

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

- ❖ All India University **SILVER MEDAL** in Minigolf **Tanushree Waghare** in the year of 2021-2022.
- ❖ **Yash Dhawale** secured **SECOND PLACE** **Atyapatya National Championship** in 2018-2019.
- ❖ ALL India University participation **Naqib Ur Rehman** in football 2017-2018.
- ❖ ALL India University participation **Aamir shahid Anjum** football 2017-2018.
- ❖ ALL India University participation **Allosis L Connor** football 2017-2018.
- ❖ ALL India University participation **Anshul R Yadav** football 2017-2018.
- ❖ ALL India University participation **Saquib Jammal Akhtar** football 2017-2018.
- ❖ ALL India University participation **Ku.Vaishali Dhote** football 2017-2018.
- ❖ ALL India University participation **Ku.Rati R Indurkar** football 2017-2018.
- ❖ ALL India University participation **Ku.Chandni Borkar** football 2017-2018.
- ❖ ALL India University participation **Ku.Shalini Jibhkate** Hockey 2017-2018.
- ❖ ALL India University participation **Amar Pradhan** Baseball 2017-2018.
- ❖ ALL India University participation **Vishnu Shriwas** Softball 2017-2018.
- ❖ ALL India University participation **Ku.Ashwini Nandeshwar** Baseball, Softball 2017-2018.
- ❖ ALL India University participation **Amit Thakur** Athletics 2017-2018.
- ❖ ALL India University participation **Ku.Trupti S Sakhre** football 2017-2018.
- ❖ ALL India University participation **Naqi Ur Rehman** in football 2018-2019.
- ❖ ALL India University participation **Allosis L Connor** football 2018-2019.
- ❖ ALL India University participation **Anshul R Yadav** football 2018-2019.
- ❖ ALL India University participation **Aman Helonde** football 2018-2019.
- ❖ ALL India University participation **Sakib Jamal** football 2018-2019.
- ❖ ALL India University participation **Ku.Rati R Indurkar** football 2018-2019.
- ❖ ALL India University participation **Ku.Trupti S Sakhre** football 2018-2019.
- ❖ ALL India University participation **Ku.Vaishali Dhote** football 2018-2019.
- ❖ ALL India University participation **Ku.Chandni Borkar** football 2018-2019.
- ❖ ALL India University participation **Ku.Sakshi Meshram** football 2018-2019.
- ❖ ALL India University participation **Ku.Ashwini Nandeshwar** Hockey 2018-2019.
- ❖ ALL India University participation **Ku.Akshita Bhawe** Ball-Badmiton 2018-2019.
- ❖ ALL India University participation **Utkarsh A Nagose** football 2019-2020.
- ❖ ALL India University participation **Arjun A Rokha** football 2019-2020.
- ❖ ALL India University participation **Shrikant G Gelme** football 2019-2020.

- ❖ ALL India University participation **Aman Helonde football 2019-2020.**
 - ❖ ALL India University participation **Abdul G Iqbal football 2019-2020.**
 - ❖ ALL India University participation **Ku.Rati R Indurkar football 2019-2020.**
 - ❖ ALL India University participation **Ku.Sakshi Meshram football 2019-2020.**
 - ❖ ALL India University participation **Ku.Chandni Borkar football 2019-2020.**
 - ❖ ALL India University participation **Ku.Ashwini Nandeshwar Hockey 2019-2020.**
 - ❖ ALL India University participation **Ku.Akshita Bhawe Ball-Badmiton 2019-2020.**
 - ❖ ALL India University participation **Riyanshu k Lute Woodball 2019-2020.**
 - ❖ **Krutika Khaparde** selected in **47th Junior State Kabaddi Championship** held at Bhandara. Got **First Place. 2020-2021**
 - ❖ College Organised **Sports Alumni Programme** 6th December 2020-2021
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- ❖ PWS College Opening **SPORTS ACADEMY** on Various games on 1st -12-2020
 - ❖ ALL India University participation **Ku.Shreya Dandekar Basketball 2021-2022.**
 - ❖ ALL India University participation **Oshindra M Borkar Kabaddi 2021-2022.**
 - ❖ ALL India University participation **Devesh Jambhulkar football 2021-2022.**
 - ❖ ALL India University participation **Chirag Naidu football 2021-2022.**
 - ❖ ALL India University participation **Rajan V Yadav Athletics 2021-2022.**
 - ❖ ALL India University participation **Ku.Krutika khaparde Ball-Badmiton 2021-2022.**
 - ❖ ALL India University participation **Rakshit Sangole Hockey 2021-2022.**
 - ❖ ALL India University participation **Mohit Crosscountry 2021-2022.**
 - ❖ ALL India University participation **Jaykumar Shahu Ball-Badmiton 2021-2022.**
 - ❖ ALL India University participation **Ku.Anjali Gajbhiye Wrestling 2021-2022.**
 - ❖ ALL India University participation **Ku.Harmanpreet Sharma Karate 2021-2022.**
 - ❖ ALL India University participation **Yash Dhawale Minigolf 2021-2022.**
 - ❖ ALL India University participation **Ku.Tanushri Waghare Minigolf 2021-2022.**
 - ❖ ALL India University participation **Tanmay Jambhulkar Rugby 2021-2022.**
 - ❖ ALL India University participation **Ku.Chaitali Gajbhiye Woodball 2021-2022.**
 - ❖ ALL India University participation **Rohit Bangare Woodball 2021-2022.**
 - ❖ State Level Championship **Takshashil Meshram Throwball 2021-2022.**
 - ❖ State Level Championship **Gopal Bramhe Throwball 2021-2022.**
 - ❖ State Level Championship **Shubham Devhare Throwball 2021-2022.**

