

MAHILA KALA MAHAVIDYALAYA, UMRED

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Activity Report

Session = 2016-17

NAME OF THE ACTIVITY	International Day of Yoga		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
21/06/2016	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
8.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 25 Teachers- 08 Guest-02 Non Teaching- 07	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yoga
OBJECTIVES	To provide information about Yoga.
METHODOLOGY	Lecture & Practical
OUTCOMES	Students & teachers got the information & knowledge about the subjects.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	National Sports Day		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
30/08/2016	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 115 Teachers- 08 Guest-03 Non Teaching- 07	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Celebrated National Sports Day
OBJECTIVES	To provide information about importance of games & sports.
METHODOLOGY	Guest Lecture
OUTCOMES	Students knew the importance of games & sports.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Medical Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
10/02/2017 & 18/02/2017	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 106 Teachers- 02 Doctors-03 Non Teaching- 01	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Medical Test
OBJECTIVES	To know the health related problem of students and provide information to students about health & hygiene.
METHODOLOGY	Guidance & Health Check up
OUTCOMES	Doctors knew the health related problems of students and solve their queries about health & provide them information about health & hygiene.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Physical Efficiency Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
15/02/2017 & 16/02/2017	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 115 Teachers- 02 Examiner-01 Non Teaching- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Physical Efficiency Test
OBJECTIVES	To know the Physical Efficiency of students and provide them information about health & Physical Fitness.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Knew the Physical Efficiency of students and they got information about health & Physical Fitness.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Karate Training Programme		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
10/03/2017	B.A.	Physical Education & Sports & Internal Complaint Committee	Asst. Prof. Arti P. Khewale & Dr. Sarla Meshram
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 110 Teachers- 08 Trainer- 02 Non Teaching- 02	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Karate Training Programme
OBJECTIVES	To do self defence through Karate.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Students got the information & learn basics of Karate.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Regular Practice of Games & Sports		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
Regular Practice	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
Morning time- 8.00 to 10.00 Evening time- 4.30 to 6.30	Mahila Kala Mahavidyalaya, Umred	Students- 25 to 30 Teachers- 01 Non Teaching- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yogasana, Athletics, Kabaddi, Tug of War etc.
OBJECTIVES	To give information about games & sports. to be physical fit
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Students learn skills & techniques of various games & participate in intercollegiate & inter university tournaments.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
10/10/2016 to 11/10/2016	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00AM	Anjuman Engineering College,Nagpur	Students- 10 Teachers- 02	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Tug of War Tournaments
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
27/10/2016 to 29/10/2016	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00AM	R.T.M.N.U., Ground, Nagpur	Students- 01 Teachers- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Athletics Competition
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in All India Tug of War Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
	B.A.	Physical Education & Sports	R.T.M.N.U.
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00AM	Lovely Professional University, Jalandhar	Students- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	AIU Tug of War Tournament
OBJECTIVES	To know the competition level and sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

MAHILA KALA MAHAVIDYALAYA, UMRED
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Activity Report
Session 2017-18

