### BACKWARD CLASS YOUTH RELIEF COMMITTEE'S



BHIWAPUR DIST. NAGPUR- 441201
ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU
ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR E-mail: bmv\_bhiwapur@yahoo.com; bgm.college1990@gmail.com, Website: https://www.bmb.ac.in Tel: 07106-232349

### **ACTIVITY REPORT**

ACADEMIC SESSION	2018-2019
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE	Athletic Training Programme
<b>ACTIVITY WITH</b>	
TITLE	
DATE OF ACTIVITY	Annual Report
MODE OF ACTIVITY	Offline
ORGANIZING	Department of Physical Education
COMMITTEE	
PROGRAMME	Asst. Prof. Dr. V. S. Dighore
COORDINATOR	
COMMITTEE	Associate Prof. Dr. S. K. Shinde
MEMBERS	Asst. Prof. Dr. M.V. Kadu
	Asst. Prof. Dr. A. M. Mahawadiwar
	Asst. Prof. Rosser Robert
NUMBER OF	18
STUDENTS /	
BENEFICIARIES	
PARTICIPATED	
BRIEF REPORT	It has been proved that the youth in the rural areas have
	greater physical capacity and potentials. By channelizing
	their physical potential, they can be made eligible for getting

employment in various sectors like Defense Forces, Police Department, and Home Guard etc. Keeping this objective in mind, an 'Athletic Training Programme' for the students of Bhiwapur Mahavidyalaya and its adjacent areas was organized by the Department of Physical Education and Sports under the aegis of IQAC. Under this Training Programme, the Department took initiative to impart training of athletics to the youth, daily from 6 A.M onwards, on the open ground of Bhiwapur-Naxi Road. During this Training Programme, the trainees were made aware of primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis and rehabilitation of the injured. The Training Programme enabled the youth in maintaining their physical stamina and potentials, besides keeping them aware of the proper diet and adequate physical and mental relaxation.

The Department of Physical Education also encouraged the trainees to develop their physical abilities at the budding age so as to keep them away from all sorts of addictions of intoxicative substances and mobilize their active participation towards Nation building. In all, eighteen athletes availed the benefit of this Training Programme.

# PROGRAMME OBJECTIVES

- To educate trainees to prevent and treat athletic injuries, which may happen during Practice Sessions or Competitions.
- To undertake the physical, technical, intellectual, psychological and the moral preparation of an athlete or a player by means of physical education.



- To provide sports training in an overall scientific and systematic manner for preparing sports persons for high level sports performances.
  - To improve endurance, explosive speed, and strength, technical or mental skills of the trainees.
- To prepare students to meet entry-level standards of the profession of athletic training.
- To keep trainees away from the consumption of all sorts of intoxicative substances.
- To sensitize students about Institutional Social Responsibility (ISR).
- To mobilize the active participation of trainees towards Nation building.
- To ensure the holistic development of students.

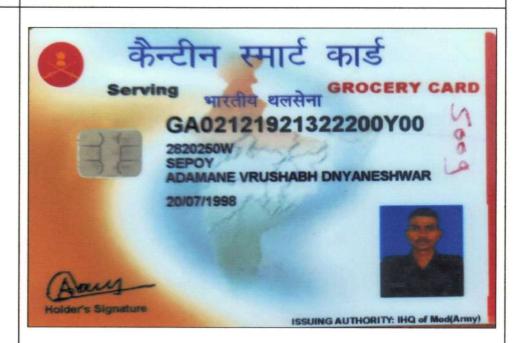
## PROGRAMME OUTCOMES

- Educated trainees to prevent and treat athletic injuries, which may happen during Practice Sessions or Competitions.
- Undertook the physical, technical, intellectual, psychological and the moral preparation of an athlete or a player by means of physical education.
- Provided sports training in an overall scientific and systematic manner for preparing sports persons for high level sports performances.
- Improved endurance, explosive speed, and strength, technical or mental skills of the trainees.
- Prepared students to meet entry-level standards of the profession of athletic training.
- Kept trainees away from the consumption of all sorts

of intoxicative substances.

- Sensitized students about Institutional Social Responsibility (ISR).
- Mobilized the active participation of trainees towards Nation building.
- Ensured the holistic development of students.

### PHOTO GALLERY



Vrushabh Adamane was selected in Indian Army as a Sepoy



Principal
Bhiwapur Mahavidyalaya,
Bhiwapur