



**Nijampur Jaitane Shikshan Prasarak Mandalache**  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**  
Nijampur-Jaitane-424305, Tal--Sakri, Dist-Dhule, Maharashtra, India  
**NAAC Re-Accredited**  
(Affiliated to Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon)

Website: [www.njspmaca.in](http://www.njspmaca.in) Email: [acanjspm@yahoo.in](mailto:acanjspm@yahoo.in)  
Principal Dr.Ashok Pitambar Khairnar Office No.: 02568-276605

Date:

**5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions)(20)**

## **Supporting Documents 5.3.3**

### **Sports Events and Competitions**

- **Students Participation in Sports competitions organized by other Institutions.**
- **Students Participation in Sports competitions organized by College.**
- **Sports Events organized by College.**
- **Provided list of Events and Competitions during last five years**
- **Organized Online Sports Events and Activities during Covid-19 Pandemic. (Provided links of Sports Events is Available On College You Tube Channel)**

Nijampur Jaitane Shikshan Prasarak Mandalache  
**Jagannath Kadwadas Shah Adarsh College**  
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule  
NAAC Reaccredited



**Annual Report of Department of  
Physical Education and Sports**

**2016-17 to 2020-21**

Nijampur Jaitane Shikshan Prasarak Mandal's

# Adarsh College of Arts

Nijampur-Jaitane, Tal-Sakri, Dist-Dhule  
Naac Reaccredited

## ANNUAL REPORT (2016-2017)



## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

## **Participation of students in other Institution**

### **Report**

N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane participated in Inter Collegiate tournament of Nandurbar Zonal under North Maharashtra University, Jalgaon. During the academic year 2016-17, a total of two teams respectively Kho-Kho (W), Athletics (M/W), participated in Inter Collegiate Nandurbar Zonal Tournament. A total of 34 students participated in this events. All these participating players were given certificates by the college.

#### **Students participated in Inter-Collegiate Tournament**

Sr.No	Event	Inter-Collegiate		Inter-Group	
		Men	Women	Men	Women
1	<b>Kho-Kho</b>	<b>09</b>	-	-	-
2	<b>Athletics</b>	<b>2</b>	-	-	-



**Miss. Priyanka P. Sulakhe**

**Director of Physical Education**



**Dr. Ashok P. Khairnar**

**Principal**

**Student participated in Various Events in Inter-Collegiate  
Tournament**

**Kho-Kho**

Nandurbar Zone Inter –Collegiate Kho-Kho (M) Competition organized by Vasantnao Naik College, Shahada. Kho-Kho (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event.

<b>Kho-Kho organized by Vasantnao Naik College, Shahada held at 28 to 29 Oct.2017</b>			
1.	Kolekar Dinesh Nana	T.Y.B.A.	N.T.
2.	Vakase Kalu Kondu	S.Y.B.A.	N.T.
3.	Shinde Gokul Dipak	T.Y.B.A.	N.T.
4.	Borse Sandip Dilip	S.Y.B.A.	N.T.
5.	Dhangar Vikesh Chhabulal	S.Y.B.A.	N.T.
6.	Valvi Ajay Rupji	S.Y.B.A.	S.T.
7.	Pagare Sopan Gokul	S.Y.B.A.	N.T.
8.	Suryawanshi Dipak	S.Y.B.A.	S.T.
9.	Badkule Vasant	S.Y.B.A.	S.T.

## Annual Report of Department of Physical Education and Sports 2016-2017

### Athletics

Nandurbar Zone Inter – Collegiate Athletics (M/W) Competition organized by Jijamata College, Nandurbar on 12 Oct. 2017. Athletics (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 12 Oct. 2017 at 10.00 am. Our Nine students were present the college in this event.

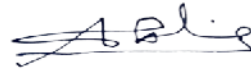
#### Athletics organized by Jijamata College, Nandurbar held at 12 Oct. 2017

1.	Desai Karan Kadya	S.Y.B.A.	S.T.
2.	More Bhurya Yadav	S.Y.B.A.	S.T.



**Miss. Priyanka P. Sulakhe**

**Director of Physical Education**



**Dr. Ashok P. Khairnar**

**Principal**

**N.J.S.P.MANDAL'S**  
**ADARSH COLLEGE OF ARTS**  
**NIJAMPUR-JAITANE, TAL-SAKRI, DIST-DHULE**  
**NAAC REACCREDITED**

**ANNUAL REPORT (2017-2018)**



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT**

## **Participation of students in other Institution**

### **Report**


N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane participated in Inter Collegiate tournament of Nandurbar Zonal under North Maharashtra University, Jalgaon. During the academic year 2017-18, a total of eight teams respectively Kabaddi (M), Kho-Kho (W), Cross-Country (M), Weight Lifting (M), Power Lifting (M), Athletics (M/W), Wrestling (M) participated in Inter Collegiate Nandurbar Zonal Tournament. A total of 34 students participated in this events. All these participating players were given certificates by the college. Due to Players excellent performance in the Inter-college competition, 03 players of the college were selected for the Inter-Group competition.

#### **Students participated in Inter-Collegiate Tournament**

Sr.No	Event	Inter-Collegiate		Inter-Group	
		Men	Women	Men	Women
1.	<b>Cross-Country</b>	<b>02</b>	-	-	-
2.	<b>Power Lifting</b>	<b>01</b>	-	-	-
3.	<b>Wight Lifting</b>	<b>01</b>	-	-	<b>01</b>
4.	<b>Kho-Kho</b>	-	<b>09</b>	-	<b>01</b>
5.	<b>Kabaddi</b>	<b>11</b>	-	-	-
6.	<b>Athletics</b>	<b>10</b>	<b>03</b>	-	-
7.	<b>Wrestling</b>	<b>01</b>	-	-	<b>01</b>

#### **Students Selected in Nandurbar Zone Inter-Group Tournament**

Sr. No	Name of the Student	Class	Category	Event
1.	Mali Kalpesh Bapu	S.Y.B.A.	O.B.C.	Wrestling
2.	Suryawanshi Samadhan	S.Y.B.A.	O.B.C.	Weight Lifting
3.	Suryawanshi Sushma Bhaskar	F.Y.B.A	S.T.	Kho-Kho

  
**Miss. Priyanka P. Sulakhe**  
Director of Physical Education

  
**Dr. Ashok P. Khairnar**  
Principal



**Student participated in Various Events in Inter-Collegiate Tournament**

**Cross Country**

Nandurbar Zone Inter –Collegiate Cross- Country (M/W) Competition organized by S.G.Patil College, Sakri on 11 to 12 Sep.2017. Cross – Country Team of our N.J.S.P.Mandal’s, Adarsh College of Arts, Nijampur-Jaitane college participate in this Event. Reporting time of this event was 11 Sep.2017 at 10.00 am. Our two students were present the college in this event. In this competition our More Bhurya Yadav got 11<sup>th</sup> place.

**Cross- Country organized by S.G.P.College, Sakri held at 11 to 12 Sep.2017**

1.	Desai Karan Kadya	S.Y.B.A.	S.T.
2.	More Bhurya Yadav	S.Y.B.A.	S.T.

**Power Lifting**

Nandurbar Zone Inter –Collegiate Power Lifting (M/W) Competition organized by Art’s, Commerce and Science College, Navapur on 11 Nov.2017. Power Lifting (M) Team of our N.J.S.P.Mandal’s, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 11 Nov.2017 at 10.00 am. Our one student was present the college in this event.

**Power Lifting organized by A.C.S.College, Navapur held at 11**

**Nov.2017**

1.	Suryawanshi Samadhan	S.Y.B.A.	O.B.C.
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## Annual Report of Department of Physical Education and Sports 2017-2018

### **Weight Lifting**

Nandurbar Zone Inter –Collegiate Weight Lifting (M) Competition organized by Art's, Commerce and Science College, Navapur on 11 Nov.2017. Weight Lifting (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 11 Nov.2017 at 10.00 am. Our one student was present the college in this event.

#### **Wight Lifting organized by A.C.S.College, Navapur held at 11 Nov.2017**

1.	Suryawanshi Samadhan	S.Y.B.A.	O.B.C.
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### **Kho-Kho**

Nandurbar Zone Inter –Collegiate Kho-Kho (M/W) Competition organized by Vasantnao Naik College, Shahada on 28 to 29 Oct.2017. Kho-Kho (W) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 28 Oct.2017 at 10.00 am. Our Nine students were present the college in this event.

#### **Kho-Kho organized by Vasantnao Naik College, Shahada held at 28 to 29 Oct.2017**

1.	Ahire Gira Lala	S.Y.B.A.	S.T.
2.	Chaudhari Meenakshi B.	F.Y.B.A.	S.T.
3.	Vasave Ravita Mangya	F.Y.B.A.	S.T.
4.	Valvi Priyanka Khuma	F.Y.B.A.	S.T.
5.	Suryawanshi Sushma Bhaskar	F.Y.B.A.	S.T.
6.	Gavali Kalpana Chunilal	F.Y.B.A.	S.T.
7.	Valvi Puja Jamsing	F.Y.B.A.	S.T.
8.	Vasave Ravita Dhirsing	F.Y.B.A.	S.T.
9.	Thakare Vaishali Ravi	F.Y.B.A.	S.T.

