

Navgan Shikshan Sanstha Rajuri's
ARTS & COMMERCE COLLEGE

Parli-Vaijnath, Dist. Beed

Department of
PHYSICAL
EDUCATION

2017-18 to 2021-22

Head of the Department

Dr. Muley U. M.

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Pursuit of Excellence
Est.1993

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Introduction :

Physical education is an integral part of young people's education in senior cycle. As a result of their learning in physical education, young people can increase their enjoyment, confidence and competence in a range of physical activities. They can learn about health-related fitness and to take responsibility for being physically active now and in the future. Overall, they can develop positive attitudes to physical activity and its importance in a healthy and fulfilling lifestyle. As part of senior cycle education, it is envisaged that physical education will be available in two forms. Leaving Certificate Physical Education as a subject which will be assessed as part of the Leaving Certificate examinations is under development. The senior cycle physical education (SCPE) framework has a different purpose and focus. It provides a flexible planning tool for physical education for all students in senior cycle and will not be assessed as part of the Leaving Certificate examination. Young people in this group bring a wide variety of skills, talents and levels of motivation to their learning in physical education. They are represented at all points of the physical activity continuum. Some young people are regularly active and/or participate at a very high level of performance. However, there are others who are not meeting the physical activity recommendations for young people (Centers for Disease Control and Prevention [CDC], 2015).

Students' learning in physical education supports the overall vision of senior cycle education which is to develop students as resourceful, confident, engaged and active learners. Learners grow in confidence and competence as they acquire the knowledge, skills and attitudes necessary to enjoy and succeed in a variety of physical activities while in senior cycle and in their future lives. Physical activity, in its many forms, provides the medium through which students learn in, through and about physical education. Learners can experience success in different ways in physical education. For some, the pursuit of excellence and the achievement of sporting goals will be the focus. For some, organising, leading and facilitating others to be physically active will be the measure of success. For others, including regular physical activity as part of a healthy lifestyle will represent a successful outcome.

The use of different curriculum models in conjunction with those physical activities selected by a class group and their teacher is at the heart of teaching and learning in SCPE. By using different curriculum models, learners can be encouraged not only to improve their performance in different physical activities but also to develop their understanding of the factors which impact on their personal performance and participation in physical activity. Learners can be encouraged to undertake different roles and responsibilities, including leadership, coaching and officiating roles. They can learn to plan, organise, participate in and reflect on their experiences in physical activity. Students can learn about fair play, team work and how to relate to one another respectfully. As a result, they learn to be effective in the different competitive, creative and challenging situations that participation in physical activity continually offers them.

SCPE and wellbeing

In this course, students can learn about the importance of being physically active as part of a healthy lifestyle. Learners in senior cycle are at an important stage in their lives where they make their own decisions on whether or how they will include physical activity as part of their lifestyle. Learning in senior cycle physical education is designed to ensure that students appreciate the importance of physical activity not only for their physical wellbeing but also their social and psychological wellbeing. Regular physical activity is universally accepted as being central to overall health and wellbeing. The recommended level of physical activity for young people is at least sixty minutes of moderate intensity activity each day of the week (CDC, 2010). The school/college is a key setting and young people a major target in strategies to promote health-enhancing levels of physical activity for all. Physical education has an important contribution to make in supporting young people to discover ways in which they can enjoy and commit to regular physical activity. As a result of their learning in senior cycle physical education, students should have a greater sense of their own agency and commitment to regular health-enhancing physical activity as part of a healthy lifestyle. This can be achieved where students are engaged in collaborative planning with their teacher about which activities they will participate in and what learning outcomes they will focus on.

Brief view of the Department

- Date of Establishment : 1994
- Student Strength : 2017-18 to 2022-2023

Class [Year]	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
B.A. Ist	101	93	90	72	33	37
B.A. IInd	67	56	43	44	26	13
B.A. IIIrd	54	47	43	34	23	20

- Teaching Methods of Employee :
- 1] Lecture Method
 - 2] Discussion Method
 - 3] Teaching Aids
 - 4] LCD Projector Method
 - 5] Audio Video Methods
 - 6] Ground Activities

- Evaluation Method :
- a) Unit Test
 - b) Assignment
 - c) Semester
 - d) Internal Evaluation
 - e) Physical Activities on Ground

Support Services	:	a]	Personal and Academic counselling
		b]	Personal Library
		c]	Guide Line for competitive Exams.
		d]	Take care about students Physical Fitness
		e]	Guidance for Police & Army Dept.

