

Huzurpaga Shrimati Durgabai Mukunddas Lohia Mahila Vanijya Mahavidyalaya

Annual Report

Dept. of Physical education and Sports

2022-23

In this academic year 2022-23 our college students has participated in various sports (team/individual) events and achieved glory at various level like Inter Collegiate, Inter Zonal, Inter University West Zone level, All India Inter University level. I want to enlighten you about participation of our college & achievement by our college students.

TOTAL NO. OF PARTICIPATION IN INTER COLLEGIATE SPORTS EVENT IS (13)

Sr.No.	Event	No. of Students Participated
1	Cross Country	05
2	Athletics	13
3	Badminton	03
4	Netball	09
5	Cricket	16
6	Kho-Kho	13
7	Kabaddi	12
8	Fencing	06
9	Football	01
10	Hockey	01
11	Boxing	01
12	Wrestling	01
13	Chess	02

ACHIEVEMENTS OF STUDENTS IN SPORTS/GAMES

Achievements in Intercollegiate Sports			
Sr.No.	Name of the Player	Event	Place
1	Siddhi Wasvand	Boxing	Silver Medal
2	Sae Chughule	Fencing	Silver Medal
3	Komal rajpurohit	Fencing	Bronze Medal
4	Sukhada Jarande	20km walk	Bronze Medal

Achievements in Inter Zonal Sports				
Sr.No.	Name of the Player	Event	Place	Place
1	Shweta Pasalkar	Kho-Kho	winner	Pratibha College Pune District
2	Siddhi Wasvand	Boxing	Silver Medal	BJS college Pune District
3	Sae Chughule	Fencing	Participated	AGC Pune City
4	Komal Rajpurohit	Fencing	Participated	AGC Pune City
5	Gaytri Kunjir	Fencing	Participated	AGC Pune City
6	Vaishnavi Lambade	Fencing	Participated	AGC Pune City
7	Ankita Chorge	Fencing	Participated	AGC Pune City
8	Akshada Jejurkar	Netball	Participated	T.C. college Baramati
9	Sanika Kabdule	Netball	Participated	T.C. college Baramati
10	Shital Kolekar	Wrestling	Participated	MS Kakade college Ahamad Nagar

Achievements in West Zone Inter University and All India Inter University Sports				
Sr.No	Name of the Player	Event	Place	Place
1	Shweta Pasalkar	(Kho-Kho) 1) West Zone 2) All India Inter University	Gold Medal Bronze Medal	1) Dr.H.G. University (MP) 2) Panjabi University, Patiyala

International Yoga day (21st June 2022)

This year Department of physical education and sports organized three days yoga workshop on occasion of 8th International Yoga Day from 21st June 2022 to 23rd June 2022. The Theme of this camp was **Yoga for Humanity**. This workshop was inaugurated by Principal Dr.Y.R.Thorat .He explained the importance of international yoga day and importance of yoga in day to day life Dr.Gurunath Pawar explained the concept of this theme as the nation is also celebrating **Azadi ka Amrit Mahotsav**. Yoga is powerful tool for individuals, community and countries to improve not only physical but also mental health and to prevent and control non communicable diseases. Yoga for Humanity is movement decided to inspiring and activating for sustainable and global development. Yoga humanity creates content and experiences that bring

together. Yoga approach to wellness considers personal, social, environmental and spiritual wellbeing.

This session was conducted by Dr. Gurunath Pawar and Dr. Smita Pande . The session started with Prayer, then warm-up exercises then practice of different asana such as **Standing pose**-Tadasana, vrukshasana, Trikonasana, Virbhadrasana,Natrajasana,Utkatasana, Katichakrasana, **Sitting pose**-Padmasana,Vajrasana,Dandasana,Paschimotanasana,Badhakonasana,Ardha Matsyendrasana, **Lying on abdomen**- Dhanurasana, Shabhasana, Bhujangasana, Srevangasana,**Lying on back**- Naukasana,Pavanmuktasana,Setubandhasana,Ardha Halasana, Pranayam-Anulom-vilom, Bhramari pranayama, Kapalbhati, Meditation and Omkar.The session ended with prayer. The protocol as given by AYUSH Government of India was followed. This program was organised by Department of Physical education and sports Dr. Gurunath Pawar under the guidance of Principal Dr. Y.R.Thorat.