## Annual Report of Department of Physical Education and Sports 2017-2018

### **Kabaddi**

Nandurbar Zone Inter –Collegiate Kabaddi (M/W) Competition organized by Vasant Rao Naik College, Shahada on 31 Oct. to 1 Nov. 2017. Kabaddi (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 31 Oct. 2017 at 10.00 am. Our Eleven students were present the college in this event.

<b>Kabaddi organized by V.N. College, Shahada held at 31 Oct. to 1 Nov. 2017</b>			
1.	Kolekar Dinesh Nana	T.Y.B.A.	N.T.
2.	Vakase Kalu Kondu	S.Y.B.A.	N.T.
3.	Shinde Gokul Dipak	T.Y.B.A.	N.T.
4.	Borse Sandip Dilip	S.Y.B.A.	N.T.
5.	Dhangar Vikesh Chhabulal	S.Y.B.A.	N.T.
6.	Valvi Ajay Rupji	S.Y.B.A.	S.T.
7.	Pagare Sopan Gokul	S.Y.B.A.	N.T.
8.	Suryawanshi Dipak	S.Y.B.A.	S.T.
9.	Badkule Vasant	S.Y.B.A.	S.T.
10	Desai Karan Kadya	S.Y.B.A.	S.T.
11	Bachakar Anna	T.Y.B.A.	N.T.

### **Athletics**

Nandurbar Zone Inter – Collegiate Athletics (M/W) Competition organized by Jijamata College, Nandurbar on 12 Oct. 2017. Athletics (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 12 Oct. 2017 at 10.00 am. Our Nine students were present the college in this event.

<b>Athletics organized by Jijamata College, Nandurbar held at 12 Oct. 2017</b>			
1.	Desai Karan Kadya	S.Y.B.A.	S.T.
2.	More Bhurya Yadav	T.Y.B.A.	S.T.
3.	Kolekar Dinesh Nana	T.Y.B.A.	N.T.
4.	Gunjal Rakesh Babulal	F.Y.B.A.	N.T.
5.	Ahire Jivan Ananda	F.Y.B.A.	N.T.
6.	Suryawanshi Dipak	S.Y.B.A.	S.T.
7.	Pagare Sopan Gokul	S.Y.B.A.	N.T.
8.	Valvi Ajay Rupji	S.Y.B.A.	S.T.
9.	Suryawanshi Samadhan	S.Y.B.A.	O.B.C.

## Annual Report of Department of Physical Education and Sports 2017-2018

### **Wrestling**

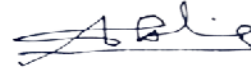
Nandurbar Zone Inter – Collegiate Wrestling (M) Competition organized by Uttamrao Patil College, Dahivel on 27 Oct.2017. Wrestling (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 27 Oct.2017 at 10.00 am. Our one student was present the college in this event. Our Mali Kalpesh Babu got I<sup>st</sup> place in this Event. Due to excellent performance in the event Mali Kalpesh selected for the Inter Group tournament.

#### **Wrestling organized by U.P. College, Dahivel held at 27 Oct.2017**

1.	Mali Kalpesh Babu	S.Y.B.A.	O.B.C.- Ist
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**Miss. Priyanka P. Sulakhe**  
**Director of Physical Education**



**Dr. Ashok P. Khairnar**  
**Principal**

## **Photo Gallery**



**Annual Report of Department of Physical Education and Sports 2017-2018**



**Annual Report of Department of Physical Education and Sports 2017-2018**



*Priyanka P. Sulakhe*

**Miss.Priyanka P.Sulakhe**  
**Director of Physical Education**

*Ashok P. Khairnar*

**Dr.Ashok P.Khairnar**  
**Principal**

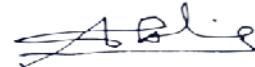
**Activities of Department of Physical Education and Sports**

In addition to playing sports, a number of activities are organized for the players to gain knowledge in the field of physical education. To become physically fit and to develop their personality various activities organized. Events like lectures, quiz, fitness camps are held on the occasion of Sports Day.

21.06.2017	Celebrating International Yoga Day
03.07.2017	Intramural of Kho-Kho & 100 mtr.
05.07.17 to 11.07.17	Physical Fitness Camp
04.08.2017 to 10.08.2017	Bridge Course
29/08/2017	Sports Day Celebration
31/08/2017	Bio-Mechanical Analysis, Skills Execution of Running Skills
03/09/2017	Seminar
15/09/2017	Bio-Mechanical Analysis, Skills Execution of Throwing , Jumping and Running Event, , “Avgha Maharashtra Footballmay”
18/09/2017	Bio-Mechanical Analysis, Skills Execution of Kabaddi Event Group Discussion
	Counseling and Motivation about Diet
05/01/2018	Seminar
10.02.18 to 20.02.18	Training Camp for slow learner
17.02.18	Quiz
18.02.18	Group Discussion



**Miss. Priyanka P. Sulakhe**  
Director of Physical Education



**Dr. Ashok P. Khairnar**  
Principal



**Participation of students in Institutional Sports Activity conducted by College**  
**International Yoga Day**

International Yoga Day was celebrated in the college on 21st June 2017. On this occasion, all the honorable management board of Nizampur-Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all professors and professors, non-teaching staff and students were present. On the occasion of this program, the principal of the college, Dr. Ashok Khairnar said that yoga should be a habit. Yoga is very important not only for the physical but also for the mental stability of the person. Yogi is our culture and we have to carry on this culture. For this, it is our duty to spread yoga to every section of our society by doing yoga every day, he said in his introduction. The yoga day begins with a prayer followed by supplementary movements to stimulate the cells in the body.

Complementary movements Pranayama was performed to prepare the lungs or to speed up the breathing process. Pranayama included Ujjayi, Kapalbhathi, Bhramari.

While doing pranayama, Priyanka Sulakhe, director of physical education, gave guidance on the condition of each pranayama and the proper action to do it. After pranayama, many asanas like Paschimottanasana, Bhadrasana were included in the sitting asanas. Also how many positive effects of these asanas have on your body and how is the proper ritual of these asanas? Director of Physical Education Priyanka Sulakhe also gave guidance on how to do it and when. The vertical asanas include various asanas like Tadasana, Uttanasana, Veerabhadrasana, Trikonasana. He also gave guidance on the proper method of doing this asana, the right time and how it affects his body.

International Yoga Day was celebrated with great enthusiasm by all. All the esteemed management board of Nizampur-Jaitane Shikshan Prasarak Mandal expressed their satisfaction about this. Dr.Ashok Khairnar inspired for this event. All the faculty members, professors and other staff members cooperated in organizing the program.



## **Intramural**

Intramural is the tournament between various classes. These tournaments aims are to bringing students to the Sports field, creating an interest and passion toward the game, Preparing teams for inter- Collegiate competition, mentally and physically empowering the students. In academic year 2017-2018, Intramural tournament of Kho-Kho (Men) and 100 mtr running (Women) was held at 03/07/2017. Notice was display on the notice board. Registration was invited for the competition. This team was formed according to the name given. On Competitions were held on 03/07/2017. The winning team was rewarded.



### **Physical Fitness Training**

Physical fitness is most important for healthy life. Physical activity and physical fitness may improve academic performance and that time in the college day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance. Single sessions of and long-term participation in physical activity improve cognitive performance and brain health. Children who participate in vigorous- or moderate-intensity physical activity benefit the most. Training help to the players to improve their performance. In academic year 2017-2018 Physical fitness training was organized on 05/07/2017 to 11/07/2017. In this training session various activities were included to improve speed, strength, agility .



### **National Sports Day**

The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 to 1949. In academic year 2017-2018 National Sports Day celebrating on 29/08/2017. On this occasion Principal of the college Dr.A.P.Khairnar guide to the students. Dr.A.P.Khairnar said that, importance of sports and physical fitness in life. In adult age sports plays an important role in growth and development. He appeal to the students for participating in various sports.



### **Avgha Maharashtra Footballmay**

In the academic year 2017-2018, as per guideline of the state government “avgha Maharashtra footballmay event organized in college campus on 15/09/2017. On the occasion of this event prin.Dr.A.P.Khairnar, all the teaching and non-teaching staff and students were presented. Miss.Priyanka Sulakhe, Director of Physical Education and Sports was explained the skills and information about football, she also demonstrate the all the skills of football. Dr.A.P.Khairnar, all the teaching and non-teaching staff and students were enjoying the football game.



### **Quiz on Sports**

The importance of kid sports quiz can be important to teach children about some of the popular sports in the world. By taking the sports quiz, children can learn more about different sports and how to play them. These quizzes also give the child a chance to become familiar with some of the world’s most popular sports. It allows the child to think creatively about which sport they want to take part in, as well as helping them understand a bit more about each one. The questions illustrate how each sport works, as well as a few of its pros and cons. There are many benefits from taking part in a sport, not only from a physical point of view but also from an educational perspective. These quizzes can educate children on how important it is to keep active and fit as well as learning how different types of sports work. In academic year 2017-2018 Sports Quiz organized on 17/02/2018.



