



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

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ACTIVITY REPORT

ACADEMIC SESSION	2022-2023
ORGANIZERS	Bhiwapur Mahavidyalaya, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur, K. D. K. College of Engineering, Nagpur, Jeevan Vikas Mahavidyalaya, Devgram, R. S. Mundle Dharampeth College of Arts and Commerce, Nagpur, Vasant Rao Naik Government Institute of Arts and Social Sciences, Nagpur and Saibaba Arts and Science College, Parseoni.
NAME OF THE ACTIVITY	Online National Seminar on 'Sports Injury and Rehabilitation'.
AREAS COVERED	<ul style="list-style-type: none">• Prevention of Sports Injuries• Nutritional Guidance• Body Composition Analysis• Knowledge Sharing• Encouraging Rural Sports• Awareness of Sports-Related Health Issues
PROGRAMME SCHEDULE	28 th April, 2023
VENUE	Zoom Platform and YouTube
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	Online http://us02web.zoom.us/j/87948890215
ORGANIZING COMMITTEE	Sports Committee

PROGRAMME COORDINATOR	Asst. Prof. Dr. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Associate Prof. Dr. S.K. Shinde Asst. Prof. Dr. M.V. Kadu Asst. Prof. Dr. V.S. Dighore Asst. Prof. Dr. A. M. Mahawadiwar Mr. Ganesh Shahane
KEYNOTE SPEAKERS/RESOURCE PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)	<ol style="list-style-type: none"> 1. Dr. Sharad Suryavanshi, Director of Sports and Physical Education, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur 2. Dr. Jobi George, Principal, Bhiwapur Mahavidyalaya, Bhiwapur 3. Dr. Kevin Agrawal, Renowned Sports Physiotherapist 4. Dr. Meghna Kumare, Renowned Nutritionist 5. Dr. Jaiprakash Duble, Ex-Divisional Sports Officer, Maharashtra State, Pune, 6. Dr. Tanuja Nafde, Principal, R. S. Mundle Dharampeth Arts and Commerce College, Nagpur.
TARGET GROUP	Students, Sportspersons, Coaches, Trainers along with teaching and non-teaching staff from the Organizing Institutions
NUMBER OF STUDENTS PARTICIPATED	234

BRIEF REPORT

The 'Department of Physical Education and Sports' of Bhiwapur Mahavidyalaya, under the aegis of IQAC, joined hands with Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur and organized One-day National Seminar on 'Sports Injury and Rehabilitation', on 28th April, 2023 in collaboration with 'K. D. K. College Engineering, Nagpur', 'Jeevan Vikas Mahavidyalaya, Devgram', 'R. S. Mundle Dharampeth College of Arts and Commerce, Nagpur', 'Vasantrao Naik Government Institute of Arts and Social Sciences, Nagpur' and 'Saibaba Arts and Science College, Parseoni'.

During the Introductory Remarks, Prof. Dr. Sharad Suryavanshi, Director of Sports and Physical Education, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, highlighted the importance of the National Seminar on 'Sports Injury and Rehabilitation'.

Dr. Jobi George, the Principal of Bhiwapur Mahavidyalaya, expressed his optimism about the National Seminar's potential benefits. He hoped that the knowledge that the Resource Persons would share during the Event would be instrumental in designing effective training programmes for athletes in rural areas, ensuring their progress and success.

In the first Technical Session, renowned Sports Physiotherapist Dr. Kevin Agrawal provided valuable insights about overtraining and its impact. He stressed

the significance of incorporating proper cooling down techniques into exercise routines and encouraged the instructors to consider factors like food, sleep, and mood, when planning training programmes.

In the Second Technical Session, Dr. Meghna Kumare, Renowned Nutritionist, talked about how the right food choices can help to prevent sports injuries. She stressed the need for special diets for players who are 17 years old and above. She also advised the Delegates in assessing the body composition to enhance performances by making proper dietary choices.

Dr. Jaiprakash Duple, Ex-Divisional Sports Officer, Maharashtra State, Pune, also shared his insights on achieving success in sports and improving athletes' performances.

In the Valedictory Function, Dr. Tanuja Nafde, Principal of R. S. Mundle Dharampeth Arts and Commerce College, Nagpur, underscored the importance of maintaining a balanced diet to prevent injuries and facilitate athletes' progress. She emphasized the need for continuous efforts to ensure success in the world of sports.

Overall, the National Seminar served as a platform for valuable discussions and knowledge sharing in the field of sports injury and rehabilitation, aiming to benefit athletes and sports lovers across the Nation.