Details of faculty:

1) Dr. Muley U. M. (Head of the Department)

Qualification : M.A., M. P. Ed. Ph.D. (Physical Education)

Experience : 27 years

Academic Details :-

- Orientation : 02
- Refresher : 02
- National Seminar : 04
- National Conference : 02
- Workshop : 04
- Paper presented : 06
- Awards : 01

Work-Load : Total Workload of the department : 20 Periods

Faculty as member in :-

Available Books in Library :-

- Test & Reference Books : 357
- Periodicals & Journals : 05
- Departmental Library : 10
- Teaching methods adopted to improve student learning :
 - 1) Lecture method
 - 2) Audio-Visual aids
 - 3) Group Discussion
 - 4) Workshop/ Seminar
 - 5) Ground Practicals
- Annual Result

Class [Year]	Semester	2017-18	2018-19	2019-20	2020-21	2021-22
B.A. T.Y.	VI	83.00	84.50	100.00	61.00	80.00

VISION OF THE DEPARTMENT

- To create bright career of the students.
- Quality enhancement through Physical Education Department.
- To make the student aware of the nation Physical Fitness.
- To make smarter and brighter students among the society.
- To guide the students to participate in debate competition, Seminar, Workshop, Ground Activities, Administration Department, Security Officer, Army Dept. etc.
- To organize speech competition, debate so that the student can get stage courage and Ground activities so that the student can increase his physical fitness.
- To motivate the student for competitive exam. And give them importance of value based examination and also for Ground activities, games, etc.
- To arrange Guest Lectures.
- To arrange study tour.

Objective

- To ensure "MASS PARTICIPATION" of Students in Game & Sports.
- To motivate Students to achieve Health, Fitness & Social qualities.
- Special efforts to take Games & Sports to the Tribal Areas which dominate the university jurisdiction in order to harness & develop physical skills & capabilities of tribal Students.
- To achieve excellence in sports performance
- Create standards Sports Infrastructure.

Strength :

- 1) The study of Physical Education creates awareness of Health Fitness among students.
- 2) 100 % support and cooperation from the college and Management
- 3) Devoted and studious students
- 4) Maximum utilization of minimum resources
- 5) Seminars lectures are organized on various Physical issued. The strong power of the department is that, the lectures work in this department are quite experienced.

Weakness :-

1. Lack of Running Track
2. Students from weaker sections of the society
3. Underdeveloped infrastructural facilities

Opportunities :

1. To develop infrastructural facilities
2. Engage events with collaborative agencies
3. To develop wrestling court

Challenges :

1. To increase participation at university level
2. To create awareness about sports among students
3. To introduce sports as a career opportunity
4. To utilize outsourcing for sports events

Future Plans :

- Organizes University Tournaments
- Organizes Seminar In Physical Education
- Basketball Court
- To Increases Students Sports Participation
- Maximum Student Participation in Annual Sports Day

DEPARTMENT OF PHYSICAL EDUCATION

TOPPER STUDENT

Sr.No.	Class	Student Name	Year
1.	B.A. IIIrd	Gutte Kalpana S.	2017-2018
2.	--''--	Bidgar Shridhar A.	--''--

Sr.No.	Class	Student Name	Year
1.	B.A. IIIrd	Rewale A. B.	2018-2019
2.	--''--	Sawant A. T.	--''--

Sr.No.	Class	Student Name	Year
1.	B.A. IIIrd	Gunde Omkar Kishanrao	2019-2020
2.	--''--	Waghmode Shrikant Palchand	--''--

Sr.No.	Class	Student Name	Year
1.	B.A. IIIrd	Kachare Anusaya Bhanudas	2020-2021
2.	--''--	Karad Ranjit Ramesh	--''--

Sr.No.	Class	Student Name	Year
1.	B.A. IIIrd	Gaikwad Gopal Keshav	2021-2022
2.	--''--	Rode Sachin Mohan	--''--