**N.J.S.P.MANDAL'S**  
**ADARSH COLLEGE OF ARTS**  
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**ANNUAL REPORT (2018-2019)**



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

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### **Report**


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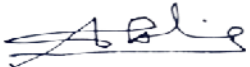
#### **Students participated in Inter-Collegiate Tournament**

Sr.No	Event	Inter-Collegiate		Inter-Group	
		Men	Women	Men	Women
1.	<b>Cross-Country</b>	<b>02</b>	<b>02</b>	-	-
2.	<b>Power Lifting</b>	<b>01</b>			
3.	<b>Wight Lifting</b>	<b>01</b>			
5.	<b>Kabaddi</b>	<b>12</b>	-		
6.	<b>Athletics</b>	<b>05</b>			
7.	<b>Wrestling</b>	<b>02</b>	-	<b>02</b>	-

#### **Students Selected in Nandurbar Zone Inter-Group Tournament**

<b>Student participated in Inter-Group Tournament</b>				
1.	Mali Kalpesh	S.Y.B.A.	O.B.C.	Wrestling
2.	Jadhav Dnyaneshwar Bapu	F.Y.B.A	O.B.C.	Wrestling

  
**Miss. Priyanka P. Sulakhe**  
Director of Physical Education

  
**Dr. Ashok P. Khairnar**  
Principal

## Annual Report of Department of Physical Education and Sports 2018-2019

### **Student participated in Various Events in Inter-Collegiate Tournament**

#### **Cross Country**

Nandurbar Zone Inter –Collegiate Cross- Country (M/W) Competition organized by Adarsh College of Arts, Nijampur Jaitane at 3 to 4 Sep.2018. Cross – Country Team of our N.J.S.P.Mandal’s, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 03 Sep.2017 at 10.00 am. Our four students were present the college in this event. In this competition our Suryawanshi Sushma Bhaskar got 09<sup>th</sup> place.

#### **Cross- Country organized by Adarsh College of Arts, Nijampur at 3 to 4 Sep.2018**

##### **Boys**

1.	Desai Karan Kadya	T.Y.B.A.	S.T.
2.	Vasave Ajay Rupaji	T.Y.B.A.	S.T.

##### **Girls**

1	Suryawanshi Sushma Bhaskar	S.Y.B.A.	S.T.
2	Valvi Sangita	S.Y.B.A.	S.T.

#### **Power Lifting**

Nandurbar Zone Inter –Collegiate Power Lifting (M) Competition organized by Art’s, Commerce and Science College, Navapur on 07 Oct.2018. Power Lifting (M) Team of our N.J.S.P.Mandal’s, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 07 Oct.2018 at 10.00 am. Our one student was present the college in this event.

#### **Power Lifting organized by A.C.S.College, Navapur held at 07 Oct.2018**

1.	Gawale Mayur Sharad	F.Y.B.A.	O.B.C.
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## Annual Report of Department of Physical Education and Sports 2018-2019

### **Weight Lifting**

Nandurbar Zone Inter –Collegiate Weight Lifting (M) Competition organized by Art's, Commerce and Science College, Navapur on 07 Oct.2018. Weight Lifting (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 07 Oct.2018 at 10.00 am. Our one student was present the college in this event.

#### **Wight Lifting organized by A.C.S.College, Navapur held at 07 Oct.2018**

1.	Gawale Mayur Sharad	F.Y.B.A.	O.B.C.
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### **Kabaddi**

Nandurbar Zone Inter –Collegiate Kabaddi (M/W) Competition organized by Arts College, Bamkheda on 04 Oct. 2018. Kabaddi (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 04 Oct. 2018 at 10.00 am. Our Eleven students were present the college in this event.

#### **Kabaddi organized by Arts College, Bamkheda held at 04 Oct. 2018**

1.	Gawale Mayur Sharad	F.Y.B.A.	N.T.
2.	Borse sandilp Dilip	T.Y.B.A.	N.T.
3.	Dhangar Vikesh Chhabulal	S.Y.B.A.	N.T.
4.	Pisal Sagar Uttam	S.Y.B.A.	N.T.
5.	Jadhav Chetan Hari	F.Y.B.A.	N.T.
6.	Mahale Yuvraj Santosh	F.Y.B.A.	S.T.
7.	Suryawanshi Dipak	S.Y.B.A.	N.T.
8.	Dhangar Sagar	F.Y.B.A.	S.T.
9.	Vakase Kalu	T.Y.B.A.	S.T.
10	Pawaba Dhiraj	S.Y.B.A.	S.T.
11	Desai Karan	T.Y.B.A.	N.T.



## Annual Report of Department of Physical Education and Sports 2018-2019

### Athletics

Nandurbar Zone Inter – Collegiate Athletics (M/W) Competition organized by G.T.P College, Nandurbar on 12 & 13 Sep. 2018. Athletics (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur- Jaitane College participate in this Event. Reporting time of this event was 12 Sep. 2018 at 10.00 am. Our Nine students were present the college in this event.

<b>Athletics organized by G.T.P College, Nandurbar held at 12 &amp; 13 Sep. 2018</b>			
1.	Desai Karan Kadya	S.Y.B.A.	S.T.
2.	Gawale Mayur Sharad	F.Y.B.A.	N.T.
3.	Ahire Jivan Ananda	s.Y.B.A.	N.T.
4.	Jadhav Sandip Kailas	F.Y.B.A.	N.T.
5.	Bhil Sunil Raju	s.Y.B.A.	N.T.

### Wrestling

Nandurbar Zone Inter – Collegiate Wrestling (M) Competition organized by Uttamrao Patil College, Dahivel on 2 Oct.2018. Wrestling (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 2 Oct.2018 at 10.00 am. Our two student was present the college in this event. Our Mali Kalpesh Babu got 1<sup>st</sup> place in this Event. Due to excellent performance in the event Mali Kalpesh selected for the Inter Group tournament.

<b>Wrestling organized by U.P. College,Dahivel held at 2 Oct.2018</b>			
1.	Mali Kalpesh	S.Y.B.A.	O.B.C. - Ist
2.	Jadhav Dnyaneshwar Babu	F.Y.B.A	O.B.C.

## **Photo Gallery**



**Annual Report of Department of Physical Education and Sports 2018-2019**



**Participation of students in Institutional Sports**  
**Activity conducted by College**

**Activities of Department of Physical Education and Sports**

In addition to playing sports, a number of activities are organized for the players to gain knowledge in the field of physical education. To become physically fit and to develop their personality various activities organized. Events like lectures, quiz, fitness camps are held on the occasion of Sports Day.

21.06.2018	Celebrating International Yoga Day
29.06.2018	Intramural of Kabaddi and Badminton
09/07/2018 to 15/07/2018	Physical Fitness Camp
16.08.18 to 22.08.18	Bridge Course
26/08/2018	Seminar
29/08/2018	Sports Day Celebration
30/08/2018	Bio-Mechanical Analysis, Skills Execution of Running Skills
03-04 Sep.18	Inter-Collegiate Cross Country
02/09/2018	Bio-Mechanical Analysis, Skills Execution of Throwing , Jumping and Running Event
06/09/2018	Bio-Mechanical Analysis, Skills Execution of Kabaddi Event Group Discussion
15/09/2018	Counseling and Motivation about Diet
10/12/2018 to 16/12/2018	Training camp for slow learner
12/01/2019	Seminar
29/01/2019	Quiz
30/01/2019	Group Discussion



**Miss. Priyanka P. Sulakhe**  
**Director of Physical Education**



**Dr. Ashok P. Khairnar**  
**Principal**

## **International Yoga Day**

International Yoga Day was celebrated on 21st June 2018 at Adarsh college of Arts, Nizampur -Jaitane Shikshan Prasarak Mandal, Nizampur -Jaitane, Tal. Sakri, Dist. Dhule. On the occasion of Yoga Day, all the honorable management members of Nizampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok P. Khairnar, all the professors and non-teaching staff brothers and sisters, volunteers of N.S.S.. All the students were present in large numbers. The program began with a prayer. In order to stimulate the muscles of the body and make yoga easier, supplementary movements were taken mainly on the neck, waist and legs. After that Tadasana, Vrikshasana, Padahasthasana, Ardachakrasana, Trikonasana, Bhadrasana, Shashankasana, Ardhustrasana Vakrasana in sitting seat and Bhujangasana, Makarasana, Setubandhasana, Pavanmukrasana in sleeping position were performed in vertical seat. Along with this, the benefits of Kapalabhati, Anulom-Vilom, meditation were explained in Pranayama. In this program, Prof. Priyanka Sulakhe, Director of Education of the College, gave a demonstration and accordingly, all those present celebrated Yoga Day by doing Yogasana.



## **Intramural**

Intramural is the tournament between various classes. These tournaments aims are to bringing students to the Sports field, creating an interest and passion toward the game, Preparing teams for inter - Collegiate competition, mentally and physically empowering the students. In academic year 2018 -2019, Intramural tournament of Kabaddi (Men) and Badminton (Women) was held at 29/06/2018. Notice was display on the notice board. Registration was invited for the competition. This team was formed according to the name given. On Competitions were held on 29/06/2018. The winning team was rewarded.



**Annual Report of Department of Physical Education and Sports 2018-2019**



Shot on OPPO F5 Youth  
By click by priya



Shot on OPPO F5 Youth  
By click by priya

### **Physical Fitness Training**

Physical fitness is most important for healthy life. Physical activity and physical fitness may improve academic performance and that time in the college day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance. Single sessions of and long-term participation in physical activity improve cognitive performance and brain health. Children who participate in vigorous or moderate-intensity physical activity benefit the most. Training help to the players to improve their performance. In academic year 2018-2019 Physical fitness training was organized on 09/07/2018 to 15/07/2018. In this training session various activities were included to improve speed, strength, agility and speed.



