

S. M. B. S. T. College, Sangamner

Annual Report

Of

Department of Physical Education and Sports

Year 2022-23

During the academic year 2022-23, students of the college participated in various sports Competitions. The following table shows the participation of students.



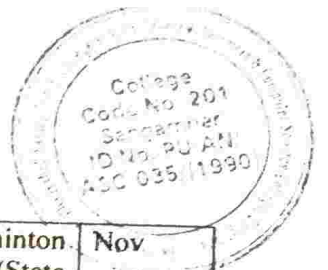
Sr. No.	Name of Sports / Game	Participated Boys / Girls	Result	Inter zonal/state Competition	Inter-University/ National Competition
1	Badminton	05 Men	Participation	02 Men	-
2	Basketball	13 Women	Participation	02 Women	-
3	Kabaddi	12 Men	Participation	01 Men	-
4	Kabaddi	12 Women	Participation	-	-
5	Volley Ball	11 Men	Participation	-	-
6	Cricket	16 Men	Participation	-	-
7	Best Physique	02Men	Participation	01 Men	-
8	Power lifting	02 Men	Participation	01 Men	-
9	Athletics	12 Men 05 Women	Participation	-	-
10	Swimming	02 Men	Participation	01 Men	-
11	Boxing	03 Men	Participation	02 Men	-
12	Squash Racket	01 Men	Participation	01 Men	-
13	Open State level Badminton Tournament, Flam University , Pune Jan 2023	01 Men	Winner up	01 Men	-
14	Hustle & Hit Badminton League Tournament 2023, Mumbai April 2023	01 Men	Winner up	01 Men	-
15	Eagle Eye Badminton Tournament, Pune (State level) Nov 2022	01 Men	Winner up	01 Men	-



16	UR Badminton Academy, Pune April 2023	01 Men	Runner up	01 Men	-
17	Grip up 2.0 State level Badminton Tournament, Mumbai	01 Men	Winner up	01 Men	-
17	All India Power Lifting Championship, Delhi (Sept. 2022)	01 Man	Winner	01 Man	01 Bronze
18	Maharashtra Power lifting Championship, Jamkhed (Nov 2022)	01 Man	Participation	-	-
19	26 th National Sports Karate Championship Gurugram, Haryana (Dec. 2022)	01 Man 01 Woman	Winner	01 Man 01 Woman	02 silver, 01 Bronze
20	5 th State level Rope Skipping, Championship, Nasik (Sept. 2022)	02 Men	Winner	01 Men	01 Silver
21	16 th Junior Maharashtra State Netball Championship, Kohapur (Oct. 2022)	01 Woman	Participation	-	-

Thus 96 players participated in Intercollegiate sports competition. Out of these 11 players were selected for Inter Zonal competition. During the academic year 2022-23, institute has participated in 12 intercollegiate, ¹⁰ 08 Inter-zonal, 07 state level and 01 National sports competition and secured medals. The following table shows various medals achieved by students

Sr. No.	Name of Medalists	Event	Winning position	Level & Place	Date
1	Mr. Egevar Akash Ragunath	Power Lifting	Bronze medal	All India Powerlifting Championship, Delhi	Sept. 2022
2	Mr Chavan Rushikesh	Karate	Silver medal	26 th National Sports Karate Championship Gurugram, Haryana	Dec. 2022
3	Miss Koli Ashwini	Karate	Silver medal	26 th National Sports Karate Championship Gurugram, Haryana	Dec. 2022
4	Mr Janerao Harshal	Badminton	Gold medal (Singles)	Open State level Badminton Tournament, Flam University, Pune	Jan 2023



			Gold medal (Singles)	Eagle Eye Badminton Tournament, Pune (State level)	Nov 2022
			Gold medal (Singles)	Hustle & Hit Badminton League Tournament 2023, Mumbai	April 2023
			Gold medal (Mix Double)	Grip up 2.0 State level Badminton Tournament, Mumbai	April 2023
5	Mr. Shreeraj Kishor Deshmukh	Rope Skipping	Silver medal	5 th State level Rope Skipping, Championship, Nasik	Sept. 2022

Sr. No.	Organized program/ activity	Date	Participation	Aim / Objective Program
1	International Yoga Day	21 st June 2022	86 No. of College Teaching, Non-teaching staff & college students participated.	<ul style="list-style-type: none"> To develop the habit of meditation to enjoy more peace of mind & self-awareness To promote better mental and physical health of students through yoga practice. To bring communities much close together to spend a day for health from busy schedule.
2	One Day Workshop on "Healthy Life Style for Better Living"	21 Sept. 2022	132 No. of College Teaching staff & college students participated.	To promote Health & Fitness awareness among Students & teachers.
3	Intercollegiate Basketball girls Competition	13 Oct. 2022	99 players participated from 09 colleges	To Inculcate Sports culture
4	Annul Sports Competition Events:- Kho-Kho, Kabaddi, Cricket, Volleyball, Basketball, Atheletics, Yoga & Suryanaskar, Chess.	20 March to 27 March 2023	300 Boys & Girls are participated in Individual & Team Games.	To create awareness on the importance of sports, fitness and health
5	International Women's Day competition	20 March to 25 March 2023	150 women from 03 faculties i.e. Arts, Science & Commerce participated	To raise awareness for sports & act as reminder about positive aspects of sports and to promote gender equality in every way.

4	Course 101, Physical Education & Sports	27 April to 10 May 2023	All first year college students & repeater students. Boys - Girls- Total - of college students	To promote Physical activity among non-sportsman and to improve their health during the course of college education.
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Under the kind guidance of the Principal Dr. Patil D. D., the committee members Mr. Pokale A. L., Mr. S. B. Khemner, Dr. S. T. Rahane and Mr. S. P. Kadlag and Dr. P. B Khaire, Director of Physical Education were able to carry out different activities and organize various programs under department of Physical Education and Sports.

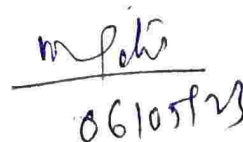
Research Activities- Year 2022-23

Dr. P.B. Khaire published research paper in **Research Nebula**, An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts Commerce Education & Social Sciences with ISSN No. 2277-8071, Journal DOI 10.22183/RN, Impact factor 7.399 & Special Issue on **13 January 2023** page No. 113-114. The title of paper is "Study the effect of selected Yogic practices on Physical Fitness of age Groups 16 to 18 years college girls."



Dr. P.B. Khaire.

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