Independence Day Quiz (15 August 2022)

The day holds tremendous ground in the list of national days. It reminds every Indian about the dawn of a new beginning. This year India celebrated Azadi Ka Amrit Mahaostav on 15th August. India got its freedom from British rule on 15th August 1947. The day reminds us of the sacrifices of various freedom fighters to gain independence from British rule. As a part of Independence Day celebration, an online quiz competition on the theme of “Indian Constitution, struggle for freedom, warriors of Indian independence” was organized by the Sports Department for under graduate students were participated in the Quiz competition. E-Certificates were awarded to the participants. 367 students were participated in this quiz.

National Sports day (29th August 2022)

Every year 29th August National Sports day celebrated in the fond memory of Hockey magician Major Dhaynchandon his birth anniversary. On the occasion of national Sports Day department of physical education organised Workshop on Self Defence and Sports carnival. Principal of the college Dr. Y.R. Thorat Inaugurated this program. Prof. Vikram Arne Introduce the Self defence coach Mr. Mohit Sethia and importance of this program. Self Defence” programme aimed at creating awareness among girl students about self-defence techniques. Mr Mohit Sethia guided and demonstrated different techniques of self-defence students also actively participated in this workshop. he explained how to face critical situation and to protect your-self, how to resist the person who attack them. This session ended by vote of thanks Dr. Gurunath Pawar.

In sports carnival students participated and enjoy various sports activities like Table-tennis, carom and badminton. The students learnt a lot about true sportsmanship and value of playing game. Students were seen playing with true team spirit and celebration of national sports day.

WORLD SURYANAMASKAR DAY (28 JANUARY 2023)

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians. Suryanamaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Suryanamaskar is also known to have an immensely positive impact on the body and mind. Suryanamaskar is best done early morning on an empty stomach. Besides good health, Suryanamaskar also provides an opportunity to express gratitude to the sun sustaining life on this planet.

Surya Namaskar consists of 7 asanas that are performed in a cyclic order, thereby creating 12 asanas in total. They are as follows:

1. Pranamasana
2. Hastauttanasana
3. Padahastanasana
4. Ashwa Sanchalanasana
5. Parvatasana
6. Dandasana
7. Ashtanga Namaskara
8. Bhujangasana
9. Parvatasana
10. Ashwa Sanchalanasana
11. Padahastanasana
12. Hastauttanasana

College has organized World Suryanamaskar Day on 28th January 2023 under the guidance of Dr. Gurunath Pawar (Director of Physical Education). As a part of this movement we have organized this event for our college students, on that Suryanamaskar Challenge each set is composed of 12 yoga poses. Students and staff actively participated in this program.

Arts and Culture Department – 22-23

The art and Cultural Society of the college continuously encourages the basic talents of the female student. The board works to inculcate not only art skills but cultural mirror in the minds of the students through various activities. All-round development of the female student is due to art-skills formation. Every year, various competitions are organized at the college level under “**JALLOSH**”. Students are also encouraged to participate in various competitions at inter-college, university, state and national.

“Astitva **2022**” organized inter-college dance, fashion show, mehndi, treasure hunt, essay, painting, singing and mandala art, etc. organized by BMCC. Students participated in the “**Yuvak Mohotsav-Swar-rang**” competition organized by the ‘Student Development Board of Savitribai Phule Pune University’, the students participated in poster making, photography, dance, and singing, mime act, etc. Participated in arts and crafts Neha Lonkar a student bagged the 2nd prize in the poster making competition while the team bagged the motivational prize in the photography competition.

Marathi Language Pride Day was celebrated on 27 Feb, 2023. The program started with Pune university song and Maharashtra song. On this occasion Marathi Abhiman song was performed. The dignitaries worshiped the image of Kusumagraj and Marathi professor Dr. Vaikhari Vaidya presented the poems of poet Kusumagraj to principal Dr. Yuvraj Thorat presided over the programme, introductory done by librarian Mrs. Neelima Deshpande. So, thanksgiving done by the Art and Cultural Student Representative Ms. Mrunal Raikar.