### **National Sports Day**

The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 to 1949. In academic year 2018-2019 National Sports Day celebrating on 29/08/2018. On this occasion Principal of the college Dr.A.P.Khairnar guide to the students. Dr.A.P.Khairnar said that, importance of sports and physical fitness in life. In adult age sports plays an important role in growth and development. He appeal to the students for participating in various sports.



## Annual Report of Department of Physical Education and Sports 2018-2019

### Inter-Collegiate Cross-Country

Kavayitri Bahinabai Chaudhary North Maharashtra University, Jalgaon under Nandurbar Zonal Inter Collegiate Cross-Country Tournament held between 03th and 04th September 2018 . In this Event 16 women and 23 Men's teams have registered. In all these men's teams, Vasantnao Naik College, Shahada and in the women's team, Sarvajanik college, Visarwadi was won. In the inaugural function inaugurated by Mr. Dilip Khedkar (A.P.I. Nizampur Police Station), President of the College Adv. Babasaheb Sharad Chandraji Shah, Hon. Ajitbhai Shah, Hon. Nitin Shah, Principal Dr. Ashok P. Khairnar, Senior Director of Physical Education Dr. Vijay Patil. , All the college directors and the players were present. The distance of competition for male and female athletes was fixed at 10 km.



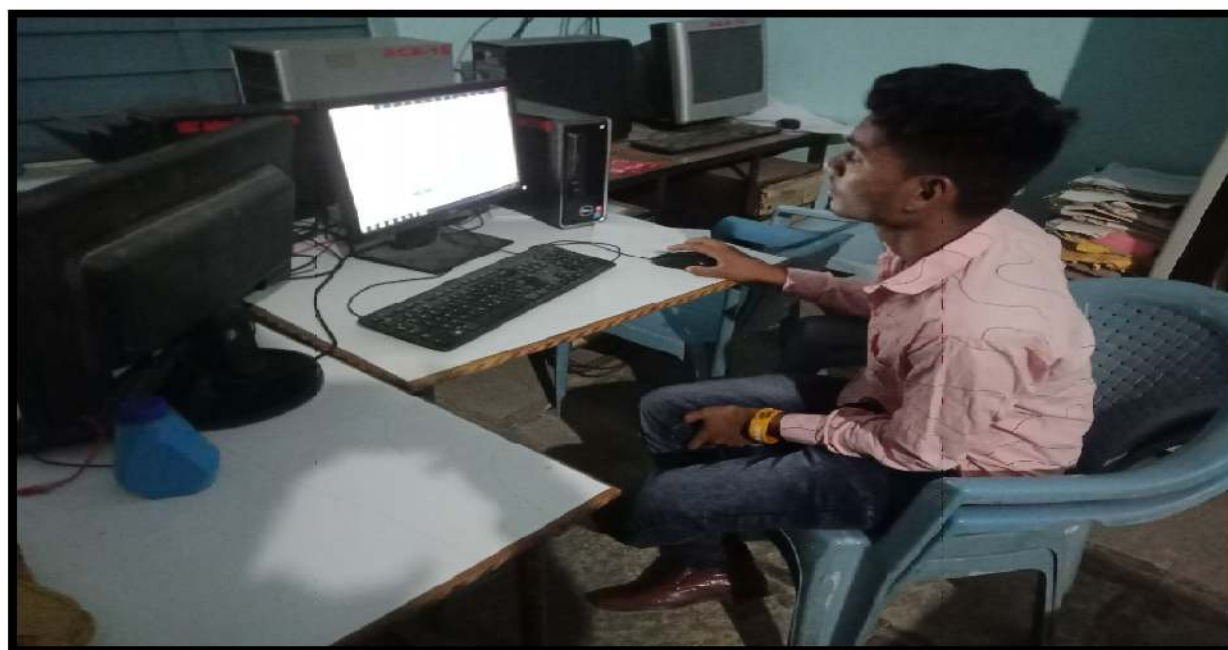


**Annual Report of Department of Physical Education and Sports 2018-2019**



## **Quiz on Sports**

The importance of sports quiz can be important to teach children about some of the popular sports in the world. By taking the sports quiz, children can learn more about different sports and how to play them. These quizzes also give the child a chance to become familiar with some of the world's most popular sports. It allows the child to think creatively about which sport they want to take part in, as well as helping them understand a bit more about each one. The questions illustrate how each sport works, as well as a few of its pros and cons. There are many benefits from taking part in a sport, not only from a physical point of view but also from an educational perspective. These quizzes can educate children on how important it is to keep active and fit as well as learning how different types of sports work. In academic year 2018-2019 Sports Quiz organized on 29/01/2019.



**Miss. Priyanka P. Sulakhe**  
**Director of Physical Education**

**Dr. Ashok P. Khairnar**  
**Principa**

**N.J.S.P.MANDAL'S**  
**ADARSH COLLEGE OF ARTS**  
**NIJAMPUR-JAITANE, TAL-SAKRI, DIST-DHULE**  
**NAAC REACCREDITED**

**ANNUAL REPORT (2019-2020)**



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

## Annual Report of Department of Physical Education and Sports 2019-2020

### Participation of students in Institutional Sports Activity conducted by College

## *Report*

N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane participated in Inter Collegiate tournament of Nandurbar Zonal under North Maharashtra University, Jalgaon. During the academic year 2019-2020, a total of seven teams respectively Kabaddi (M), Kho-Kho (M W), Power Lifting (M), Athletics (M/W), Wrestling (M) participated in Inter Collegiate Nandurbar Zonal Tournament. A total of 54 students participated in this events. All these participating players were given certificates by the college. Due to Players excellent performance in the Inter-college competition, 02 players of the college were selected for the Inter-Group competition.

Miss.Vasave Laxmi Vansing in 100 mtr. Running gives excellent performance and selected for University Level Krida Mahotsav. She got 4<sup>th</sup> place in this competition.

### **Students participated in Inter-Collegiate Tournament**


Sr.No	Event	Inter-Collegiate		Inter-Group	
		Men	Women	Men	Women
1.	<b>Kho- Kho</b>	11	12	-	-
2.	<b>Power Lifting</b>	03	-		
3.	<b>Kabaddi</b>	12	-		
5.	<b>Athletics</b>	9	5		01
6.	<b>Wrestling</b>	02	-	01	

### **Students Selected in Nandurbar Zone Inter-Group Tournament**

Student participated in Inter-Group Tournament				
1.	Khairanr Kalyan Pundlik	F.Y.B.A.	O.B.C.	Wrestling
2.	Vasave Laxmi Vansing	F.Y.B.A.	S.T.	100 Mtr

### **Students Selected for University Level Krida Mahotsav**

Student participated in Krida Mahotsav,KBCNMU,Jalgaon				
1.	Vasave Laxmi Vansing	F.Y.B.A.	S.T.	100 Mtr

  
Miss.Priyanka P.Sulakhe  
Director of Physical Education

  
Dr.Ashok P.Khairnar  
Principal

**Student participated in Various Events in Inter-Collegiate Tournament**

**Kho-Kho**

Nandurbar Zone Inter –Collegiate Kho-Kho (M/W) Competition organized by Vasantnao Naik College, Shahada on 11 Oct. 2019. Kho-Kho (M/W) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, and Nijampur-Jaitane College participate in this Event. Reporting time of this event was 11 Oct. 2019at 10.00 am. Our 11 Men and 12 Women students were present the college in this event.

<b>Kho-Kho organized by Vasantnao Naik College, Shahada 11 Oct. 2019</b>			
1	Chaure Arun Sitaram	S.Y.B.A.	S.T.
2	Malche Kautik Sambhaji	T.Y.B.A.	S.T.
3	Bhil Sunil Raju	T.Y.B.A.	S.T.
4	Chaudhari Dinesh Pandit	S.Y.B.A.	S.T.
5	Bagul Rakesh Bharat	F.Y.B.A.	S.T.
6	Pawar Vikesh Ramdas	F.Y.B.A.	S.T.
7	Pawara Jitendra Subhash	F.Y.B.A.	S.T.
8	Pawara Keshav Jurdar	F.Y.B.A.	S.T.
9	Thakare Sagar Rattan	T.Y.B.A.	S.T.
1	Bagul Yuvraj Pandit	F.Y.B.A.	S.T.
11	Shinde Kamlesh Devidas	S.Y.B.A.	S.T.
<b>Girls</b>			
1	Vasave Melde Vaja	F.Y.B.A.	S.T.
2	Tadvi Vidya Ranma	F.Y.B.A.	S.T.
3	Vasave Laxmi Vansing	F.Y.B.A.	S.T.
4	Vasave Kapila Datkya	F.Y.B.A.	S.T.
5	Naik Gita Ranya	F.Y.B.A.	S.T.
6	Vasave Dipali Khuma	T.Y.B.A.	S.T.
7	Suryawnshi Sushma Bhaskar	T.Y.B.A.	S.T.
8	Tadvi Minakshi Semtya	T.Y.B.A.	S.T.
9	Vasave Ravita Mangya	T.Y.B.A.	S.T.
10	Gavali Kalpana Chunilal	T.Y.B.A.	S.T.
11	Chaure Yogita Kanilal	T.Y.B.A.	S.T.
12	Chaure Ravina Tarachand	T.Y.B.A.	S.T.