NAME OF THE ACTIVITY	International Day of Yoga		
	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
21/06/2017	B.A.	Physical Education & Sports	Asst.Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
8.00AM	Mahila Kala Mahavidyalaya, Umred	Students- 26 Teacher- 08 Non teaching-07	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yoga
OBJECTIVES	To provide information about Yoga.
METHODOLOGY	Lecture & Practical
OUTCOMES	Students & teachers got the information & knowledge about the subjects.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	National Sports Day		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
29/08/2017	B.A.	Physical Education & Sports	Asst.Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.30AM	Mahila Kala Mahavidyalaya, Umred	Students- 120 Teacher- 08 Non teaching-07	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Celebrated National Sports Day
OBJECTIVES	To provide information about information about Major Dhyanchand & his contribution in sportfield
METHODOLOGY	Guest Lecture
OUTCOMES	Students knew the Major Dhyanchand & his contribution in sports area.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	One Week Workshop on Yogasana, Pranayama & Dhyan		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
24/07/2017 to 31/07/2017	B.A.	Physical Education & Sports	Asst.Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
9.00AM to 10.30AM	Mahila Kala Mahavidyalaya, Umred	Students- 95 Teacher- 08 Non teaching-07	Indoor
SUPPORT/ASSISTANCE	Mrs. Rewatkar, Dr. Sarla V. Meshram , Dr. Krushna Sakulkar, Asst. Prof. Upendra Bagul		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	One Week Workshop on Yogasana, Pranayama & Dhyan
OBJECTIVES	Students know the importance of yoga, & they can learn various types of Asanas & its benefits.
METHODOLOGY	Guest Lecture & Practical
OUTCOMES	Students learned various asanas, pranayama, suryanamskar, omkar, & related physiology & healthcare. Got certificate of seven days workshop.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Regular Practice of Games & Sports		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
Regular Practice	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
Morning time- 8.00 to 10.00 Evening time- 4.30 to 6.30	Mahila Kala Mahavidyalaya, Umred	Students- 50 to 60 Teachers- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yogasana, Athletics, Kabaddi, Tug of War etc.
OBJECTIVES	To give information about games & sports. They will be physical fit through regular exercise & practice.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Students learn skills & techniques of various games & participate in intercollegiate & inter university tournaments.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00AM	R.T.M.N.U., Ground, Nagpur	Students- 05 Teachers- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Athletics Competition
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
January 2018	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00AM	Parshivani	Students- 09 Teachers- 02	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Tug of War Tournaments
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in All India Tug of War Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
	B.A.	Physical Education & Sports	R.T.M.N.U.
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
		Students- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	AIU Tug of War Tournament
OBJECTIVES	To know the competition level and sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Football Mission 1 Million		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
12/09/2017 to 15/09/2017	B.A.	Physical Education & Sports	Asst.Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
9.30AM to 10.30AM	Mahila Kala Mahavidyalaya, Umred	Students- 90 Teacher- 08 Guest- 02 Non teaching-07	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar, Asst. Prof. Upendra Bagul		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Football Mission 1 Million (Awagha Maharashtra Footballmay)
OBJECTIVES	Students know the importance of Football game & its benefits.
METHODOLOGY	Practical (Competition)
OUTCOMES	Students learned various techniques & game skills. And everyone played & enjoyed . students got certificates & prizes

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Medical Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
03/02/2018 & 06/02/2018	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 125 Teachers- 02 Doctors-03 Non Teaching- 01	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Medical Test
OBJECTIVES	To know the health related problems of students and provide information to students about health & hygiene.
METHODOLOGY	Guidance & Health Check up
OUTCOMES	Doctors knew the health related problems of students and solve their queries about health & provide them information about health & hygiene.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Physical Efficiency Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
22/02/2018 & 23/02/2018	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
08.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 102 Teachers- 02 Examiner-01 Non Teaching- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Physical Efficiency Test
OBJECTIVES	To know the Physical Efficiency of students and provide them information about health & Physical Fitness.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Knew the Physical Efficiency of students and they got information about health & Physical Fitness.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

MAHILA KALA MAHAVIDYALAYA, UMRED

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Activity Report

Session 2018-19

NAME OF THE ACTIVITY	International Day of Yoga		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
21/06/2018	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
8.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 10 Teachers- 07 Guest-01 Non Teaching- 07	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yoga
OBJECTIVES	To provide information about Yoga.
METHODOLOGY	Lecture & Practical
OUTCOMES	Students & teachers got the information & knowledge about the subjects.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

MAHILA KALA MAHAVIDYALAYA, UMRED

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Activity Report

NAME OF THE ACTIVITY	National Sports Day		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
29/08/2018	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
11.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 125 Teachers- 08 Guest-01 Non Teaching- 07	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Celebrated National Sports Day
OBJECTIVES	To provide information about importance of games & sports.
METHODOLOGY	Guest Lecture
OUTCOMES	Students knew the importance of games & sports.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Medical Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
23/02/2019 & 02/03/2019	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
10.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 106 Teachers- 02 Doctors-03 Non Teaching- 01	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Medical Test
OBJECTIVES	To know the health related problem of students and provide information to students about health & hygiene.
METHODOLOGY	Guidance & Health Check up
OUTCOMES	Doctors knew the health related problems of students and solve their queries about health & provide them information about health & hygiene.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Physical Efficiency Test		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
14/03/2019	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 108 Teachers- 02 Examiner-01 Non Teaching- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Physical Efficiency Test
OBJECTIVES	To know the Physical Efficiency of students and provide them information about health & Physical Fitness.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Knew the Physical Efficiency of students and they got information about health & Physical Fitness.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
12/10/2018 to 15/10/2018	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00AM	R.T.M.N.U., Ground, Nagpur	Students- 07 Teachers- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Athletics Competition
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