PROGRAMME OBJECTIVES

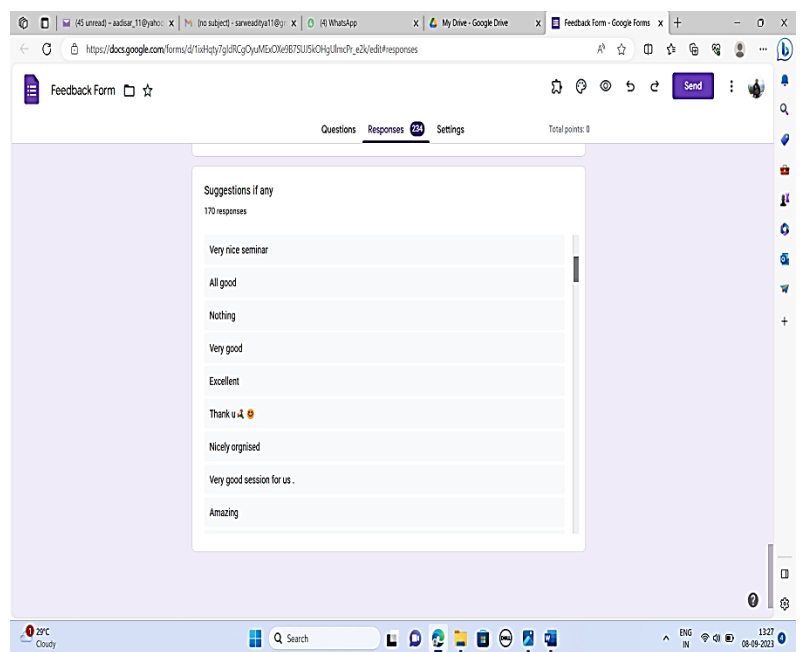
- To raise awareness about sports injuries and the importance of rehabilitation among athletes, coaches, and sports enthusiasts.
- To facilitate the sharing of knowledge and insights from experts in the field of sports injury, prevention and rehabilitation.
- To educate the participants on how proper training, including cooling down techniques can help to prevent sports injuries.
- To provide guidance on the role of nutrition in preventing injuries and improving athletes' performances.
- To emphasize the importance of customized diets for athletes aged 17 years and above, to meet their specific nutritional needs.
- To promote the use of body composition analysis as a tool to enhance athletes' performances by optimizing their dietary choices.
- To encourage strategies and practices that can lead to success in sports by avoiding injuries and improving performances.
- To engage the local community and educational Institutions in discussions related to sports, injury, prevention, and athlete rehabilitation.
- To strengthen collaboration among educational Institutions, sports authorities, and experts for the benefit of athletes and sports development.
- To promote a holistic approach to sports by addressing the importance of both physical health

	<p>and nutrition for sportspersons.</p>
<p>PROBLEMS FACED, IF ANY</p>	<p>Technical Challenges: As the National Seminar was conducted online, technical issues such as internet connectivity problems, audio/video glitches and platform compatibility issues disrupted the smooth flow of the Event.</p> <p>Participant Engagement: Ensuring active participation and engagement from online attendees was challenging.</p> <p>By addressing these potential challenges through careful planning, communication, and contingency measures, the Organizers enhanced the success of the National Seminar and provided a valuable experience for the participants and speakers alike.</p>
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Raised awareness about sports injuries and the importance of rehabilitation among athletes, coaches, and sports enthusiasts. • Facilitated the sharing of knowledge and insights from experts in the field of sports injury, prevention and rehabilitation. • Educated the participants on how proper training, including cooling down techniques, can help to prevent sports injuries. • Provided guidance on the role of nutrition in preventing injuries and improving athletes' performances. • Emphasized the importance of customized diets for athletes aged 17 years and above, to meet their

specific nutritional needs.

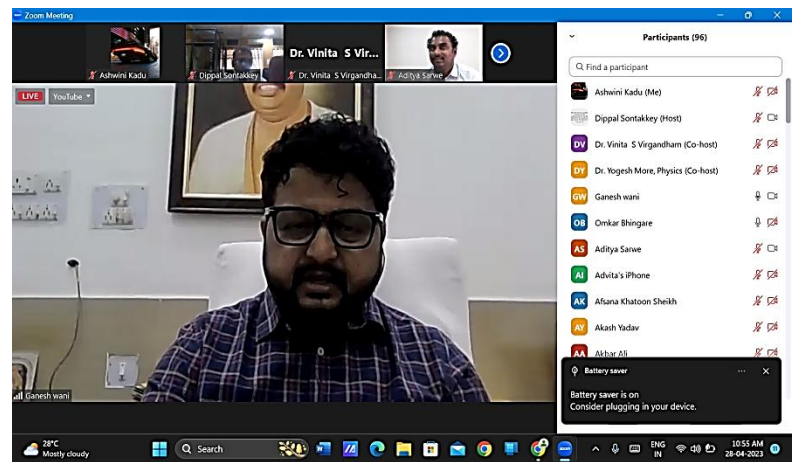
- Promoted the use of body composition analysis as a tool to enhance athletes' performances by optimizing their dietary choices.
- Encouraged strategies and practices that can lead to success in sports by avoiding injuries and improving performances.
- Engaged the local community and educational Institutions in discussions related to sports, injury, prevention, and athlete rehabilitation.
- Strengthened collaborations among educational Institutions, sports authorities, and experts, for the benefit of athletes and sports development.
- Promoted a holistic approach to sports by addressing the importance of both physical health and nutrition for sportspersons.