**Power Lifting**

Nandurbar Zone Inter –Collegiate Power Lifting (M) Competition organized by Art's, Commerce and Science College, Navapur on 05 Oct. 2019 Power Lifting (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 05 Oct. 2019 at 10.00 am. Our three students were present the college in this event.

**Power Lifting organized by Arts, Commerce and Science college, Navapur held at 05 Oct. 2019**

1.	Jadhav Dhyneshwar Rajendra	S.Y.B.A.	O.B.C.
2.	Jagdale Dipak Rajendra	F.Y.B.A.	O.B.C.
3.	Khalane Ankush Rajendra	F.Y.B.A.	O.B.C.

**Kabaddi**

Nandurbar Zone Inter –Collegiate Kabaddi (M) Competition organized by R.D. Deore Mhasadi on 13 Oct. 2019. Kabaddi (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 13 Oct. 2019 at 10.00 am. Our ten students were present the college in this event.

**Kabaddi organized by R.D. Deore Mhasadi held at 13 Oct. 2019**

1.	Thakare jayesh jivan	S.Y.B.A.	S.T.
2.	Bhil sunil raju	T.Y.B.A.	S.T.
3.	Chaudhari dinesh pandit	S.Y.B.A.	S.T.
4.	Bagul Rakesh Bharat	F.Y.B.A.	S.T.
5.	Pawar Vikesh Ramdas	F.Y.B.A.	S.T.
6.	Pawara Jitendra Subhash	F.Y.B.A.	S.T.
7.	Pawara Keshav Jurdar	F.Y.B.A.	S.T.
8.	Thakare Sagar Rattan	T.Y.B.A.	S.T.
9.	Khalane Ankush Dashrath	F.Y.B.A.	O.B.C.
10	Gaikwad Vishal Ganu	S.Y.B.A.	S.T.

## Annual Report of Department of Physical Education and Sports 2019-2020

### Athletics

Nandurbar Zone Inter – Collegiate Athletics (M/W) Competition organized by G.T.P College, Nandurbar on G.T.P College, Nandurbar on 09 to 10 Oct.2019 . Athletics (M/W) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur- Jaitane College participate in this Event. Reporting time of this event was 09 to 10 Oct.2019 at 10.00 am. Our 9 Men 5 Women students were present the college in this event.

#### **Athletics organized by G.T.P College, Nandurbar held at 09 to 10 Oct.2019**

1.	Bagul Rakesh Bharat	F.Y.B.A.	S.T.
2.	Pawar Vikesh Ramdas	F.Y.B.A.	S.T.
3.	Pawara Jitendra Subhash	F.Y.B.A.	S.T.
4.	Pawara Keshav Jurdar	F.Y.B.A.	S.T.
5.	Bhil sunil raju	T.Y.B.A.	S.T.
6.	Shinde Kamlesh Devidas	S.Y.B.A.	S.T.
7.	Khalane Ankush Dashrath	F.Y.B.A.	O.B.C.
8.	Jadhav Sandip Kailas	S.Y.B.A.	O.B.C.
9.	Pawara Himmat Fadya	F.Y.B.A.	S.T.

#### **Girls**

1	Naik Gita Ranya	F.Y.B.A.	S.T.
2	Vasave Kapila Datkya	F.Y.B.A.	S.T.
3	Tadvi Minakshi Semtya	T.Y.B.A.	S.T.
4	Vasave Laxmi Vansing	F.Y.B.A.	S.T. – II nd (100mtr.
5	Gavali Kalpana Chunilal	T.Y.B.A.	S.T.

### Wrestling

Nandurbar Zone Inter – Collegiate Wrestling (M) Competition organized by Uttamrao Patil College, Dahivel on 30 Sep. 2019 Wrestling (M) Team of our N.J.S.P.Mandal's, Adarsh College of Arts, Nijampur-Jaitane College participate in this Event. Reporting time of this event was 30 Sep. 2019 at 10.00 am. Our two students were present the college in this event. Our Khairanr Kalyan Pundlik got 1<sup>st</sup> place in this Event. Due to excellent performance in the event Khairanr Kalyan Pundlik selected for the Inter Group tournament.

#### **Wrestling organized by U.P. College, Dahivel held at 30 Sep. 2019**

1.	Khairanr Kalyan Pundlik	F.Y.B.A.	O.B.C. - Ist
2.	Bhil Sharad Raju	F.Y.B.A.	S.T.

## Photo Gallery





**Annual Report of Department of Physical Education and Sports 2019-2020**



**Annual Report of Department of Physical Education and Sports 2019-2020**



## **Participation of students in Institutional Sports** **Activity conducted by College**

### **Activities of Department of Physical Education and Sports**

In addition to playing sports, a number of activities are organized for the players to gain knowledge in the field of physical education. To become physically fit and to develop their personality various activities organized. Events like lectures, quiz, fitness camps are held on the occasion of Sports Day.

<b>21.06.2019</b>	International Yoga Day
<b>15.07.19 to 21.07.19</b>	Bridge Course on Physical Education
<b>28.08.2019</b>	Intramural of Kabaddi & Long Jump.
<b>22.08.2019 to 28.08.2019</b>	Physical Fitness Camp
<b>29/08/2019</b>	Sports Day Celebration
<b>02/09/2019</b>	Bio-Mechanical Analysis, Skills Execution of Running Skills
<b>02/09/2019</b>	Bio-Mechanical Analysis, Skills Execution of Throwing , Jumping and Running Event
<b>07/09/2019</b>	Seminar
<b>10/09/2019</b>	Bio-Mechanical Analysis, Skills Execution of Kabaddi Event, Group Discussion
<b>11/09/2019</b>	Counseling and Motivation about Diet
<b>23/01/2020</b>	Seminar
<b>04/02/2020 to 10/02/2020</b>	Training camp for slow learner
<b>17/02/2020</b>	Quiz
<b>19/02/2020</b>	Group Discussion

## **International Yoga Day**

In the programs organized to celebrate the International Yoga Day on 21st June 2019, all the honorable management board of Nizampur - Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the professors, professors, staff and students were present in large numbers. The yoga day began with a prayer. Prayer works to concentrate your entire distracted mind in one place. After the prayers, they were stimulated by subtle movements of the neck, arms and waist. After subtle movements, pranayama like Kapalbhathi, Bhramari, Ujjayi, Dhyana dharana was done. Pranayama, along with the importance of pranayama for a peaceful life, was highlighted. Guidance was also given on how radical changes take place in a person's life and body due to pranayama.

After Pranayama, a demonstration of Surya Namaskar was presented and accordingly information about Surya Namaskar was given. Sun salutation is a group of twelve physical actions in total. Regular sunbathing is considered to be a complete asana. In a stressful life where there is a lack of time, even just saluting the sun can improve our physical and mental health. Everyone present did five sun salutations.

The sun salutation was followed by a sitting seat, a seat on the abdomen and a standing seat. Demonstrations as well as the position of each seat, the time to do the seat and how each seat works scientifically on the body were also given guidance. Yogasana is one of the main ways for good health. Yogasanas help to purify not only the body but also the mind. Due to the enormous impact of yoga on one's life, yoga is now a part of everyday life in many parts of the world. Since yoga has a positive effect on every muscle, system and mind of the body, it is very important to take time out and do yoga every day. Ashok Khairnar said. International Yoga Day was celebrated with enthusiasm by performing various activities like Pranayama, Yoga, Surya Namaskar.



## **Annual Report of Department of Physical Education and Sports 2019-2020**

### **Intramural**

Intramural is the tournament between various classes. These tournaments aims are to bringing students to the Sports field, creating an interest and passion toward the game, Preparing teams for inter- Collegiate competition, mentally and physically empowering the students. In academic year 2019-2020, Intramural tournament of Volleyball (Men) and T.T. (Women) was held at 28/08/2019. Notice was display on the notice board. Registration was invited for the competition. This team was formed according to the name given. On Competitions were held on 28/08/2019. The winning team was rewarded.



### **Physical Fitness Training**

Physical fitness is most important for healthy life. Physical activity and physical fitness may improve academic performance and that time in the college day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance. Single sessions of and long-term participation in physical activity improve cognitive performance and brain health. Children who participate in vigorous- or moderate-intensity physical activity benefit the most. Training help to the players to improve their performance. In academic year 2019-2020 Physical fitness training was organized on 09/07/2018 to 15/07/2018. In this training session various activities were included to improve speed, strength, agility and speed.