MAHILA KALA MAHAVIDYALAYA, UMRED

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Activity Report

Session 2019-20

NAME OF THE ACTIVITY	International Day of Yoga		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
21/06/2019	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
8.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 10 Teachers- 15 Guest-02 Non Teaching- 07	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yoga
OBJECTIVES	To provide information about Yoga.
METHODOLOGY	Lecture & Practical
OUTCOMES	Students & teachers got the information & knowledge about the subjects.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	National Sports Day		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
29/08/2019	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 80 Teachers- 08 Guest-01 Non Teaching- 07	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krishna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Celebrated National Sports Day
OBJECTIVES	To provide information about importance of games & sports.
METHODOLOGY	Guest Lecture
OUTCOMES	Students knew the importance of games & sports.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in Intercollegiate Sports Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
20/09/2019 to 21/09/2019	B.A.	Physical Education & Sports	R.T.M.NU
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00AM	Institute of Science, Nagpur	Students- 10 Teachers- 02	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Intercollegiate Tug of War Tournaments
OBJECTIVES	To know the competition level and give them sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Participate in All India Tug of War Competition		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
04/10/2019 to 09/10/2019	B.A.	Physical Education & Sports	R.T.M.N.U.
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
	Kalinga Institute of Social Science, Bhubneswar	Students- 01	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram , Dr. Krushna Sakulkar		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	AIU Tug of War Tournament
OBJECTIVES	To know the competition level and sports environment.
METHODOLOGY	Practical
OUTCOMES	students get benefits of marks for their academic session.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1.Notice and letters	2. Students list of participation	3.Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Guest Lecture On Yoga		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
16/09/2019	B.A.	Physical Education & Sports	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
11.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 105 Teachers- 02 Guest-01 Non Teaching- 02	Indoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Yoga & Health
OBJECTIVES	To provide information about Yoga and Health
METHODOLOGY	Lecture
OUTCOMES	Students got the information & knowledge about the subjects.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Flood Affected Relief Fund (NSS)		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
20/08/2019	B.A.	National Service Scheme	Dr. Lakhpati Gaikwad
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
9.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 102 Teachers- 08 Non Teaching- 07	Outdoor
SUPPORT/ASSISTANCE	Asst. Prof. Arti P. Khewale		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Flood Affected Relief Fund
OBJECTIVES	To develop social relationship.
METHODOLOGY	Communication
OUTCOMES	Skills related building. & Social relations were engrossed in students.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Karate Training Programme for Women's Safety & Security		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
08/03/2020	B.A.	Internal Complaint Committee & Physical Education & Sports	Dr. Sarla Meshram & Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
09.00 am	Mahila Kala Mahavidyalaya, Umred	Students- 25 Teachers- 02 Trainer- 02 Non Teaching- 02	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Karate Training Programme for Women's Safety & Security
OBJECTIVES	To encourage the students about self defence and safety.
METHODOLOGY	Lecture & Practical method.
OUTCOMES	Students were trained for self defence

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE

NAME OF THE ACTIVITY	Mission Admission		
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
20/07/2019 to 30/07/2019	B.A.	Publicity Committee	Asst. Prof. Arti P. Khewale
TIME	VENUE	NUMBER OF PARTICIPATION	NATURE: OUTDOOR/INDOOR
11.00 am	Mahila Kala Mahavidyalaya, Umred	Teachers- 08	Outdoor
SUPPORT/ASSISTANCE	Dr. Sarla V. Meshram		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO-2)

TOPIC/ SUBJECT OF THE ACTIVITY	Mission Admission
OBJECTIVES	To encourage the students to educate
METHODOLOGY	Publicity
OUTCOMES	The mind-set of people as well as the students for education.

PROOF & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1. Notice and letters	2. Students list of participation	3. Activity Report	4. Photos	5. Feedback Form	6. Feedback Analysis
7. News clip with details	8. Certificate	9. Any Other	10.		

IQAC CELL ACTIVITY NO-

NAME OF THE HEAD/ TEACHER	NAME OF THE DEPARTMENT	IQAC COORDINATOR SIGN/SEAL	PRINCIPAL SIGNATURE