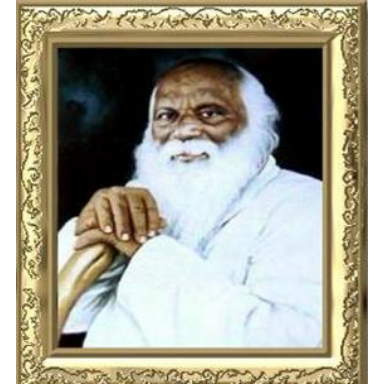


Rayat Shikshan Sanstha's



Sou. Laxmibai Bhaurao Patil



**Laxmibai Bhaurao Patil Mahila
Mahavidyalaya,
Solapur**

**DEPARTMENT OF PHYSICAL EDUCATION
AND SPORTS**

Gymkhana & Discipline Committee

Sr. No.	Name	Designation
1	Prin. Dr. Dhere S.R.	Chairman
2	Mr. Jadhav B. G.	Coordinator
3	Mr. Munde D. K.	Member
4	Mr. Marakwad S. S.	Member
5	Dr. Gagannaver I. S.	Member
6	Mr. Dhongade R. D.	Member
7	Mrs. Roman L. K.	Member

Department of Sports

Establishment :- 1989

Staff	
Name	Mr. Jadhav Bhaktraj Ghalappa
Qualification	M.A., M.P.Ed.

Technical Staff	
Name	Smt. Roman L. K.

Department of Physical Education & Sports

❖ **Vision :-**

To empower student mentally and physically.

❖ **Mission :-**

To safeguard and promote the physical fitness, traditional culture, values and professionalism.

❖ **Goals :-**

To conduct activities to inculcate sense of national responsibility, national integration, gender equality, social, moral, spiritual and scientific outlook.

To train students in physical education to provide teachers, lecturers and directors for secondary schools, colleges and universities.

To train the students to supply competent, result oriented man power to industry & society.

To prepare their physical fitness for civil, military and paramilitary forces of the nation.

To use modern tools of educational technology to achieve higher standards and greater creativity.

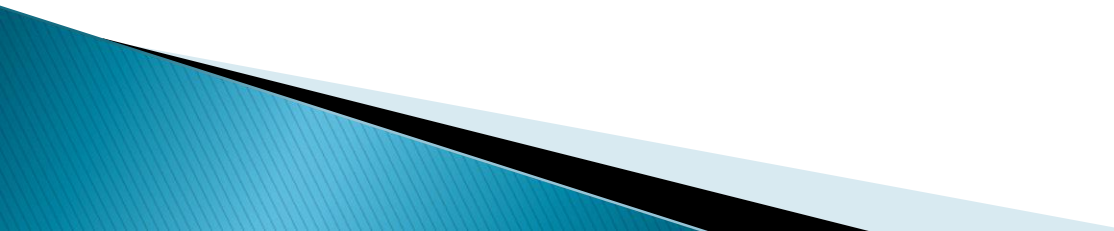
To promote healthy practices such as community service, extension activities, projects for the benefit of the society at large etc.

Introduction

The Department of Physical Education and sports is as old as the establishments of the college. Department activities are outstanding as usual. Sports create good relation better communication skill, good confidence, sound health & cultured behavior.

The department has produced a number of meritorious sports person at zonal & inter Zonal level in various sports discipline Outdoor and Indoor facilities are available. The department has conducted many zonal and inter zonal and District level tournaments.

AIMS AND OBJECTIVES

- * To inculcate in them the sense of responsible citizenship and nationality.
 - * To develop awareness about sports.
 - * To organize various types of tournaments.
 - * To motivate and encourage the students for the participation in various games.
 - * To create an atmosphere and aptitude for physical fitness.
 - * To develop multi faceted personality.
- 

History of Sport Department

Laxmibai Bhaurao Patil, Mahila Mahavidyalaya, Solapur College is a branch of Rayat Shikshan Sanstha, Satara in its central region. This college is situated in Solapur District and we are very proud that our college is representing the good example of step in development of rural area. The college was established in 1989.

Our teacher and people from this area are always encouraging student from this remote area to take interest in different indoor and outdoor games. Our college teachers and staff are always helping students to learn different games. Our college staff maintaining equipment in good condition so that students can do their practice to give their best in competition.