- ❖ State Level Championship **Dikshant Chokhandre Throwball 2021-2022.**
 - ❖ State Level Championship **Tanmay Jambhulakar Throwball 2021-2022.**
 - ❖ State Level Championship **Pratik Kotangale Throwball 2021-2022.**
 - ❖ State Level Championship **Devid Jatav Throwball 2021-2022.**
 - ❖ State Level Championship **Pankaj Bhagat Atyapatya 2019.**
 - ❖ State Level Championship **Yashkumar Meshram Atyapatya 2019.**
 - ❖ State Level Championship **Atul Shahu Atyapatya 2019.**
 - ❖ State Level Championship **Sahil Nagpure Atyapatya 2019.**
 - ❖ State Level Championship **Ganesh Shahu Atyapatya 2019.**
 - ❖ State Level Championship **Mangesh Chandanmlagar Atyapatya 2019.**
 - ❖ State Level Championship **Ankit Kaitha Atyapatya 2019.**
 - ❖ State Level Championship **Gaurav Badole Atyapatya 2019.**
- 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

Alumni Selected in Government Job

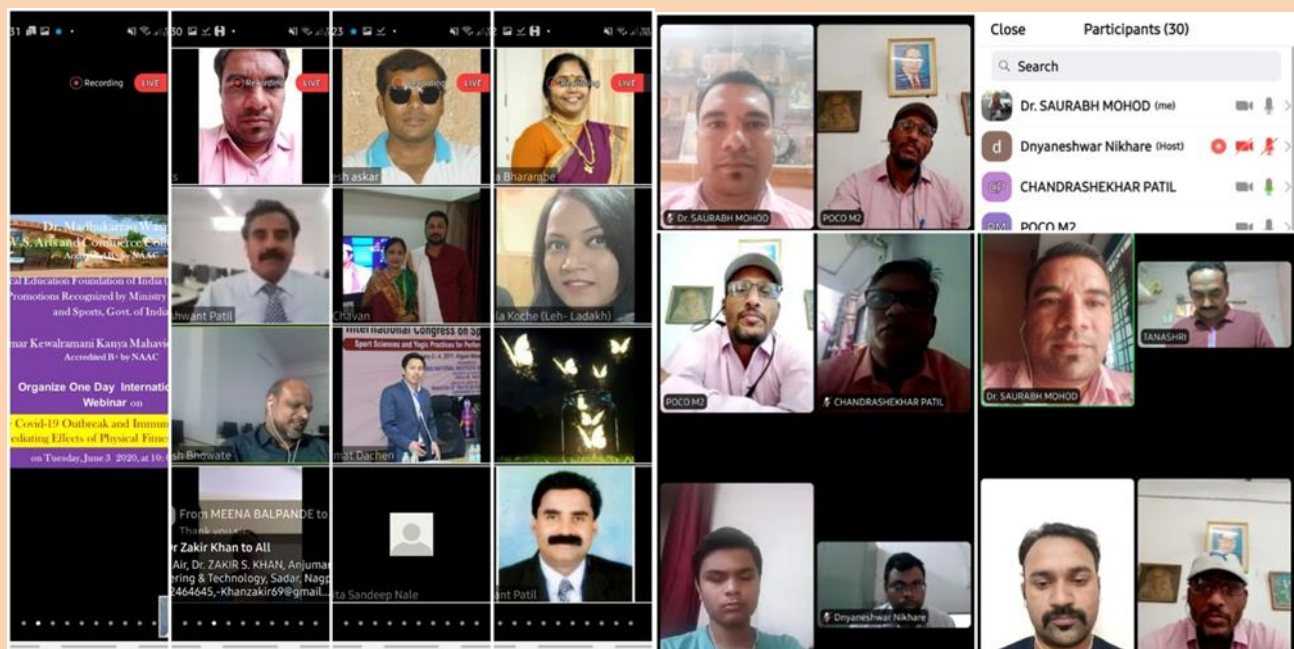
Rajesh Brahmankar	Gondia Police	Football	1995
Deepak Andraskar	Nagpur Police	Football	1996
Brijmohan Rawal	Teacher	Football	1997
Gajanan Gadge	Nagpur Police	Football	1999
Javed Akhtar	Central Railway	Kabaddi	1999
Abhishek Kashyap	Nagpur Police	Football	2002
Deepa Gajbhiye	N.M.C.	Kabaddi	2018
Raj Yadav	Army	Athletics	2019
Oshindra Borkar	Ordnance Factory	Kabaddi	2021

