



**Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya,
Satara.**

Gymkhana Report-2021-22

It gives me great pleasure to place before you the Gymkhana Report for the academic year 2021-22. Sports girls made special efforts to achieve success in the field of sports along with increasing academic quality.

- In the first semester, on the Gymkhana Department has organized, A National webinar on 'Age Related Physical Fitness' in association with Chhatrapati Shivaji College, Satara on 8 September 2021. Nearly 300 people took advantage of it through YouTube and Zoom. Dr. Sharad Aher, Chandrasekhar Agashe College, Pune has worked as a resource person.
- Inter-departmental men's and women's yoga competitions were organized in the college on November 28 and 29, 2021 under Shivaji University. In which 38 men and women from Satara, Sangli, and Kolhapur district participated. 9000/- amount was given by the university. Yoga participant team won the second position in the inter-university competition as well as in the Khelo India competition.
- Satara Zonal Volleyball Tournament was conducted on 1st December 2021 by the college. In which nine teams participated from Satara division. In which 108 girls participated. 4000/- was received through Satara zone. we are grateful to Principal. Dr. Vithal Shivankar for providing ground of Chhatrapati Shivaji College, Satara for the competition. To encourage the said players, Principal Dr. Shivling Menkudale gave the trophy to the Yoga team and Dr. Jayshree Aphale, IQAC Co-ordinator to the Hollyball team for the winning players.
- Students of the college participated in inter-departmental yoga competition, athletics, chess, kho-kho, kabaddi, etc. In athletics Ms. Sakshi Ranadive of B.A. part II won second place.
- This year 10 days "Fitness Awareness Training Program" was organized for women faculty and staff of the college. Which included Stretching Exercise, Warm Up, Cooling Down, Exercises, Yogasane: Suryanamaskar, Pranayam, Weight, Strength and Flexibility Training, Zumba and Aerobics etc. 14 women from teaching and Non-teaching staff of the college took advantage of it.

- A five-day self-defence workshop for girls was conducted from 21st March to 25th March 2022 in association with the District Sports Office, Satara through the college, total 85 the girls participated enthusiastically in this workshop.
- Two short term courses namely Police Pre-Recruitment Training and Beauty and Wellness are conducted by the Gymkhana Department. Police pre-recruitment training course was inaugurated by Police Inspector Ms. Anita Amade-Menkar, to guide the student an expert lecture was conducted Mr. Madhav Patankar guided the students on Police Recruitment: Paperwork to Selection Process.
- A sports festival was organized in the college in the present academic year. In this sports festival which runs for four consecutive days, besides the traditional sports of Kabaddi, Kho-Kho, Tug of War, 100m running, shot put, javelin throw, mini run etc. are included.
- The aim of sports department is to involve every girl in sports and bring about a positive change in her personality through sports and inculcate sports culture in them. Accordingly, Zumba, Aerobics Yoga, Suryanamaskar etc. are organized from time to time.
- Presently, as per the regulations given by the Government of Maharashtra and UGC, a countdown activity has started in the college on the occasion of International Yoga Day and a yoga exhibition was held on 14th May 2022. Yoga and books related to it were exhibited. A notice board has been put up and Principal Dr. Shivaling Menkudale wished the activity and gave guidelines to the students about doing yoga.
- In carrying out various activities in the college, valuable support and guidance was received from the college development committee and Hon. Principal Dr. Shivaling Menkudale. Members of the gymkhana department and former sportspersons, professors and administrative servants provided support while conducting various competitions. Thank you to all.


Director

(Physical Education and Sports)


Co-ordinator


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA



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AQAR 2021-22
Criterion- IV

4.1.2. The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.



Chess Competition



Innguration of Vollyball Competition



Sports Activity

IQAC
IQAC
Co-ordinator

Principal
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.

**Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Cultural Committee (2021-22)
A Report**

• **Objectives:**

- 1) To develop artistic potential qualities of the students,
- 2) to provide them guidance and exposure to present their artistic, cultural skills
- 3) to encourage the students to participate in various cultural programmes within and outside the college
- 4) to organize the birth and death anniversaries of great persons to memorize their contribution and inculcate values among the students.

• **Activities undertaken:**

Sr. No	Date	Activity
1	22/9/2021	On the occasion of Birth Anniversary of Karmveer Bhaurao Patil, the founder of Institution and a great social reformer Floral Tribute to his Photo, Online Guidance lecture organized of Hon. Sharadchandraji Pawar, President, Rayat Shikshan Sanstha with special presence of Dr. Anil Patil, Chairman, Rayat Shikshan Sanstha
2	25/9/2021	Expert guidance lecture of Well Known Writer and Principal Dr. Yashwant Patane on Contribution of Karmveer Bhaurao Patil, with collaboration of Chh. Shivaji College, Satara. The Chairperson of this programme was Prin. Dr. Vitthal Shivankar, Secretary, Rayat Shikshan Sanstha, Satara
3	2/10/2021	Birth Anniversary of M. Gandhi , Floral Tribute, Guidance of Prin. Dr. Shivling Menkundale , Auditor & Joint Secretary, , Rayat Shikshan Sanstha, Satara
4	22/12/2021	40 students participated in District level Youth Festival held by Shivaji University Kolhapur. The students participated in various cultural activities- one act play, mime, elocution, folk dance, group song, street play, etc
5	3/1/2022	Birth Anniversary of Savitribai Phule, pioneer of women education, first woman teacher and social reformer in Maharashtra, Special Expert Lecture of Dr. Swati Sarode, V.C. College, Karad, Special presence of Hon. Shivajirao Raut, a well known thinker and writer
6	12/3/2022	Student participated in a reputed one act play competition- Purushottam Karandak Competition. They performed one act play 'Space'.
7	12/3/2022	International Women's Day, a programme to honour women staff,

		Chief Guest- Prin. Dr. Vandana Nalawade, Azad College of Education, Satara
8	5/5/2022	A special lecture on Rajarshi Shahu Maharaj. Resource persons- Prof. Dr. Vikas Yalmar, Ch. Shivaji College, Satara and Prof. Niranjn Pharande, SPM, Satara
9	14/5/2022	Traditional Day
10	19/5/2022	Annual Prize Distribution of the college and Cultural Activities programme. Resource person.-Hon. Indrajeet Deshmukh



Chairperson, Cultural Committee



Principal

Avitribai Phule Mahila Mahavidyalaya
SATARA



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya,
Satara.

Cultural Activities 2021-22



Participation in Youth Festival of University



Various Culture Activities in 2021-22

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IQAC
Co-ordinator

[Signature]
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.