History of Sport Department

- ▶ 1. Kumari Aruja Kamble won gold medal in National Basketball tournament held at Goa in 2018-19
- ▶ 2. Ku Aruja Kamble and ku Rayan Patil won the silver medal in Maharashtra state, Inter-University Basketball tournament in 2019-20
- ▶ 3. Kumari Nikita koli actively participated in All India Yogasan Competition and she won gold medal at Intercollege-university yogasan competition
- ▶ 4. Our College Kabbaddi team won the first prize under the captainship of Kumari Rasika Gaikwad in 2022-23.
- ▶ 5. Kumari Apeksha Savant won gold medal and Akanksha Mhetre Silver-Medal inter college Fencing tournament in 2019-20.
- ▶ 6. In addition in the year from 2018 to 2023, 04 girls student are recruited as Maharashtra police and 02 girl waiting Maharashtra Police.
- ▶ 7. We are working hard to select our girl students in Police service in future as many as possible. In the year 2018 to 23 Yoga course training participated 75 girls and in the year of 2018 to 23 Pre-Recruitment police training for selected 04 girls student joining for the Maharashtra Police.

Ku. Apeksha Sawant and Akanksha Mhetre

Gold and Silver Medalist Fencing



Ku. Aruja Kamble

Gold Medalist Basket Ball



University Player Kabaddi 1st Place



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Atheletics & Kho-Kho Girls Team

2nd Place Runner Team



Weight Lifting & Kho-Kho Girls Branz Medal



Basket Ball 2nd Prize



Kabaddi Girls Team 2nd Place Runner



Atheletics Player



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS FACILITIES

Indoor facilities in sports complex ;

- Chess
- Carom
- Wrestling
- Yoga
- Badminton
- Table Tennis
- Exercise Cycle



Outdoor facilities ;

- Kabaddi
- Kho-kho
- Volleyball
- Basketball
- 200 meter. Practice running track
- Cricket
- Open Gym
- Softball
- Long Jump Pit
- Short Put Throw



General Rules for players:-

- ▶ • The player should possess an identity card daily in the college campus.
- ▶ • The player should attend all practices.
- ▶ • Student should take active part in the various tournaments.
- ▶ • Player should use leisure time in playing games.
- ▶ • Overall performance of the player should be satisfactory otherwise it would be communicated to their parents.
- ▶ • The player should not commit any nuisance otherwise necessary disciplinary action will be taken against him.
- ▶ • The final decision of the authority will be binding on him/her.
- ▶ The player should not cause any damage of the infrastructure and the equipment's in the department.
- ▶ • The player should see the notice board regularly. No complaints will be entrained with regards to non information.
- ▶ • Player should have for due respect and politeness.
- ▶ • Without Identity card equipment's will not be provided.

Any Other:–

In addition to all these activities the department has taken active participation in the following National days:–

1. Independence Day (15th Aug.)
2. Sports Day. (29th Aug.)
3. Karmaveer Jayanti. (22nd Sept)
4. Republic Day.(26th Jan)
5. Maharashtra day (1st May)

Quality Improving:–

The department has undertaken the quality improving program.Mr. Jadhav B.G. have given special practice to our college kabaddi team, Volley Ball team, kho–kho team and Athletics. Badminton team, table Tennis, chess, carom, wrestling any other.

Basket Ball



Kho-Kho



Badminton



Athletics Players



200 Mtrs. Run



Basket Ball



Shoulder Twister



Shoulder Twister:- This unit has two rotary wheels with each wheel turning in different directions by the user this exercise employs full flexibility around the shoulder and the arms and provide shoulder stability.

शोल्डर ट्विस्टर:- या चक्राला दोन्ही दिशांनी ठराविक वेळा फिरवून खांदा व त्याचे स्नायु यांना बळकटी व लवचिकता आणता येते.

ABS Board



ABS Board:- This is an abdominal Strengthening exercise rest your foot on the rod and it down on your back chest. now elevate your body up to an angle of 90 degrees against your thigh while exhaling go back while inhaling. you may keep your shoulders and arms extended in front if it's difficult to keep it across the chest

ए.बी.एस. बोर्ड:- ओटीपोटाच्या व्यायामासाठी हे उपकरण उत्तम प्रकारे वापरता येते. पाय स्थिर ठेऊन झोपलेल्या म्हणजेच आडव्या स्थितीतून सुरुवात करून श्वास घेत व सोडत शरीर ९० अंश कोनामध्ये नेणे व परत आणणे.

Hip Twister



Hip Twister:- The hip twister consists of a swivel stand which rotates as the arms and shoulders held square in the overhead holds. Standing with spine straight, rotate slowly to the stretch position, alternating directions while rotating right the left internal and external oblique are stretched and to a lesser extent the abdominal and extensor muscles. Reversing direction works the same muscles on the other side.