ONE-DAY NATIONAL WORKSHOP

Dr.Madhukarrao Wasnik P.W.S. Arts and Commerce College Nagpur, Department of Physical Education & Sports in collaboration with Physical Education Foundation of India (PEFI) National Sports Promotions Recognition under the aegis of Ministry of Youth Welfare & Sports, Govt.of India organized UGC Sponsored One-day National Workshop on ***“Importance of Stretching Exercises for Enhancement of Performance Levels in Sports Persons”*** on dated 24th February 2018 at our College.

ONE DAY INTERNATIONAL WEBINAR

Dr.Madhukarrao Wasnik P.W.S. Arts, Commerce & Science College Nagpur , Physical Education Foundation of India (PEFI) National sports Promotions Recognition by Ministry of Youth Welfare and Sports, Govt.of India and Rajkumar Kewalramani Kanya Mahavidyalaya jointly Organized ONE DAY INTERNATIONAL WEBINAR on ***“ The Covid 19 Outbreak and Immunity: Mediating Effects of Physical Fitness”*** on Tuesday 03rd June 2020.



Dr.Madhukarrao Wasnik P.W.S. Arts, Commerce & Science College Nagpur, Department of Physical Education & Sports and Physical Education Foundation of India (PEFI) National Sports Promotions Recognition under the aegis of Ministry of Youth Welfare & Sports, Govt.of India organized Online International 06 Days Workshop on Yoga
On the occasion of INTERNATIONAL YOGA DAY June 21 to 26 , 2021

Dr. Madhukarrao Wasnik PWS Arts and Commerce College
Accredited B+ by NAAC
Kamptee Road, Nagpur
Department of Physical Edu. & Sports

Physical Education Foundation of India (PEFI)
National Sports Promotions Organization
under the aegis of Ministry of Youth Affairs & Sports, Govt. of India

Online International Workshop on Yoga
on the occasion of
International Yoga Day

About PEFI
Dr. Madhukarrao Wasnik PWS Arts and Commerce College is one of the oldest institutions in Nagpur which celebrated its Golden Jubilee of foundation in the year 2018. It is accredited B+ by NAAC, Bangalore in its third cycle, under the able guidance of Chairperson, Dr. Madhukarrao Wasnik, the institution has grown up into a multi-faculty college with the strength of over 8000 students in Jt., UG and PG catering to the needs of the weaker sections of the society in this region. The college is running IOC sponsored Dr. Ambedkar and Buddhist Studies and Six Research Centers for Ph.D research recognized by RTM Nagpur University, Nagpur.

PHYSICAL EDUCATION FOUNDATION OF INDIA
(National Sports Promotions Organization)
Recognized by
Ministry of Youth Affairs & Sports, Government of India

About the International Workshop and the Concept Note:
June 21 was marked as an International Yoga Day by United Nations General Assembly in 2015 that was supported by 177 countries across the world. 'Yog' is a Sanskrit word for 'union' that is 5000 years old physical, mental, and spiritual practice in India. Today's world which is full of stress, ailments and conflicts needs it even more. The breathing exercises, postures and meditation help reduce the stress level, build immunity, improve lung functions leading to healthy mental and physical life. The observation of this day aims to spread the awareness of the benefits of yoga and to lead a healthier lifestyle.

