	Ms. Nikita Ambuskar	B.Sc.III	First
19		Ms. Shivani Jadhav	B.Sc.II	Second
20	Run Run Men	Mr. Lalit Rakhonde	B.Sc.II	First
21		Mr. Rushikesh Surwarde	B.Sc.II	Second
22	Skipping Rope Women	Ms. Sonali Kulat (150)	B.Sc.I	First
23		Ms. Ishwari Hingane (123)	B.Sc.I	Second
24		Ms. Damini Sanghai (120)	B.Sc.I	Third
25	Skipping Rope Men	Mr. Datta Karale (725)	B.Sc.III	First
26		Mr. Shivshankar Tale (691)	B.Sc.I	Second
27		Mr. Rushikesh Surwade (471)	B.Sc.II	Third
28	Tug of War Women	Ms. Damini Sanghai	B.Sc.I	First
29		Ms. Pooja Muley	B.Sc.II	
30		Ms. Pranali Manwar	B.Sc.I	
31		Ms. Sonali Kulate	B.Sc.I	
32		Ms. Mayuri Tikhode	B.Sc.II	Total Wt. 329 Kg.
33		Ms. Anjali Sardar	B.Sc.II	
34		Ms. Ashwini Shinde	B.Sc.I	Second
35		Ms. Ruchita Kakade	B.Sc.I	
36		Ms. Bhagyshree Sawarkar	B.Sc.I	
37		Ms. Supriya Kshirsagar	B.Sc.I	
38		Ms. Ritu Vishwakarma	B.Sc.II	Total Wt. 346 Kg.
39		Ms. Kalyani Sangade	B.Sc.I	
40		Ms. Priya Karale	B.Sc.II	
41		Tug of War Men	Mr. Vishal Rindhe	B.Sc.III
42	Mr. Abhijit Gondchawar		B.Sc.III	
43	Mr. Akshay Nikhade		B.Sc.III	
44	Mr. Sachin Kothale		B.Sc.III	
45	Mr. Mohan Unhale		B.Sc.III	Total Wt. 355 Kg
46	Mr. Bhagwan Pawar		B.Sc.III	
47	Mr. Tushar Gite		B.Sc.II	Second
48	Mr. Rishikesh Dewar		B.Sc.II	
49	Mr. Sahil Tadas		B.Sc.I	Total Wt. 359 Kg.
50	Mr. Shyam Murtadkar		B.Sc.II	
51	Mr. Vishal Mahnik		B.Sc.II	
52	Mr. Surajkumar Sharma		B.Sc.II	

University Level Inter Collegiate Badminton (Women) Tournament

S.G.B. Amravati University's Inter Collegiate Badminton Tournament (Women) was organized on 10th & 11th November 2017. In this championship 45 Women participants of 12 colleges were participated.

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Physical Efficiency Test

The Physical efficiency Test was conducted in the month of January & February 2018. 119 Students from B.Sc.I & II participated in this test. Result of this test is as follows.

	A Grade Certificates	B Grade Certificates
For Men	07	13
For Women	15	60

Sports Adventure Tour

This tour visited Ajanta Caves and Jadhicha Dev on 23rd January 2018. In this tour 168 students of college & 07 staff members participated.

Medical Examination

Medical Examination 2017-18 was conducted in the month of March 2018. 183 Women & 94 Men have attended this examination.

Self Defense Academy (Innovative Practice)

Karate is an ancient art of self-defense. Now a day's Karate is recognized as sports. In modern era women's are facing so many problems in society and also have golden opportunities in discipline jobs. Karate is most useful for women's to develop their physical fitness and self-defence techniques. For the karate player physical fitness is must. So that the karate training include stretching exercise, running, warm up, punching, kicking, blocking, breaking technique and real combat. This hard training develops muscular power, stamina, endurance, flexibility, agility of strength of player. Aim of this activity is to develop self defense skill with physical fitness among the students specially for girls.

Extension Work - Physical Fitness Training Classes (Best Practice)

Physical fitness training Classes and Police, Army, Air force, Navy, BSF, CRPF, CISF, BSF etc. these Job's related physical fitness training classes successfully conducted at Vasant Desai Stadium, Akola in morning session. 45 Male and Female Students or Job Seekers are taking benefit of this physical fitness training classes in free of cost. At the time of this classes so many other student, job seekers, male & female also taking suggestions about fitness and proper fitness schedule of exercises and diet. This activity fully devoted for social work and social responsibility.

Sports Committee Members :

1. Mr. R.D. Chandrawanshi Chairman
2. Dr. R.L. Rahatgaonkar Member
3. Prof. V.N. Badgujar Member
4. Prof. S.B. Tadam Member

Mr. Rajesh D. Chandrawanshi
Director
Physical Education