**FEEDBACK ANALYSIS
REPORT OF THE
FEEDBACK OBTAINED
FROM STUDENTS/
BENEFICIARIES/
ACADEMIC PEERS**

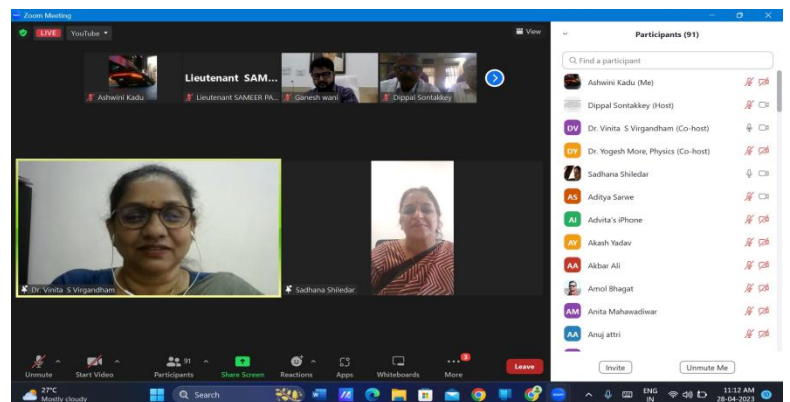


Screenshot of the Online Feedback Form

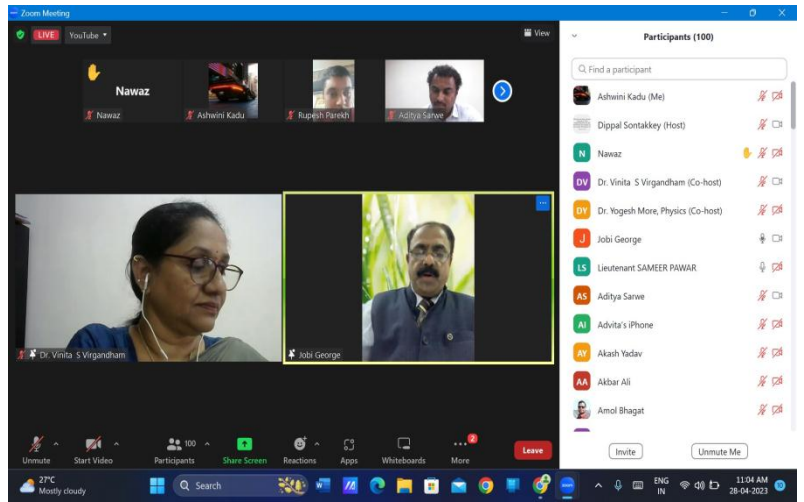
PHOTO GALLERY WITH CAPTIONS



Prof. Dr. Sharad Suryavanshi delivering Introductory Remarks during the Inaugural Ceremony of the National Seminar on 'Sports Injury and Rehabilitation' on 28th April 2023.



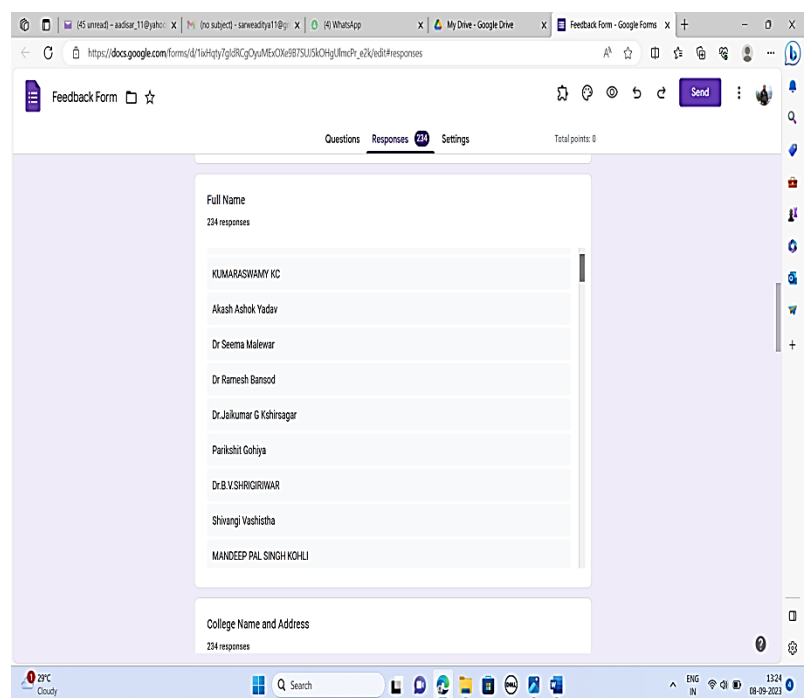
Dr. Sadhana Shiledar delivering the Welcome Note during the Inaugural Ceremony of the National Seminar on 'Sports Injury and Rehabilitation' on 28th April 2023.