As the world is going through the adversity of Pandemic Covid 19, Yoga has become the need of the hour. Therefore, this year the theme of the International Yoga Day is "Yoga for well being". Apart from giving physical wellness yoga can help pandemic affected society to overcome the mental ill-health, negativity stress, depression and loss. World Health Organization (WHO) has also approved the benefits of Yoga.

This international workshop on yoga is also a humble attempt in this drive to spread awareness about the benefits of yoga for the well-being of the world by connecting with the experts of Yoga around the world and providing a common platform for all.

About Registration:

CHAIRMAN
Dr. Madhukarrao Wasnik
Hon. Ex. MLC and Chairman
People's Welfare Society

INAUGURATOR
DR. ANIL HIRENHAH
Hon. Registrar
RTM Nagpur University,
Nagpur

CHIEF GUEST
MS. AIGUL
Teacher of Hatha Yoga
City of Nur-Sultan,
Kazakhstan
Expert in Ashtanga
Meditation and Wellness

ORGANIZER & CONVENER
Dr. Yeshwant Patil
Principal
DMW PWS Arts and
Comm College

YOGA
Mr. Lokesh R. Chawre
International Yoga Teacher
and founder of Yog
Yogeshwar
Mumbai

DIET AND NUTRITION
Capt(retd) Pragna
Kukade
Diet Consultant
Bhopal, MP

June 22, 2021
AAYURVEDA
Dr. Krunal Shah
Dr. of Ayurveda, Arham
clinic, Nashik

June 23, 2021
YOGHIDRA
Ms. Parul Patel
Yog Nidra Therapist

June 25, 2021
DHYAN YOG
Mr. Tarun Kumar
Sharma
Founder of Nirvana
Trust & National
Jt. Secretary of Physical
Edu. Foundation of
India

June 26, 2021
YOG SHUDDHI KRIYA
Mr. Lokesh Chawre
International Yoga

Patron

Dr. Madhukarrao Wasnik
Hon. Ex. MLC and Chairman
People's Welfare Society

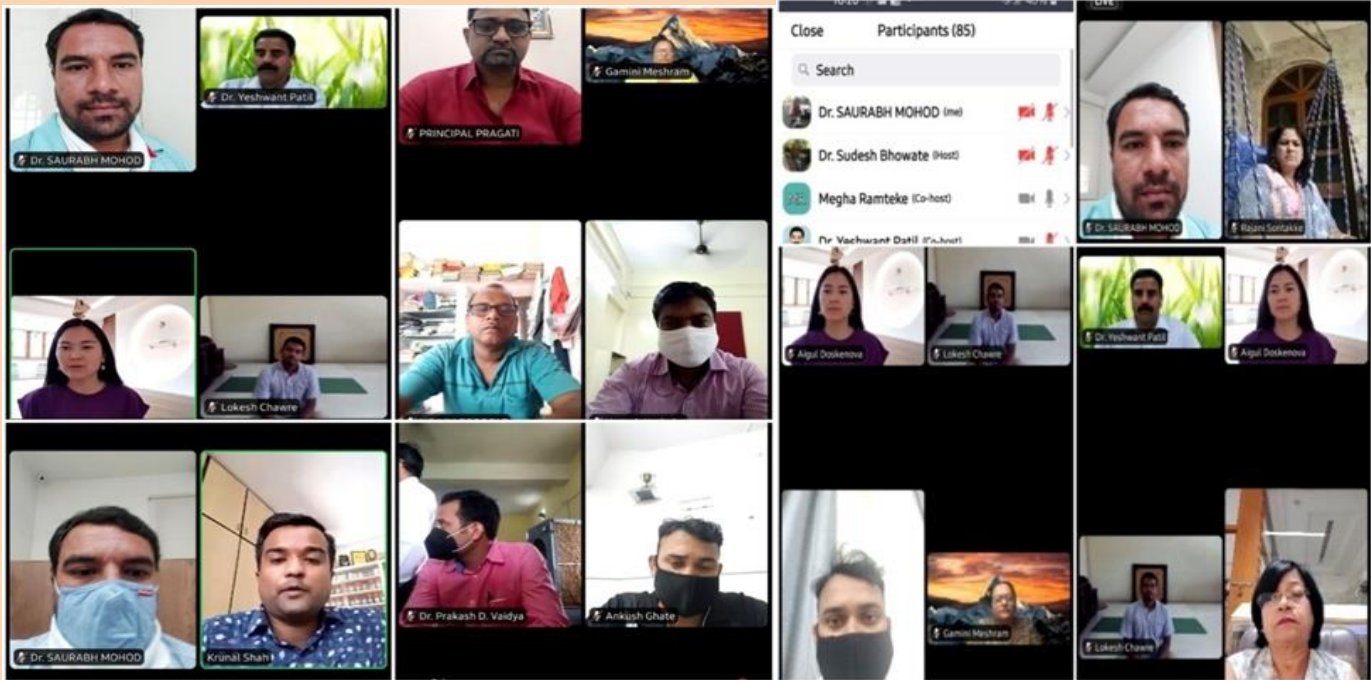
Dr. Subhash R. Chaudhary
Hon. Vice Chancellor
RTM Nagpur University