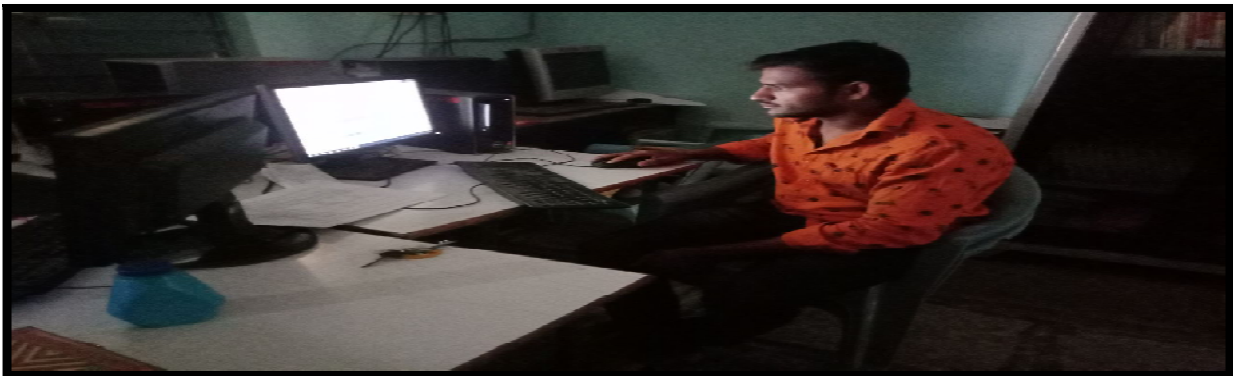
## **National Sports Day**

The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 to 1949. In academic year 2019-2020 National Sports Day celebrating on 29/08/2019. On this occasion Student Development Officer Dr.K.D.Sonawane was guided the students. He also delivered lecture on Sports and Physical Fitness. He appeal to the students for participating in various sports.



## **Quiz on Sports**

The importance of sports quiz can be important to teach children about some of the popular sports in the world. By taking the sports quiz, children can learn more about different sports and how to play them. These quizzes also give the child a chance to become familiar with some of the world's most popular sports. It allows the child to think creatively about which sport they want to take part in, as well as helping them understand a bit more about each one. The questions illustrate how each sport works, as well as a few of its pros and cons. There are many benefits from taking part in a sport, not only from a physical point of view but also from an educational perspective. These quizzes can educate children on how important it is to keep active and fit as well as learning how different types of sports work. In academic year 2019-2020 Sports Quiz organized on 17/02/2020.



**Annual Report of Department of Physical Education and Sports 2020-2021**

**N.J.S.P.Mandalache**  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**  
**Nijampur-Jaitane, Tal-Sakri, Dist-Dhule**  
**Naac Reaccredited**

**ANNUAL REPORT (2020-2021)**



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

**Dr.Priyanka P.Sulakhe**  
**Director of Physical Education**

**Dr.Ashok P.Khairnar**  
**Principal**

## Annual Report of Department of Physical Education and Sports 2020-2021



Nijampur Jaitane Shikshan Prasarak Mandalache  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**

Nijampur-Jaitane-424305, Tal--Sakri, Dist-Dhule, Maharashtra, India

**NAAC Re-Accredited**

(Affiliated to Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon)

Website: [www.njspmaca.in](http://www.njspmaca.in)

Principal Dr.Ashok Pitambar Khairnar

Email: [acanjspm@yahoo.in](mailto:acanjspm@yahoo.in)

Office No.: 02568-276605

# *Report*

N.J.S.P.Mandalache, Jagannath Kadwadas Shah Adarsh College, Nijampur-Jaitane organized online sports competition. In the pandemic situation all sports field were stopped. In this situation physical and mental fitness is very important. We trayed to make student active. In the pandemic situation department of physical education and sports organized many competition, quizzes, and webinars for betterment of sports field. Why not stay at home but they have to stay physically fit by doing physical activities. When the ground wasn't active but students participate in online competition. in the academic year 2020-21 department of physical education and sports organized online yoga day, online video competition, essay competition, quizzes.

**Miss.Priyanka P.Sulakhe**  
Director of Physical Education

**Dr.Ashok P.Khairnar**  
Principal



## Annual Report of Department of Physical Education and Sports 2020-2021



Nijampur Jaitane Shikshan Prasarak Mandalache  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**

Nijampur-Jaitane-424305, Tal--Sakri, Dist-Dhule, Maharashtra, India

**NAAC Re-Accredited**

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Principal Dr.Ashok Pitambar Khairnar

Email: [acanjspm@yahoo.in](mailto:acanjspm@yahoo.in)  
Office No.: 02568-276605

### Online Quiz (Corona)

In Corona's time, there were many misconceptions among the people. The quiz on Corona was conducted with the aim of creating awareness as well as providing information among the students. This quiz created on Google form. This quiz circulates on LMS platform. In this quiz 58 students were responded. This quiz held at 04/06/2020.

Section 1 of 11

Questions Responses 58 Settings Total points: 20

### Quiz

विनाशकारी कोरोना विषाणु प्रसारक संक्राणतें आदर्श कला महाविद्यालय विनाशकारी विषाणु असले तरीही कोरोना विषाणु विनाशकारी कोरोना  
अनजानगी साठी 100% आयोजित करण्यात येत आहे  
आनंदाचा - शाचामें डॉ.आशोक पा. खैरनार  
सहकार्यक - डॉ.प्रमोद पा. गुलाबे

Email \*

Valid email

This form is collecting emails. [Change settings](#)

पुर्ण नाव

Short answer text

वर्ग

Short answer text

## Annual Report of Department of Physical Education and Sports 2020-2021



Nijampur Jaitane Shikshan Prasarak Mandalache  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**

Nijampur-Jaitane-424305, Tal--Sakri, Dist-Dhule, Maharashtra, India

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Website: [www.njspmaca.in](http://www.njspmaca.in)

Principal Dr.Ashok Pitambar Khairnar

Email: [acanjspm@yahoo.in](mailto:acanjspm@yahoo.in)

Office No.: 02568-276605

### **21 June 2020 International Yoga Day Online Yoga Video Competition**

Nizampur -Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh Mahavidyalaya Nizampur Jaitane and the Department of Physical Education jointly organized the Inter-College Online Yoga Video Competition on 21st June 2020 to celebrate International Yoga Day online.

The principal of the college, Dr. Ashok Khairnar, all the professors and non-professor staff and students from various colleges participated. Participants all made videos of doing different asanas. The principal of the college, Dr. Ashok Khairnar explained the importance of pranayama through yoga. "Yogasana is our Indian culture and we have to take care of it," he said. It mainly includes Vrikshasana, Paschimotannasana, Vajrasana, Veerabhadrasana and Hasthauddhanasana as well as it is suggested that everyone should voluntarily do the remaining asanas, pranayama. Try to do each asana for at least one minute. Sent to Examiner Prof. Yogeshwar Nandre for examination.

According to the result, 1<sup>st</sup>. Mr.Tawale Rahul Sujit ( Arts, Commerce and Science college, Taloda) 2<sup>nd</sup> Mr.Nyahalde Chetan (Arts, Commerce and Science college, Akkalkuwa) and 3<sup>rd</sup> place went to Jadhav Ashwini Vitthal (Adarsh college of Arts, Nijampur-Jaitane). It was then collected and published on the college's YouTube channel. The program was organized by Dr. Priyanka Sulakhe with the guidance of Principal Dr. Ashok Khairnar and the cooperation of all the teaching and non teaching staff. In this competition 26 students of various colleges were participated.

**You tube link- <https://youtu.be/o7gDOVkw9w>**

**Miss.Priyanka P.Sulakhe**  
Director of Physical Education

**Dr.Ashok P.Khairnar**  
Principal

## Annual Report of Department of Physical Education and Sports 2020-2021



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Online Yoga Day Video Competition  
25 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

Online Yoga Day Video Competition  
125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

## Annual Report of Department of Physical Education and Sports 2020-2021



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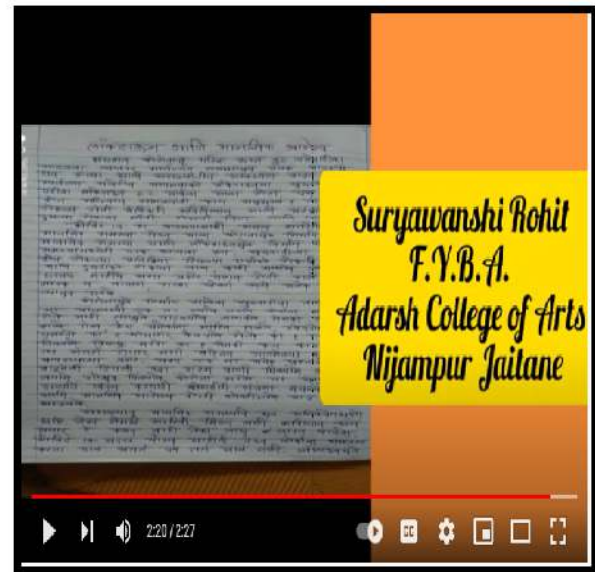
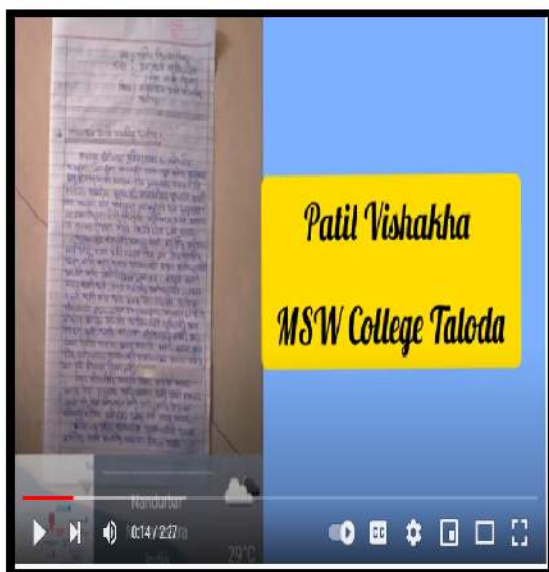
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### Inter Collegiate Essay Competition

Nijampur -Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh Mahavidyalaya Nizampur Jaitane and the Department of Physical Education jointly organized Inter collegiate Essay Competition on 27/08/2020. In the pandemic situation academic and sports field was very affected. In this time to stimulate the intellect and motivate for expressed views organized online essay competition. For this competition some topics like Covid and Physical fitness, mental health in covid – 19, benefits of exercises, benefits of yoga were given to the participants. In this competition 36 students were participated.