हिए व्टिस्टर:- कंबर, ओटी पोट, शरिराखालील भाग, खांदा दंड व हात इ. बाबत एकाचवेळी त्याठिकाणच्या स्नायुंसाठी उत्तम प्रकारची व्यायाम पध्दती. शरिराचा वरीलभाग स्थिर येऊन कमरे खालील भाग अर्ध चक्राकर विरूध्द दिशेने ठराविक वेळा केल्याने स्नायु बळकटी करण होते आणि स्नायुमध्ये लवचिकता आणता येते.

Circular Pull Up Station



Circular Pull up Station:- It is a simple and efficient way to strengthen your entire upper body. cushioned foam grips and 2 PVC textured handles give you the ability to perform variations of wide, hammer, close-grip pull ups and chin-ups. working your upper body from multiple angles allows you to place greater emphasis on the muscles you want to improve and recruit more muscle fibers. the multifunction a design works well for hanging leg raises and oblique crunches or can be used in the floor for triceps dips and push-ups

सर्क्यूलर पुलअप स्टेशन:- शरिराच्या वरच्या भागाची क्षमता वाढविण्यासाठी हे उपकरण वापरता येते. वर खाली होणे, चिनअप अशा पध्दतीने हालचाल करून वेगवेगळ्या प्रकारातून स्नायुंची वाढ व परिणामकारकता वाढविता येते.

Yoga & Athletics Players



Sports Activities:

The player sent Inter Zonal and University competitions from 2018-2023
2018-2019

Participation	Inter- Class	Inter- Zonal	State Level	University	National
Kabaddi	24	12	05	06	-
Cricket	14	02	01	01	-
Base-Ball	08	06	-	02	-
Athletics	10	09	06	-	-
Kho-Kho	24	12	01	-	-
Volleyball	21	12	01	-	-
Basket Ball	14	12	02	02	01
Tug off War	-	-	02	-	02
Soft Ball	07	06	-	02	-
Riffle Shooting	-	02	-	02	-
Fencing	-	02	-	01	-
Taekwondo	04	-	-	-	-
Weight Lefting	02	-	-	-	-

2019-2020

Participation	Inter-Class	Inter-Zonal	State	University	National
Kabaddi	22	12	04	03	-
Cricket	17	04	-	02	-
Taekwondo	04	02	01	01	-
Weight Lifting	03	02	-	02	-
Kho-Kho	25	12	-	-	-
Soft Ball	18	12	02	04	-
Handball	03	01	01	01	-
Athletics	13	09	-	-	-
Fencing	05	03	01	02	-
Basket Ball	14	11	01	02	-
Archery	04	02	02	02	-

2021-2022

Participation	Inter-Class	Inter-Zonal	State	University	National
Kabaddi	25	12	12	03	-
Cricket	15	11	-	02	-
Yoga	04	02	01	01	-
Athletics	09	08	04	-	-
Kho-Kho	24	12	04	-	-
Volleyball	14	10	-	-	-
Base Ball	10	07	01	01	-
Wrestling	05	04	02	-	-
Taekwondo	06	04	02	-	-
Soft Ball	10	07	-	02	-
Fencing	06	05	02	02	-

2022-2023

Participation	Inter-Class	Inter-Zonal	State	University	National
Kabaddi	16	12	02	04	-
Cricket	15	12	-	01	-
Yoga	08	08	01	01	-
Athletics	12	08	04	-	-
Kho-Kho	17	12	04	01	-
Volleyball	14	12	-	01	-
Chess	04	02	-	-	-
Wrestling	02	04	02	-	-
Taekwondo	06	04	01	-	-
Soft Ball	06	04	-	02	01
Basket Ball	15	12	-	03	-
Fencing	04	-	04	02	-
Cross Country	04	03	-	-	-

