



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

# BHIWAPUR MAHAVIDYALAYA

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

<b>ACADEMIC SESSION</b>	<b>2018-2019</b>
<b>ORGANIZER</b>	<b>Bhiwapur Mahavidyalaya, Bhiwapur</b>
<b>NAME OF THE ACTIVITY WITH TITLE</b>	<b>Athletic Training Programme</b>
<b>DATE OF ACTIVITY</b>	<b>Annual Report</b>
<b>MODE OF ACTIVITY</b>	<b>Offline</b>
<b>ORGANIZING COMMITTEE</b>	<b>Department of Physical Education</b>
<b>PROGRAMME COORDINATOR</b>	<b>Asst. Prof. Dr. V. S. Dighore</b>
<b>COMMITTEE MEMBERS</b>	<b>Associate Prof. Dr. S. K. Shinde Asst. Prof. Dr. M.V. Kadu Asst. Prof. Dr. A. M. Mahawadiwar Asst. Prof. Rosser Robert</b>
<b>NUMBER OF STUDENTS / BENEFICIARIES PARTICIPATED</b>	<b>18</b>
<b>BRIEF REPORT</b>	<b>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</b>



	<p>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.</p> <p>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.</p>
<p><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To educate trainees to prevent and treat athletic injuries, which may happen during Practice Sessions or Competitions.</li> <li>• To undertake the physical, technical, intellectual, psychological and the moral preparation of an athlete or a player by means of physical education.</li> </ul>



	<ul style="list-style-type: none"> <li>• To provide sports training in an overall scientific and systematic manner for preparing sports persons for high level sports performances.</li> <li>• To improve endurance, explosive speed, and strength, technical or mental skills of the trainees.</li> <li>• To prepare students to meet entry-level standards of the profession of athletic training.</li> <li>• To keep trainees away from the consumption of all sorts of intoxicative substances.</li> <li>• To sensitize students about Institutional Social Responsibility (ISR).</li> <li>• To mobilize the active participation of trainees towards Nation building.</li> <li>• To ensure the holistic development of students.</li> </ul>
<p><b>PROGRAMME OUTCOMES</b></p>	<ul style="list-style-type: none"> <li>• Educated trainees to prevent and treat athletic injuries, which may happen during Practice Sessions or Competitions.</li> <li>• Undertook the physical, technical, intellectual, psychological and the moral preparation of an athlete or a player by means of physical education.</li> <li>• Provided sports training in an overall scientific and systematic manner for preparing sports persons for high level sports performances.</li> <li>• Improved endurance, explosive speed, and strength, technical or mental skills of the trainees.</li> <li>• Prepared students to meet entry-level standards of the profession of athletic training.</li> <li>• Kept trainees away from the consumption of all sorts</li> </ul>



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