

**S. M. B. S. T. College of Arts, Science and Commerce, Sangamner**

**Department of Physical Education and Sports**

**ACTION PLAN FOR THE YEAR 2022-23**

As per the schedule and circular of Host College nominated by Ahmednagar district sports zone for sports competition, proper practice and guidance is given to players or team of our college. The players or team of our college participate in various sports competitions.

➤ **First Term-**


Sr. No.	Months	Activity
1	June / July	<ul style="list-style-type: none"><li>• Admission process,</li><li>• 21 June organize International Yoga Day</li><li>• Departmental Meeting</li><li>• To develop and maintain the playgrounds</li><li>• Various sports/ game practice</li></ul>
2	August	<ul style="list-style-type: none"><li>• Game practice</li><li>• Participation in intercollegiate /district level competition of Chess, Cross country, Kho-kho etc., as per the schedule of Host College nominated by Ahmednagar district sports zone.</li><li>• Daily open Gym for students on 10:00 to 12:30 a.m. and 4:30 to 6:00 p.m.</li></ul>
3	September	<ul style="list-style-type: none"><li>• Game practice</li><li>• Participation in intercollegiate &amp; district level competition of Kabaddi, Volley ball, Basketball, Wrestling, Table Tennis etc.</li><li>• Also participation in inter-zonal &amp; state competition of selected players</li><li>• Daily open Gym for students on 10:00 to 12:30 a.m. and 4:30 to 6:00 p.m.</li></ul>
4	October	<ul style="list-style-type: none"><li>• Game practice of Athletics, Cricket, Net ball etc.</li><li>• Participation in intercollegiate &amp; inter-zonal competition of selected players.</li><li>• Daily open Gym for students on 10:00 to 12:30 a.m. and 4:30 to 6:00 p.m.</li></ul>
5	November	<ul style="list-style-type: none"><li>• Diwali vacation</li><li>• Game practice and participation in inter-zonal competition of selected players</li></ul>

- To organize Intercollegiate/Inter Group Sports Competition during the first term.


*Signature*  
11/07/2023

➤ **Second Term-**

Sr. No.	Months	Activity
6	December	<ul style="list-style-type: none"> <li>• Departmental Meeting</li> <li>• To organize State / National level seminar</li> <li>• Under course 101- Physical Education &amp; sports conduct a lecture on Every First year Classes {FYBA, FYBSc., FYBCom, FYBBA(CA), FYBBA, FYBSc(comp. Sci.)} and also organize game practice of every first year student.</li> </ul>
7	January	<ul style="list-style-type: none"> <li>• To organize Annual sports meet</li> <li>• To organize Annual prize distribution ceremony</li> <li>• To organize Republic Day Function.</li> </ul>
8	February	<ul style="list-style-type: none"> <li>• To develop and maintain the playgrounds.</li> <li>• To organize coaching camps of various sports &amp; games in our college.</li> <li>• To organize Guest lecture.</li> <li>• To conduct Fitness Assessment exam of Physical Education Scheme (PES) for all first year students.</li> </ul>
9	March/ April	<ul style="list-style-type: none"> <li>• To prepare Result of PES Exam.</li> <li>• To prepare the financial budget of Gymkhana Department for the next academic year.</li> <li>• To organize 1 May Maharashtra Day function.</li> </ul>

  
**Director of Physical Education**  
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