**You tube link-** <https://youtu.be/4N-1kKYL46A>



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### **National Sports Day (Online Video Competition)**

The National Sports Day in India is celebrated on 29 August, on the birth anniversary of hockey player Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh. In academic year 2020-2021 National sports day celebrating on 29/08/2020. On this occasion online Video competition was organized. For boys Push-ups and for girls skipping competition was organized. One minute given by the participants to record their video. This video send to the examiner and result was declared.

**You tube link-** <https://youtu.be/b-1YckxBVqo>

**Boys- 1<sup>st</sup> – Khalane Ankush**  
2<sup>nd</sup> – Bagul Lokesh  
3<sup>rd</sup> – Bagul Rakesh

**Girls – 1<sup>st</sup> – Jagdale Bhagyashri**  
2<sup>nd</sup> - Mali Aarti  
3<sup>rd</sup> - More Nikita



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### Bridge Course (Online)

A bridge course for newly admitted students is conducted every year before the commencement of the first semester classes. The main objective of the course is to bridge the gap between subjects studied at Pre-university level and subjects they would be studying in Graduation. The syllabus for the course is framed in such a way that they get basic knowledge on the subjects which they would be learning through graduation. During the first week after the commencement of the classes, the bridge course curriculum is delivered to the students in various disciplines. This course conducted on 10/12/2020. This video available on college You tube channel. **You tube link-** [https://youtu.be/q\\_N72yQWXIY](https://youtu.be/q_N72yQWXIY)



## Annual Report of Department of Physical Education and Sports 2020-2021



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### Online Quiz (Track & Field)

Quizzes encourage pupils' self awareness of track sports and self assessment. By taking quizzes, pupils get instant feedback on their responses. And this can help them identify areas they need to develop themselves and highlight progress for them to be proud of. This quiz helps to student for gaining and updates the knowledge about track sports. This quiz organized on 02/02/2021. For this quiz 53 students were responded.

**You tube link-** <https://forms.gle/AJLts6WhzLM7V8Th9>

Questions Responses 53 Settings Total points: 10

Section 1 of 2

### Quiz on Track and Field Events

N.J.S.P.Mandal's Adarsh college of Arts, Nijampur-Jaitane, Tal.Sakri, Dist- Dhule and Department of Physical Education and Sports organize Quiz on track and field

Regards  
Dr. Ashok P. Khairnar  
Principal  
Dr. Priyanka P. Sulakhe  
Coordinator

Name of the Student

Short answer text

Class \*

F. Y. B. A.

S. Y. B. A.

T. Y. B. A.

## Annual Report of Department of Physical Education and Sports 2020-2021



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### One day National Level Webinar on Yoga and Happiness of Life

Nizampur-Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh College Nizampur-Jaitane and Physical Education Foundation of India jointly organized one day national webinar on Yoga and Happiness of Life on 26 May 2021. In each field subjects can be taught online but in the field of physical education it is not possible to teach to some extent. But due to many such initiatives, physical education can be made available online to some extent. "Corona has made everyone aware of the online method and we should continue to use this online method in our lives after the Corona era is over," he said. Yoga helps a person in all aspects of mental, physical and spiritual development. He said that yoga is one of the most beautiful ways to take our Indian tradition to the rural areas. He hoped that the college would organize many such activities online and take physical education to the grassroots in the same way. 352 participants were attended this webinar.

**You tube link-** <https://youtu.be/O4lgSVfQqRA>





## Annual Report of Department of Physical Education and Sports 2020-2021



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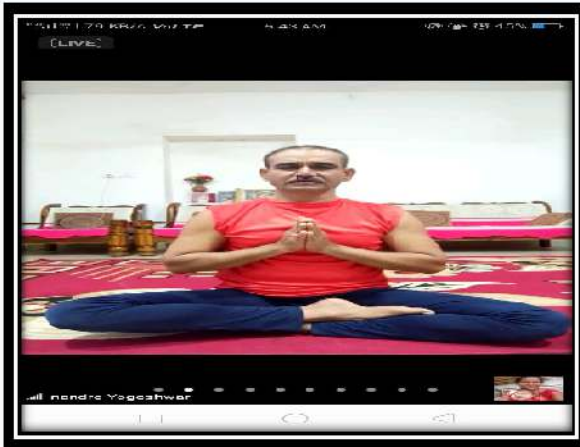
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Office No.: 02568-276605

### Two Week Certificate Course in Yoga (Online)

Nizampur Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh College ,Nizampur Jaitane and Pimpalner Education Society's Karmaveer A.M. Patil Arts & Commerce and Kailasvasi N.B. Patil Science Senior College jointly organized a two week Certificate Course in Yoga between 07 June 2021 to 21 June 2021. 726 people participated in this Course. The physical and mental development of every person of the society participating in this course can be achieved. You can improve your physical and mental health through yoga while sitting at home even during corona. In such a scenario, there is a dire need for such courses in the field of physical education he added in his presentation. Two week certificate course in yoga was organized from 07th June to 21st June between 5.30 am and 7.30 am. As this certificate Course is a research supplement, those who have problems like BP, diabetes, thyroid, obesity should check their profile before starting the course.

**You tube link-** <https://youtu.be/MbWLAh0pcHM>



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### One Week Certificate Course in Yoga for Women Wellness (Online)

Jagannath Kadwadas Shah Adarsh Mahavidyalay of Nizampur Jaitane Shikshan Prasarak Mandal, Nizampur Jaitane, Maharashtra State Yoga Association and Olympic Jagran Samiti jointly organized a one week Certificate Course in Yoga for Women Wellness from 20/10/2021 to 26/10/2021 not only from Maharashtra but also from different states of the country, women from different regions participated in it. Two hour yoga training camp was organized from 20/10/2021 to 26/10/2021 between 5.30 am and 7.30 am. As this certificate is a research supplement, women who suffer from stress, obesity, diabetes, pcod, etc. should check their profile before starting the course. Ashok Khairnar had appealed before the course. Dr. Anita Patil was hired as the Yoga Instructor for this course. All the information in this regard was collected before the course started. Journal seat was taken on 20/10/2021. 344 people participated in this Course

**You tube link-** <https://youtu.be/7SEbboC26og>



## Annual Report of Department of Physical Education and Sports 2020-2021



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### Certificate Course on Course on Balance Diet and Nutrition (Online)

Nijampur- Jaitane Shikshan Prasarak Mandal's , Jagannath Kadwadas Shah Adarsh College and Department of Physical Education in collaboration with Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon Conducted Certificate Course on Balance Diet and Nutrition in Academic Year 2020-2021. Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon has been granted Certificate Course under 181 ordinances for the three years. Our college belongs to rural area. Our Students come from Hilly and Rural Areas. College students are physically and mentally is very weak. They have HB deficiency. The reason behind all this is that they are not aware about diet. Their family, society, environments are also not aware. The student can work actively for the community as an information messenger. If students are made aware of diet, they will make their family aware of alternative society. If they have good habits, they will be able to guide others. For this Certificate Course application form collected via Google form. 60 students were selected for this course.



## Annual Report of Department of Physical Education and Sports 2020-2021



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### Rendering of the National Anthem of India

Nizampur-Jaitane Shikshan Prasarak Mandal's, Jagannath Kadwadas Shah Adarsh Mahavidyalaya Nizampur-Jaitane celebrating Azadi ka Amrit Mahotsav. On this occasion our College students and Staff Rendering of the National Anthem of India on 15th August 2021; by visiting the link [rashtragan.in](http://rashtragan.in). 17 students, Principal Dr. Ashok P. Khairnar, all the teaching and non teaching staff was participated in this programme. Uploaded the video of singing national anthem following the procedure given by going to the online link. The principal of the college Dr. Ashok Khairnar as well as all the teaching and non teaching staff and students registered their participation. Each participant was given a certificate from the Government of India.



## Annual Report of Department of Physical Education and Sports 2020-2021



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### **Interaction of Hon. Prime Minister with Paralympics bound athletes on 17 Aug.2021**

India has made historic strides in the Paralympics, including the Tokyo Olympics. In the Paralympics, India won a total of 19 medals, including five gold medals. This includes 8 silver medals and 8 bronze medals. This is India's best performance in the Paralympics so far. Prime Minister Narendra Modi interacted with the Paralympic athletes on Thursday after their return to India. A video of this has been released on Sunday. After the actual visit, Modi said that the para athletes have done a tremendous job in Tokyo. Every effort will be made to ensure that they continue to perform well. The whole country is with them. Prime Minister Narendra Modi interacted with a delegation from India's Tokyo Paralympics on August 17, 2021 through a virtual conference. Visit <https://omelents.ncog.gov> to listen to Prime Minister Narendraji Modi's interaction with Tokyo Paralympics team through virtual conference. Our 11 students registered their participation.