Dr. Jobi George, the Principal of our College, delivering Presidential Speech during the Inaugural Ceremony of the National Seminar on ‘Sports Injury and Rehabilitation’ on 28th April, 2023.

NEWS PAPER COVERAGE /MEDIA COVERAGE

SCANNED COPY OF ATTENDANCE SHEET



Screenshot of the Online Attendance Sheet

ANY
INFORMATION

OTHER



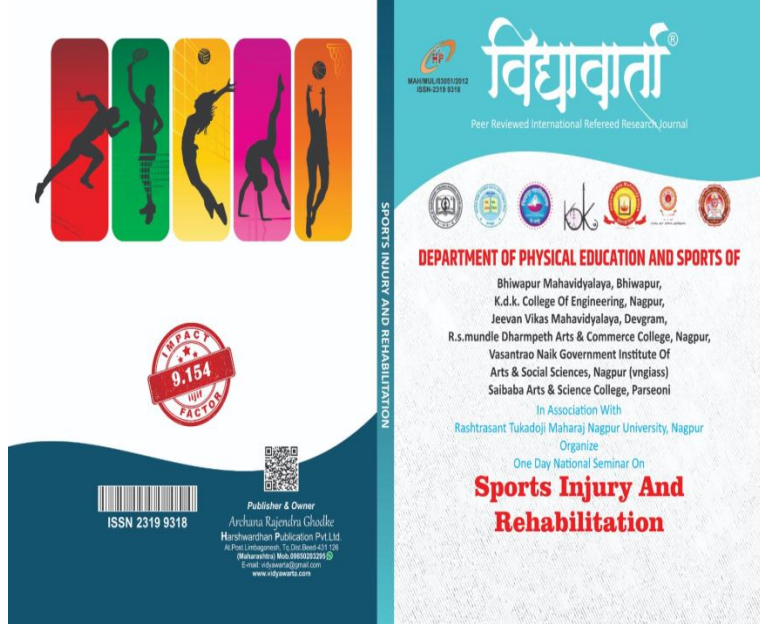
Bhiwapur Mahavidyalaya, Bhiwapur
K.D.K. College of Engineering, Nagpur
Jeevan Vikas Mahavidyalaya, Devgram
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Vasantnao Naik Government Institute of Arts and Social Science, Nagpur
Saibaba Arts and Science College, Parseoni
in association with
Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

CERTIFICATE

This is to certify that, *Dr. Savita Bhojar* of Lt. Vasantnao Naik Sharirik Shikshan Mahavidyalaya, (Lt. VNSSM) Nagpur has successfully completed One -Day National Seminar on “SPORTS INJURY AND REHABILITATION” organized by Physical Education and Sports Departments of the collaborating colleges on Friday, 28 April 2023 and published paper titled *Policies for female players in Government jobs in Maharashtra.*

 Dr. Johi George Principal, Bhiwapur Mahavidyalaya, Bhiwapur	 Dr. D. P. Singh Principal K.D.K. College of Engineering, Nagpur	 Dr. Devendra Bongade Principal, Jeevan Vikas Mahavidyalaya, Devgram	 Dr. Sathana Shiledar Director, Vasantnao Naik Government Institute of Arts, Commerce and Social Sciences, Nagpur	 Dr. Sharad Suryawanshi R. T. M. Nagpur University, Nagpur	 Dr. Tanuja Nafde Principal, R.S. Mundle Dharampeth Arts and Commerce College, Nagpur	 Dr. Augustine George Principal, Saibaba Arts and Science College, Parseoni
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS OF
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R.s.mundle Dharampeth Arts & Commerce College, Nagpur,
Vasantnao Naik Government Institute Of Arts & Social Sciences, Nagpur (vn glass)
Saibaba Arts & Science College, Parseoni
In Association With
Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Organize
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