



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
ORGANIZER	Bhiwapur Mahavidyalaya
NAME OF THE ACTIVITY	Certificate Course in Running Training
AREAS COVERED	<ul style="list-style-type: none">• Middle and Long Distance Running• Playing Environment• Types of Racing in 400 M Track• Typical race proceeds• Running- Champions
PROGRAMME SCHEDULE	From 10 th February, 2023 to 15 th April, 2023
VENUE	Bhiwapur Mahavidyalaya
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	COMMITTEE FOR RUNNING B. VOC. DEGREE PROGRAMMES (Bachelor of Vocation), COMMUNITY COLLEGES, CAREER ORIENTED PROGRAMMES, ADVANCED DIPLOMA PROGRAMMES AND ONE STUDENT ONE SKILL PROGRAMME (OSOSP)

PROGRAMME COORDINATOR	Asst. Prof. Dr. Anita Mahawadiwar
COMMITTEE MEMBERS	<ol style="list-style-type: none"> 1. Asst. Prof. Dr. Raheel Quraishi 2. Asst. Prof. Dr. Ashwini Kadu 3. Asst. Prof. Amit Thakare 4. Asst. Prof. Sachin Kubde 5. Asst. Prof. Dr. Ravikant Mishra
KEYNOTE SPEAKER/RESOURCE PERSON	Asst. Prof. Dr. Aditya Kishor Sarwe, Director, Physical Education and Sports, Bhiwapur Mahavidyalaya, Bhiwapur.
TARGET GROUP	Entire students of our College
NUMBER OF STUDENTS PARTICIPATED/BENEFICIARIES	Thirty Seven Students
SYLLABUS AS PER THE MODULE	<p style="text-align: center;">Certificate Course in Running Training Under ‘One Student One Skill Programme’ (OSOSP) Syllabus of the Certificate Course 2022-2023</p> <p>UNIT I RUNNING - Overview</p> <ul style="list-style-type: none"> • Sprints • Middle and Long Distance Running <p>UNIT II RUNNING - Playing</p> <p style="padding-left: 40px;">Environment</p> <ul style="list-style-type: none"> • Outdoor Track • Indoor Track

	<ul style="list-style-type: none"> • Types of Racing in 400 M Track • Equipment <p>UNIT III RUNNING - Terms</p> <ul style="list-style-type: none"> • Starting Blocks • False Start • Starting lines • Finish line • Break lines <p>UNIT IV RUNNING - How to Play</p> <ul style="list-style-type: none"> • Getting Ready • Typical race proceeds • Winning a Race <p>UNIT V RUNNING - Rules</p> <p>UNIT VI RUNNING - Champions</p> <ul style="list-style-type: none"> • Usain Bolt • Tyson Gay • Yohan Blake • Michael Johnson • Florence Griffith Joyner • Carmelita Jeter <p>UNIT V RUNNING - Practical</p>
BRIEF REPORT	<p>The Department of Physical Education and Sports, under the auspices of ‘COMMITTEE FOR RUNNING B. VOC. DEGREE PROGRAMMES (Bachelor of Vocation), COMMUNITY COLLEGES, CAREER ORIENTED PROGRAMMES, ADVANCED DIPLOMA</p>

	<p>PROGRAMMES AND ONE STUDENT ONE SKILL PROGRAMME (OSOSP)', conducted 'Certificate Course in Running Training' during the Academic Session 2022-2023. The 'Certificate Course in Running Training' was conducted in our College from 10th February, 2023 to 15th April, 2023.</p> <p>Dr. Jobi George, the Principal of our College, Associate Prof. Dr. Sunil Shinde, Asst. Prof. Dr. Mangesh Kadu, Asst. Prof. Dr. Vinita Virgandham, the IQAC Coordinator, Asst. Prof. Dr. Anita Mahawadiwar, the Coordinator of 'One Student, One Skill Programme' and Asst. Prof. Dr. A.K. Sarwe appreciated the students for their active participation in the Course. In all, thirty-seven students of our College enrolled their names in the 'Certificate Course in Running Training' Programme.</p> <p>Upon successful completion of the Course, Certificates had been issued to all the participants.</p>		
LIST OF PARTICIPANTS	S.N.	NAME OF STUDENT	CLASS
	01	Miss. Sitti Vaidya	B.A. I
	02	Miss. Salobar Pathan	B.A. I
	03	Mr. Nitesh Botule	B.A. I
	04	Mr. Pawan Ghotekar	B.A. I
	05	Mr. Prashant Kolhe	B.A. I
	06	Mr. Kiran Dhone	B.A. II
	07	Miss. Shivani Mohod	B.A. II
	08	Mr. Ayush Shivankar	B.A. II