## Annual Report of Department of Physical Education and Sports 2020-2021



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### **Fitness ka Dose Aadha Ghanta Roz**

Fitness ka Dose Aadha Ghanta Roz Virtual Running was organized by Jagannath Kadwadas Shah Adarsh College of Nizampur-Jaitane and Department of Physical Education between 23rd august 2021 to 31st august 2021. The Fitness Ka Dos Aadhaar Ghanta Rose campaign was launched by Prime Minister Modi earlier this year. College students are registered on the Government of India's website. Each student was asked to run at least 1 km daily and send his / her photo to the college. In this, 19 students will register their participation. These daily running photos of the students were uploaded on the website of the Government of India every day.



## Annual Report of Department of Physical Education and Sports 2020-2021



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### Freedom Run 2.0

The 'Fit India Freedom Run' was started on August 13 as part of the 'Azadi Ka Amrut Mahotsav' program. Under the concept of Ministry of Youth Welfare and Sports, weekly programs was organized in 75 districts and 75 villages in each district till October 2, 2021. In a month and a half, these programs was held in a total of 744 districts. Jagannath Kadwadas Shah Adarsh Mahavidyalaya of Nizampur-Jaitane Shikshan Prasarak Mandal had organized a 100 m run under Fit India Movement on 04 September 2021. The competition was held on Vaskhedi Road at 9.00 am. The competition was conducted by Principal Dr. Ashok Khairnar with a green flag.



## Annual Report of Department of Physical Education and Sports 2020-2021



### Nijampur Jaitane Shikshan Prasarak Mandalache Jagannath Kadwadas Shah Adarsh Mahavidyalay

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### Activities of Department of Physical Education and Sports

In addition to playing sports, a number of activities are organized for the players to gain knowledge in the field of physical education. To become physically fit and to develop their personality various activities organized. Events like online lectures, online quiz, Webinars, Certificate Course, Online Competition are held on the occasion of Sports Day.

Date	Name of Activity
04/06/2020	Online Quiz (Corona)
21/06/2020	International Yoga Day
27/08/2020	Inter Collegiate Essay Competition
29/08/2020	National Sports Day (online Video Competition)
10/12/2020	Bridge Course(Online)
02/02/2021	Online Quiz (Track & Field)
26/05/2021	One day National Level Webinar on Yoga and Happiness of Life. (Online)
07/06/2021 to 21/06/2021	Two Week Certificate Course in Yoga. (Online)
20/10/2021 to 26/10/2021	One Week Certificate Course in Yoga for women wellness (Online)
August 2020 to August 2021	Certificate Course on Course on Balance Diet and Nutrition (Online)
15 Aug.2021	Rendering of the National Anthem of India
17 Aug.2021	Interaction of Hon .Prime Minister with Paralympics bound athletes on 17 Aug.2021
23/08/2021 to 31/08/2021	Fitness ka Dose Aadha Ghanta Roz Virtual Running
04 September 2021	Freedom Run 2.0

  
**Miss.Priyanka P.Sulakhe**  
Director of Physical Education

  
**Dr.Ashok P.Khairnar**  
Principal



**N.J.S.P.Mandalache**  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**  
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**ANNUAL REPORT (2021-2022)**



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

**Dr.Priyanka P.Sulakhe**  
**Director of Physical Education**

**Dr.Ashok P.Khairnar**  
**Principal**



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## Report

N.J.S.P.Mandalache, Jagannath Kadwadas Shah Adarsh College, Nijampur-Jaitane participated in Inter Collegiate tournament of Nandurbar Zonal under Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. During the academic year 2021-2022, a total of five teams respectively Power Lifting (M), Athletics (M), Wrestling (M), Judo (M), Hockey (M) participated in Inter Collegiate Nandurbar Zonal Tournament. A total of 11 students participated in this events. All these participating players were given certificates by the college. Due to Players excellent performance in the Inter-college competition, 04 players of the college were selected for the Inter-Group competition.

### Students participated in Inter-Collegiate Tournament

Sr.No	Event	Inter-Collegiate		Inter-Group	
		Men	Women	Men	Women
1.	Power Lifting	01		01	-
2.	Athletics	07			
3.	Wrestling	01	-	01	
4.	Judo	01	-	01	
5.	Hockey	01		01	-

### Students Selected in Nandurbar Zone Inter-Group Tournament

Student participated in Inter-Group Tournament				
1.	Khairnar Kalyan Pundlik	F.Y.B.A.	O.B.C.	Wrestling
2.	Pawar Dipesh Yogesh	T.Y.B.A.	OBC	Hockey, Judo
3.	Khalane Ankush Rajendra	T.Y.B.A.	O.B.C.	Power Lifting

  
Miss. Priyanka P. Sulakhe  
Director of Physical Education

  
Dr. Ashok P. Khairnar  
Principal



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**Student participated in Various Events in Inter-Collegiate Tournament**

**Power Lifting**

Nandurbar Zone Inter –Collegiate Power Lifting (M) Competition organized by Art’s, Commerce and Science College, Lonkheda on 10 Dec. 2021. Power Lifting (M) Team of our N.J.S.P.Mandalache Jagannath Kadwadas Shah Adarsh College, Nijampur-Jaitane College participates in this Event. Reporting time of this event was 10 Dec. 2021 at 10.00 am. Our one student was present the college in this event.

**Power Lifting organized by A.C.S.College, Lonkheda held at 10 Dec. 2021**

1.	Khalane Ankush Rajendra	T.Y.B.A.	O.B.C.	Ist
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**Hockey**

Nandurbar Zone Inter –Collegiate Hockey (M) Competition organized by G.T.P College, Nandurbar on 14 Dec.2021. Hockey (M) Team of our N.J.S.P.Mandalache Jagannath Kadwadas Shah Adarsh College, Nijampur-Jaitane College participates in this Event. Reporting time of this event was 14 Dec.2021 at 10.00 am. Our one student was present the college in this event.

**Hockey organized by G.T.P College, Nandurbar held at 14 Dec.2021**

1.	Pawar Dipesh Yogesh	T.Y.B.A.	OBC
----	---------------------	----------	-----



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Website: [www.njspmaca.in](http://www.njspmaca.in)

Principal Dr.Ashok Pitambar Khairnar

Email: [acanjspm@yahoo.in](mailto:acanjspm@yahoo.in)

Office No.: 02568-276605

### Athletics

Nandurbar Zone Inter – Collegiate Athletics (M) Competition organized by G.T.P College, Nandurbar on 15-16 Dec.2021. Athletics (M) Team of our N.J.S.P.Mandalache Jagannath Kadwadas Shah Adarsh College Nijampur- Jaitane College participate in this Event. Reporting time of this event was 15 Dec. 2021 at 10.00 am. Our Seven students were present the college in this event.

#### Athletics organized by G.T.P College, Nandurbar held at 15-16 Dec.2021

1.	Bagul Rakesh Bharat	T.Y.B.A.	S.T.
2.	Pawar Vikesh Ramdas	T.Y.B.A.	S.T.
3	Jagdale Bhatu Vilas	S.Y.B.A.	OBC
4.	Thelari Sandip Raju	S.Y.B.A.	NT
5	Malche Krushna Mukunda	T.Y.B.A.	S.T.
6.	Wagh Rohidas Dagadu	S.Y.B.A.	S.T.
7	Pawar Dipesh Yogesh	T.Y.B.A.	OBC

### Wrestling

Nandurbar Zone Inter – Collegiate Wrestling (M) Competition organized by Uttamrao Patil College, Dahivel on 7 Dec. 2021. Wrestling (M) Team of our N.J.S.P.Mandalache Jagannath Kadwadas Shah Adarsh College Nijampur- Jaitane College participate in this Event. Reporting time of this event was 7 Dec. 2021 at 10.00 am. Our one student was present the college in this event. Our Khairnar Kalyan Pundlik got Ist place in this Event. Due to excellent performance in the event Khairnar Kalyan Pundlik selected for the Inter Group tournament.

#### Wrestling organized by U.P. College, Dahivel held at 7 Dec. 2021

1.	Khairnar Kalyan Pundlik	T.Y.B.A.	O.B.C.- Ist
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Nijampur Jaitane Shikshan Prasarak Mandalache  
**Jagannath Kadwadas Shah Adarsh Mahavidyalay**

Nijampur-Jaitane-424305, Tal--Sakri, Dist-Dhule, Maharashtra, India

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## Judo

Nandurbar Zone Inter – Collegiate Judo (M) Competition organized by Uttamrao Patil College, Dahivel on 7 Dec. 2021. Judo (M) Team of our N.J.S.P.Mandalache Jagannath Kadwadas Shah Adarsh College Nijampur- Jaitane College participate in this Event. Reporting time of this event was 7 Dec. 2021at 10.00 am. Our one student was present the college in this event. Our Pawar Dipesh Yogesh got Ist place in this Event. Due to excellent performance in the event Pawar Dipesh Yogesh selected for the Inter Group tournament.

### Judo organized by U.P. College, Dahivel held at 7 Dec. 2021

1.	Pawar Dipesh Yogesh	T.Y.B.A.	OBC - Ist
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**Miss. Priyanka P. Sulakhe**  
Director of Physical Education

**Dr. Ashok P. Khairnar**  
Principal