Dr. Sanjay Dudhe
Hon. Pro. Vice Chancellor
RTM Nagpur University

Mr. Mohan Wasnik
Hon. Secretary
People's Welfare Society

Mr. Manoj Wasnik

June 26, 2021
YOG SHUDDHI KRIYA
Mr. Lokesh Chawre
International Yoga
Teacher and founder of Yog
Yogeshwar
Mumbai



National Sport's Day 29th August 2022. Our Guest is College Alumini Mr. Javed Akhtar National Kabaddi Player Senior Clark in Railway Department Nagpur.



ACHIVMENTS:

Achivement:- 2017-2018



Naqi Ur Rehman
B.A-1[Football]



Aamir Shahid Anjum
B.Com-1[Football]



Allosis L Connor
B.Com-1[Football]



Anshul R Yadav
B.A-1[Football]



Saquib Jammal Akhtar
B.A-1[Football]



Ku. Vaishali Dhote
B.A-1[Football]



Ku. Rati R Indurkar
B.A-1[Football]



Ku. Chandni Borkar
B.Com-1[Football]



Ku. Shalini L Jibhkate
B.A-III[Hockey]



Amar Pradhan
B.A-I[Baseball]



Vishnu Shahu
B.A-I[Softball]



Ku. Ashwini Nandeshwar
B.A-III[Baseball, Softball]



Amit Thakur
M.A-II[Athletics]



Ku. Trupti S Sakhre
B.A-I[Football]

Achivement:- 2018-2019



Naqi Ur Rehman
B.A-1[Football]



Allosis L Connor
B.Com-1[Football]



Anshul R Yadav
B.A-1[Football]



Aman Helonde
B.Com-I[Football]



Sakib Jamal
B.Com-I[Football]



Ku. Rati R Indurkar
B.A-1[Football]



Ku. Trupti S Sakhre
B.A-I[Football]



Ku. Vaishali Dhote
B.A-1[Football]



Ku. Chandni Borkar
B.Com-1[Football]



Ku. Sakshi Meshram
B.A-I[Football]



Ku. Ashwini Nandeshwar
B.A-III[Hockey]



Ku. Akshita Bhawe
B.A-I[Ball-Badmiton]

Achivement:- 2019-2020



Utkarsh A Nagose
B.A-I[Football]



Arjun A Rokha
B.A-I[Football]

Shrikant G Gelme
B.Com-I[Football]



Aman Helonde
B.Com-I[Football]



Abdul G.M.Iqbal
M.Com-II[Football]



Ku.Rati R Indurkar
B.A-1[Football]



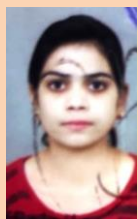
Ku.Sakshi Meshram
B.A-I[Football]



Ku.Chandni Borkar
B.Com-1[Football]



Ku.Ashwini Nandeshwar
B.A-III[Hockey]



Ku.Akshita Bhawe
B.A-I[Ball-Badmiton]

Riyanshu k Lute
B.Com-III[Woodball]

Achivement:- 2021-2022



Ku.Shreya Dandekar
M.A-I[Basketball]



Oshindra M Borkar
B.A-II[Kabaddi]



Devesh Jambhulkar
B.Com-III[Football]



Chirag Naidu
B.Com-III[Football]



Rajan v Yadav
B.A-II[Athletics]



Ku.Krutika khaparde
B.A-III[Ball-Badminton]