	09	Mr. Amit Bhoyar	B.A. II
	10	Mr. Jitendra Waghmare	B.A. II
	11	Miss. Ashwini Atram	B.A. II
	12	Miss. Kiran Rakhade	B.A. II
	13	Miss. Dimple madavi	B.A. II
	14	Mr. Arbaz Jalil Pathan	B.Com. I
	15	Mr. Akash Bawane	B.Com. I
	16	Mr. Vivek Shrirame	B.Com. I
	17	Mr. Tushar Thakare	B.Com. I
	18	Mr. Rohit Raut	B.Com. I
	19	Mr. Shakir Mohmad Ansari	B.Com. I
	20	Mr. Samir Bhoyar	B.Com. I
	21	Mr. Sahil Waghmare	B.Com. I
	22	Mr. Shailesh Deshmukh	B.Com. I
	23	Mr. Khushal KAtwale	B.Com. I
	24	Miss. Nisha Dhone	B.Com. II
	25	Miss. Khushabu Chndanbawane	B.Com. II
	26	Mr. Ankush Shiwankar	B.Com. II
	27	Mr. Chetan Shinde	B.Com. III
	28	Mr. Chetan Pangul	B.Com. III
	29	Mr. Akshay Dhote	B.Com. III
	30	Mr. Vishal Waghmare	B.Com. III
	31	Mr. Bhuwan Raut	B.Sc. II

	32	Miss. Jnhavi Raghuse	B.Sc. II
	33	Miss. Sanjana Malwe	B.Sc. III
	34	Mr. Gaurao Nandardhane	B.Voc. II
	35	Mr. Dnyaneshwar Shahare	B.Voc. II
	36	Mr. Akshay Randhye	B.Voc. II
	37	Mr. Suraj Thakare	B.Voc. II
PROGRAMME OBJECTIVES	<ul style="list-style-type: none"> ● To make our students competent to face the challenges in future. ● To develop market based talents among our students. ● To motivate the students to participate in the Flagship ‘One Student One Skill Programme’ (OSOSP) of our Institution. ● To develop students’ interest in the Skill Oriented Programmes. ● To reduce the unemployment ratio. ● To create talent space among our students. ● To give wider exposure to students in exploring their hidden talents. ● To ensure the holistic development of our students. ● To build confidence among our students. ● To develop the overall personality of our students. 		
PROBLEMS FACED, IF ANY	<p>Scheduling Conflicts: Students and faculty members had conflicting schedules, which made it challenging for them</p>		

	<p>to attend the Course consistently.</p> <p>Student Engagement: Maintaining high levels of students' engagement throughout the One-month Course was a matter of concern, especially when dealing with complex topics.</p> <p>However, the Committee addressed these challenges through effective planning, communication and flexibility.</p>
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Developed market based talent among our students. • Created talent space among our students. • Motivated the students to participate in the Flagship 'One Student One Skill Programme' (OSOSP) of our Institution. • Students became competent to face the challenges in the future. • Developed students' interest in the 'Certificate Course in Running Training'. • Built confidence among our students. • Ensured the holistic development of our students. • Students received Certificates of Appreciations. • Developed the overall personality of our students. • Gave wider exposure to students in exploring their hidden talents.

PHOTO GALLERY WITH CAPTIONS

Runners in action during the ‘Certificate Course in Running Training’.





SCANNED COPY OF ATTENDANCE SHEET

**Bhiwapur Mahavidyalaya Bhiwapur
Certificate Course in Running Training
Under One Student One Skill Programme
List of Students Attendance
2022-23**

Sr. No.	Name of Trainee	10/2	11/2	13/2	14/2	15/2	16/2	17/2	18/2	20/2	21/2	23/2	24/2	25/2	27/2	28/2	01/3	02/3	03/3	04/3	08/3	09/3	10/3	13/3
1	Miss. Sitti Vaidya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Miss. Salobar Pathan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Mr. Nitesh Botule	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Mr. Pawan Ghotekar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Mr. Prashant Kolhe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Mr. Kiran Dhone	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Miss. Shiwani Mohod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Mr. Ayush Shivankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Mr. Amit Bhojar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Mr. Jitendra Waghmare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Miss. Ashwini Atram	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Miss. Kiran Rakhade	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Miss. Dimple Madavi	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Mr. Arbaz Pathan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Mr. Akash Bawane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Mr. Vivek Shirame	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Mr. Tushar Thakare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Mr. Rohit Raut	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Mr. Shakir Ansari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Mr. Samir Bhojar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Mr. Sahil Waghmare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Mr. Shallesh Deshmukh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Mr. Khushal Katwale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Miss. Nisha Dhone	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Miss. Khushabu Chandanbawane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Mr. Ankush Shivankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Mr. Chetan Shinde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

		14/2	15/2	16/2	17/2	18/2	20/2	21/2	23/2	24/2	25/2	27/2	28/2	01/3	02/3	03/3	04/3	08/3	09/3	10/3	13/3			
28	Mr. Chetan Pangul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Mr. Akshay Dhote	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Mr. Vishal Waghmare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Mr. Bhuwan Raut	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Miss. Janhavi Raghuse	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Miss. Sanjana Malwe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Mr. Gaurao Nandardhane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Mr. Dnyaneswar Shahare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Mr. Akshay Randhye	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Mr. Suraj Thakare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

**Principal
Bhiwapur Mahavidyalaya**