

**Shikshan Mandal's
Mahila Mahavidyalaya, Karad**

Report: Participation of Students in Sports and Cultural Activities: 2021-22

The college encourages student-players and students interested in sports to participate in sports tournaments all through the year. The Dept. of Physical Education works with following objectives:

- To provide opportunities to students to foster their talent in sports.
- To nurture a liking for physical health in students.
- To promote a team spirit and sportsmanship among students.

Under the guidance of Smt. Smita Jagtap, Asst. Professor, Dept. of Physical Education, the students practiced and participated in the tournaments organized at **University level**.

This year the playground remained active with students along with sports committee members practicing for sports events.

Events:

The year began with celebrating International Yoga Day on 21st June 2021. Teachers and students did Yoga at home and shared their photographs to the organizer of the event due to Covid-19 government regulations regarding lockdown.



Dept. Of Physical Education and NSS organized *Yoga Countdown: Guidance and Demonstration* on 14th May 2022. Smt. Smita Jagtap, Asst. Professor, Dept. of Physical Education demonstrated asanas for weight loss and stress management.



The NSQF Diploma Course in Yoga and Fitness was inaugurated by demonstration of Yogasanas by Ms. Shivani Patil, Yoga instructor on 7th March 2022. Teachers and students participated in the event,



In 2021-22, The college Volleyball participated in Satara Zonal Volleyball Tournament organized by Savitribai Phule Mahila Mahavidyalaya, Satara. on 1st December 2021. Twelve (12) students played in the tournament.

Satara Zonal Athletics Tournament was organized by Sharadchandra Pawar Mahavidyalaya, Lonanad between 7th December and 9th December 2021. Three (3) students participated in the event. Ms. Pournima Prakash Kumbhar won the First place in High Jump and selected for inter-zonal tournament.

Satara Zonal Kabaddi Tournament was organized by Amdar Shashikant Shinde Mahavidyalaya, Medha on 14th December 2021. Twelve (12) students played in the tournament.

Inter-zonal Athletics Tournament was organized by Venutai Chavan College, Karad between 15th December and 17th December 2021. Ms. Pournima Prakash Kumbhar won the First place in Heptathlon and Third place in High jump.

Ms. Pournima Prakash Kumbhar represented Satara District in the Inter-zonal kho-kho Tournament.



Participation of students in Cultural Activities

Ms. Ankita Bhimrao Thorat (B.Com.II) participated in the Online Elocution Competition (Marathi, Hindi and English) organized by the IQAC and Cultural Department, Prof. Sambhajirao kadam College, Deur, Dist Satara on 25th July 2021. Ms. Thorat won First place in Marathi Elocution Competition.

6 students participated in 360 Yuva event - Elocution Competition *Digital Kanya: Social Media and Syber Awareness* conducted on 24th September 2021 by Shrinivas Patil Charitable Foundation and VIKAS IFI. Ms. Ankita Bhimrao Thorat (B.Com.II) won the consolation prize. She was facilitated as *Yuva 360 Intern*, a skill enhancement programme.



In 2021-22, Shivaji University, Kolhapur conducted 40th District level Youth Festival on Online mode. The festival was organized by Chhatrapati Shivaji College, Satara in collaboration with Department of Students Development, Shivaji University, Kolhapur on 20th December 2021. Ms. Ankita Bhimrao Thorat (B.Com.II) participated in Marathi Elocution competition.

Mahila Mahavidyaya, Karad conducted Handwriting Competition (Marathi, Hindi and English)

15 students participated in the event.



The college also held Hairstyle Competition on 4th June 2022. 10 students displayed their art and skill in the event.



Mehandi Competition was held on 4th June 2022.

12 students participated in the event.



The Department of Economics organized an Essay Competition on Kisan Din, 23rd September , 2021. 3 Students participated in the event.

Tehsil Office, Karad had organized Poster and Street-Play competition on Consumers Day. 10 students in two teams each participated in the event. The Teams won First and Second prize in the competition.




IQAC Co-ordinator
Mahila Mahavidyalaya, Karad


Principal
Mahila Mahavidyalaya, Karad