

Department of Physical Education & Sports

About the Department:

Department of Physical Education was established in 1968 Physical Education department is one of the important departments of the institute in respect of keeping the student physically, Socially as well as Mentally fit. Physical Education means all-round development of the students. The Department is having well equipped Gym and big play-grounds to play Ball-badminton, Kabaddi, Atyapatya, Volleyball, Basketball and Long jump pit, Cricket ground facility and includes Table Tennis hall, Yoga hall Aerobics hall, which can be treated as multi sports Complex. Department added weight lifting and training Equipment's. Weight training system improves progressive resistance exercises, Speed, Power and Endurance of players.

Every year the outstanding sportspersons are felicitated on Republic Day and National Sports Day at the hands of Director by giving Awards, Trophies/ Medals/ Certificates and Sports kit, Tracksuit, Shoes. Their names are also recommended to R.T.M. Nagpur University for incentive marks.

Facilities in the department:

- ❖ A well-Equipped Gymkhana has been made available for students, Teachers and Non-teaching staff. Many new types of equipment's are purchased this year. For ex. Treadmill, Weights, Pagdag etc
- ❖ Big play ground of the college can be treated as multi sports ground. This year the department added weight lifting and training equipment's. Weight training system improves progressive resistance exercises, speed, Power and Endurance of players.
- ❖ . In this year grounds to play Ball-badminton, Kabaddi, Atyapatya, and long jump pit are added to the only cricket ground facility
- ❖ Every year Yoga training program is arranged for students by Dr. Saurabh C. Mohod in the Institute's Yoga Hall.
- ❖ Physical Fitness classes are also regularly taken by Dr. Saurabh C. Mohod for all interested students.
- ❖ A Physical fitness class for students of B.A, B.COM, B.Sc., and M.A & M.Com are compulsory and are included in their regular time table.
- ❖ First Aid Box are made available in the Physical Education Department and in the library. It is regularly checked and replacement of medicines is done from time to time.
- ❖ Medical check-up of all UG & PG students is done by the team of doctors every year.
- ❖ Physical efficiency test of under graduate student is conducted every year.
- ❖ Lifesaving camp for girls.

Participation and Events

- Every year approximately Twenty different game teams of the institute participates in inter collegiate tournaments held by RTM Nagpur University Nagpur. Amongst them some teams won medals or Reached in finals semi-finals or Zone finals.
- Our Institute encourages students to participate in various Sports and Games. We conduct various competitions throughout the year at our college level. We also celebrate sports meet. Inter class competitions in various events such as Running, Three leg Running, Slow Cycling, Lemon spoon, Long jump, Short put, Chess, Table Tennis, Volley ball, Ball-badminton, Kabaddi, Atyapatya, Tennis ball Cricket etc. are conducted. The students participate enthusiastically in all these events.
- Our students regularly participate in Inter collegiate tournaments like Cricket, Volleyball, Basketball, Chess, Badminton, Ball-Badminton, Table-tennis, Athletics, Cross-Country, Yogasan, Wrestling, Mini Golf, Woodball, KhoKho, Football, Hockey, Baseball, Softball, Weightlifting, Powerlifting, Karate, Taiquando, etc. They have performed exceptionally well in these events and have brought laurels to our institute. Besides this our students also participate in Inter-university, State, and National level Tournaments every year.
- Department also conducted the matches between staff Vs student & Teaching Vs Non-Teaching Staff during social gathering.

Star players:



**Intercollegiate Athletic Championship
Dept of Sports and Physical Education, RTM Nagpur University**



**Ms. Akansha Chaudhari and Ms. Anjali Gajbhiye,
Gold Medal, First Women Players Vidarbha Kesari in Kusti Tournament**



**All India University SILVER MEDAL in Minigolf -Tanushree Waghre
in the year of 2021-2022.**



Yash Dawale

SECOND PLACE in Atyapatya National Championship in 2018-2019



Naqi Ur Rehman.

ALL India university participation in football 2017-2018



Aamir Shahid Anju

ALL India university participation football 2017-2018



Allosis L Connor, ALL India university participation football 2017-2018

ACHIVMENTS:



Silver Medal in 10000mts Walking



Footsal Winner Team



Organised Inter Colligate Ballbadminton Championship and Selection Trials in 2018



Organised Cycle Race Competition & Prize Distribution in



Our Junior College Division



Participated in Ballbadminton Tournament.



Chess Team



Players Participate in Atyapatya State Championship held at Osmanabad 2019



Intramural Running



International Yoga Day

21-06-2020



Khasdar Krida Mohotsav Kabaddi Women Team



RTMNU'S Physical Education & Sports Department Organised Suryanamskar Competition 2022.

We got Second Position in Urban

All India University Ball Badminton Tournament 2021-2022



SANTAJI MARATHON



KRIDA MOHOATSAV KABADDI MATCH



KHOKHO COMPETITION



WINNER TEAM



BALLBADBIMTON MATCH



SENIOR STATE ATYA PATYA MATCH





Ms. Akansha Chaudhari and Ms. Anjali Gajbhiye, First Women Players Vidarbha Kesari in Kusti Tournament