Rakshit Sangole
M.A-I[Hockey]



Mohit
M.A-I[Crosscountry]



Jaykumar shahu
B.A-III[Ball-Badmiton]



Ku.Anjali Gajbhiye
B.A-I[Wrestling]



Ku.Harmanpreet Sharma
B.A-I[Karate]



Yash Dhawale
B.Com-I[Minigolf]



Ku. Tanushri Waghare
B.Com-I[Minigolf]



Tanmay Jambhulkar
B.A-I[Rugby]



Ku. Chaitali Gajbhiye
B.Com-I[Woodball]



Rohit Bangare
B.Com-II[Woodball]



Yashkumar Meshram
Best Player

State Level Competitions:-



Takshashil Meshram
B.Com-III[Throwball]



Gopal Bramhe
B.A-I[Throwball]



Shubham Devhare
B.A-I[Throwball]



Dikshant Chokhandre
B.Com-I[Throwball]



Tannay Jambhulkar
B.A-[Throwball]



Pratik kotangale
B.A-III-[Throwball]



Devid Jatav
B.ComII[Throwball]



Pankaj Bhagt
B.Com-I[Atyapatya]



Yashkumar Meshram
B.Com-I[Atyapatya]



Atul Shahu
B.A-I[Atyapatya]



Gaurav Badole
B.A-I[Atyapatya]



Sahil Nagpure
B.A-I[Atyapatya]



Ganesh Shahu
B.A-II[Atyapatya]



Mangesh Chandanmlagar
B.Com-I[Atyapatya]



Ankit Kaitha
B.A-I[Atyapatya]



Silver Medal in 10000mts Walking



Futsal 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





Rajan Yadav Secured Gold Medal In 3000mts Steeplchase



Secured Third Place Championship in Cross Country



Celebrating International Yoga Day



Participating in Nagpur Maha Marathon



Prize Distribution in Khasdar Krida Mohotsav Judo Tournament



Atyapatya Third Place Winner in Krida Mohotav in NSSM College



Celebrating Azadi Ka Amrut Mohotsav 15th August



Khasdar Krida Mohotsav 5 Nitinji Gadkari felicitated Best Player Our College



Khasdar Krida Mohotsav 5 Second Place Winner in Atyapatya



RTMNU Inter Collegiate Kabaddi Women Tournament 2023



Cycle Race 2023



Football Third Place Winner 2023



डॉ. मधुकरराव वासनिक पी.डब्ल्यू.एस.
कला, वाणिज्य व विज्ञान महाविद्यालय, नागपुर



आकांक्षा चौधरी
एम.ए. इतिहास
खुला गट

विदर्भाची पहिली महिला कुस्तिवीर
विदर्भ केसरी झाल्याबद्दल
महाविद्यालयाच्या विद्यार्थिनींचे
हार्दिक अभिनंदन



अंजली गजभिये
बी.ए.
वजन गट ५६

प्राचार्य
डॉ. यशवंत पाटील

शारीरिक शिक्षण व क्रीडा विभाग
डॉ. सौरभ मोहोड, प्रा. अंकुश घाटे
समस्त शिक्षक व शिक्षकेत्तर कर्मचारी



AKANKSHA IS FIRST WOMAN VIDARBHA KESARI

■ Sports Reporter

CITY wrestler Akanksha Choudhary became the first woman Vidarbha Kesari in the Vidarbha Kesari Wrestling Championship held at Shendurjana Ghat in Warud tehsil on Wednesday.

Anshita Manohare, Samiksha Koche, Prashita Jambhulkar and Anjali Gajbhiye won gold medals in their respective weight categories and won the overall championship for Nagpur Nagar Akhada Sanghatan.

Chandapur finished runners-up. Veer Bajiprabhu Krida Mandal organised the championship under the auspices of Vidarbha Wrestling Association and Amravati District Wrestling Association. Wardha MP and President of Maharashtra Wrestling Association Ramdas



Tadas inaugurated the event in the presence of MP Dr Anil Bonde, Ganesh Kohale, Sanjay

Tirathkar and Dilip Itankar. Amravati MP Navneet Rana distributed the prizes.

In the sub-junior section, Akola emerged winner whereas Washim finished runners-up.

First Woman VIDARBHA KESARI is Akansha Choudhary (M.A. 1st) Open Category

Gold Medalist VIDARBHA KESARI is Anjali Gajbhiye Weight Group 57 K.G (B.A.-I Marathi)