DEPARTMENT OF PHYSICAL EDUCATION

TOTAL WORK LOAD

Sr. No.	CLASS/PAPER	Paper	Marks	Period	Total Period
B.A.-I Year					
1.	Philosophical Sociological Foundations and history of physical education	105A	40+10	02	10
	Principles and recent development of Physical Education	105A	40+10	02	
	Practical Physical Education	105B	100	03+03	
B.A.-II Year					
2.	Health Education and Recreation in Physical Education and Sports	305A	50	02	07
	Officiating, coaching and training methods in physical education and sports	405A	50	02	
	Physical Education Practical	405B	100	03	
B.A.-III Year					
3.	Main-A : Sports Psychology and Management in Physical Education	501	50	02	07
	Subsidiary – A1	505	50	02	
	Ancient and Modern History of Physical Education and Sports				
	Physical Education Practical	506	100	03	
4.	Main – B : Anatomy Physiology and Kinesiology in Phy. Education	601	50	02	07
	Subsidiary C : Organisation Administration and Supervision Phy. Edu. Youth welfare and youth services	605	50	02	
	Physical Education Practical	606	100	03	

Report

National Webinar on Importance of “Balanced Diet and Exercise in our life”

National Webinar [online] was organized on 20.08.2021 jointly by the Department of Physical Education and Sports and the Department of Home Science of this college.

In this, the head professor of home science department, Dr. Fatale Madam, told the founder of this organization, former MP late. Kesharkaku Kshirsagar started this college in 1993 at Parli to facilitate education for boys and girls in rural areas.

Also this college run by the guidance of founder late. Kesharkaku Kshirsagar, Former Minister Shri Jaydatta Anna Kshirsagar, Secretary of the Society Dr. Bharatbhushan Kshirsagar, administrator Dr. Raja Machale. At the beginning of the program Dr. Shilpa Khot Chishtia Collegee, Khultabad, Dist. Aurangabad provided detailed guidance. In this Dr. Khot Madam has strengthened health in our life. She said that the balanced diet and exercise are essential for maintaining a healthy diet.

She stated that there is a great need for good and nutritious food.

The second of these events Lecturer Dr. Santosh Kokil from Shivaji College, Parbhani explained many aspects of the subject. He said that exercise gives strength, endurance and agility. He also talked about the importance of proteins and various vitamins in life.

He also gave detailed guidance on minerals, vascular health and the need for carbohydrates to generate energy in the body.

In his presidential address, the principal of the college, Dr. Lalasaheb Ghumre stated that there is a great need for a balanced diet and exercise in one's life.

He also elaborated on the importance of diet, leisure and relaxation in human life as well as the neglect of human diet in this stressful and hectic life.

He also described in detail the growing addiction and depression among the youth. This program conducted by head department of home science Dr. Phatale Madam, while the program was thanked by the head of the department of Physical Education Dr. Uddhav Muley.

Dr. Phatale Madam

Head Dept. of Home Science

Dr. Uddhav Muley

Head, Department of Physical Education

Dr. Ravindra Machale

Head, Dept. of Sports



Navgan Shikshan Sanstha Rajuri's
ARTS, COMMERCE COLLEGE
Parli Vajinath, Dist. Beed 431515
NAAC "A" Grade

IQAC and Dept of Home Science, Department of Physical Education
and Sports Jointly Organises

National Level Webinar on "Importance of Balanced Diet and Exercise in Our Life"

Speakers



Dr. Shilpa Khot
Department of Home Science
Christia College of Arts, Science
Khultabad

Chief Convener



Dr. Lalasaheb B. Ghumre
Principal



Dr. Santosh Kokil
Director, Physical Education Sports
Shree Shivaji College
Parbhani



Date :
Friday 20.08.2021
Time : 11:00 am
(Online)



<https://meet.google.com/eet-qzwr-bzh>

Conveners



Dr. U.M. Mule
Physical Education



Dr. R.U. Machale
Sports











































Dr. V.S. Phatale
Home Science

← About this call

People

Information

IN CALL

- | | | | |
|---|----------------------|--|---|
|  | VP (You) | | |
|  | Aishwrya Ujgare |  |  |
|  | Alim Shaikh |  |  |
|  | Ambika Bhaskar |  |  |
|  | Balaji Pole |  |  |
|  | chand Khan |  |  |
|  | Dr. Ravindra Machale |  |  |
|  | Dr.Anurath Chandre |  |  |
|  | Dr.Archana Pardeshi |  |  |
|  | Geetanjali ingve |  |  |
|  | IQAC Navganparli |  |  |
|  | Mayavati Kamble |  |  |
|  | Mohammed Muzammil |  |  |
|  | Moin Nawab |  |  |