In February and March, **Jallosh Aanandotsav** was held with art works. Names of the winning contestants are as follows :

COMPETITONS NAMES	FIRST WINNER NAME	SECOND WINNER NAME	THIRD WINNER NAME
MEHANDI COMPETITION	Aarti Gaikwad (TY.B.COM)	Sakshi Jadhav (FY B.COM)	Sayali Malekar (TY.B.COM) Divya Soni (SY.BBA)
PAINTING COMPETITION (Aazadi ka amrut mohotsav - Swarajya mohotsav)	Tejaswini Chokhat (FY.BBA(CA))	Akanksha Kharat (SY.BBA(CA))	Sneha Sontakke (FY.B.COM)
ESSAY COMPETITION (Aazadi ka amrut mohotsav - Swarajya Mohotsav)	Vaishanvi Salunkhe (FY.BBA)		
COOKING COMPETITION (sweet)	Priyanka Baghmare (Modak)	Mrunali Gaikwad (Kheer)	Mrunal Bhatkute (idali) Snehal Jadhav (Barfi)
COOKING COMPETITION (Spicy)	Nikita Yevale (panipuri)	Pooja Gaikwad (chakali)	Mrunal Navale (manchurian) Priyanka Ghogai (cutlet)
BUSINESS DAY COMPETITION (Fun fair)	Pranita kalbune and group (Biryani)	Siddhi ghule (vada pav) Sneha (candle)	Manjiri Parkhe (mehendi) Deepaika Manekar (resin)

Arts and Culture Department – 22-23

FASHION SHOW COMPETITION	Mrunal Bhatkute(anarkali)	Arpita mubande (Padmavat)	Ankita khude and group (chhichhore)
MISS HSDMLMV M COMPETITION	Siddhi ghule	Dipti Suryavanshi	Mrunal Raikar
RANGOLI COMPETITION	Priyanka Morkhande	Manjiri Parkhe	Snehal Kamlekar Deepti suryavanshi
DANCE COMPETITION (group)	Culture and group	Sakshi Nivjekar and group	Rutuja Dhumal and group
DANCE COMPETITION (Solo)	Tanuja pasakar		

Arts and Culture Department – 22-23

Annual Reunion Jallosh 2022-23 in the college was held on Monday, March 13, 2023 with great.

enthusiasm. Hon. Adv. Mr. Praveen Nikam, National Youth Award Winner and Chevening scholar (London School of Economics) and Hon. Mr. Deepak Shivale was appointed as assistant vice president (Jio Fiber State Head- Maharashtra and goa).

In the first session of the programme, the principal of the college Dr. Y.R.Thorat in his introductory speech, Thorat sir reviewed the educational developments in the academic year 2022-2023 and the various activities implemented in the college and emphasized that the college has now qualified for NAAC Rating.

After that, the Chief Guest and the president were introduced by Hon. Prof. Dr. Done by Smita Pandey. After that the Chief Guest of today's Jallosh Annual Reunion Programme Hon. Adv. Praveen Nikam guided the students. In his speech, He presented the journey of his academic's career to the student; He presented the various experiences he had in this journey and also presented valuable thoughts that nothing is impossible in life, only when you dream of an impossible dream, you get positive motivation for its fulfillment. The second Chief Guest of the programme was Hon. Mr. Deepak Shivale highlighted the importance of technical education along with traditional education to the students based on his own experience.

After this, in the programme various competitors conducted under Jallosh 2022-23 as well as cultural programme and felicitation ceremony was held by the dignitaries present by awarding medals, trophies and certificates to the students who have performed specially in Merit in the academic year 2021-22. All the awards were read out by the sports director of the college, Dr. Grunath Pawar sir.

Arts and Culture Department – 22-23

In the second half of the programme, Jallosh 2022-23 Annual Gathering Programme chairperson Hon. Dr. Sushma Keskar specially appreciated all the award-worthy students and also gave a message to the student who did not get the award this time no to despair and try harder next time to get the award with a positive attitude. He also instructed the students that it is more important to think about how to be more satisfied than achieving career success, earning a lot of money, gaining prestige, and self-respect are never enough for us. Meanwhile Prof. Dr. Asmita Kulkarni proposed a word of thanks. In the second session of Jallosh programme , students presented their various qualities based on cultural programs.

The organization and planning of the Annual Gathering Jallosh 2022-23 was organized by the head of the Art and Cultural Board Committee of the college. Dr. Y. R. Thorat done under the guidance of sir

Prof. Dr. Asmita Kulkarni & Dr. Gurunath Pawar
Art & Cultural Department