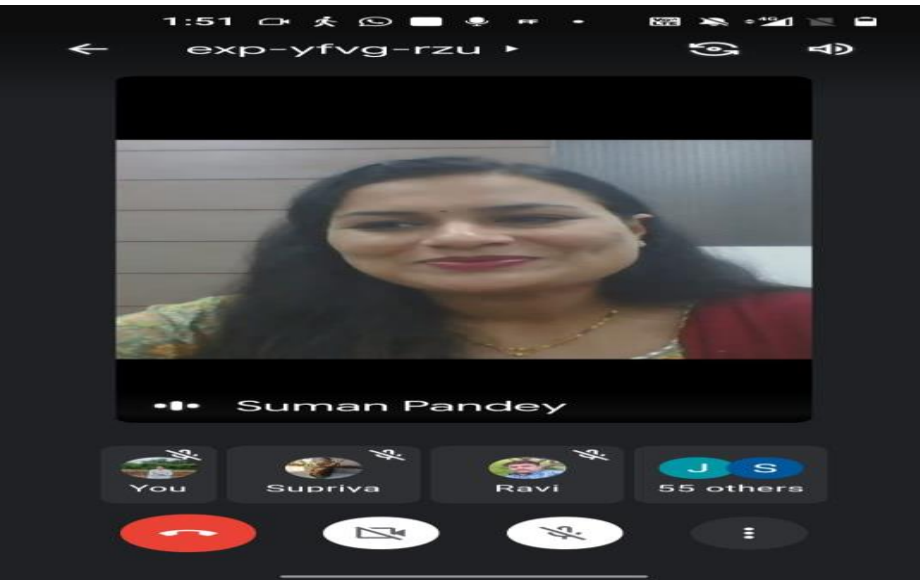
2023-2024

Participation	Inter-Zonal	State	University	International
Kabaddi	12	04	06	-
Cricket	06	01	01	-
Throw Ball	-	-	-	01
Athletics	08	04	-	-
Kho-Kho	12	02	-	-
Volleyball	04	01	-	-
Base Ball	05	-	02	-
Soft Ball	05	02	-	-
Basket Ball	02	-	01	-
Tug-off-War	-	04	-	02 - National

Organization of Sports Event during Last Five Years.

- Covid-19 Online good health Webinar 2021-22.**
- West Zone Women kabaddi Camp.**
- Senior Women Association of Maharashtra Box Langadi State Championship 2022.**
- P.A.H.Univerisity, Inter-College Swimming Tornadoament.**
- Self Defence – Awareness Program – 2022-23 .**
- Yoga Tournament – College Level**
- Pre-Police Training Guest Lecture.**
- Yoga Guest Lecture.**

Covid-19 Online Good Health Webinar



West Zone Kabbadi Camp



P.A.H. SOLAPUR UNIVERSITY, SOLAPUR
And
LAXMIBAI BHAURAO PATIL MAHILA MAHAVIDYALAYA, SOLAPUR.

Organized
West Zone Inter University



WOMEN'S KABADDI CAMP

Date: 11 to 18 December 2023

Principal
LBPM College



5th Senior Men and Women Box Langadi Championship



P.A.H.Solapur University Inter-College Swimming



Self Defense



Yoga Tournament College Level



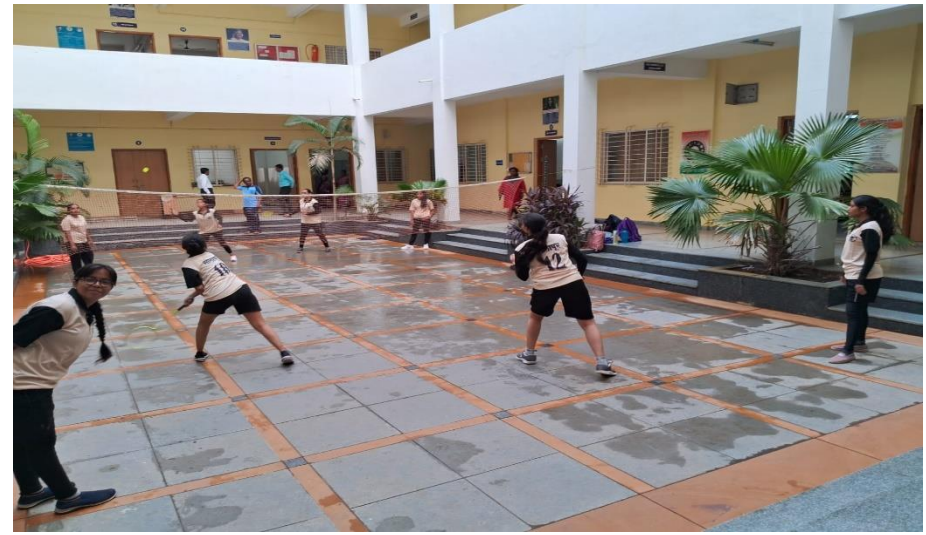
Pre-Police Training Guest Lecture



Yoga Guest Lecture



Sports Activities



POSITION /MEDAL WINNER PLAYERS 2018-23

Sr. No.	Name	Event	Medal	Level
1	Smt.Aruja Kamble	Basket Ball	Gold	National
2	Smt.Rayan Patil	Basket Ball	Silver	University
3	Smt.Aruja Kamble	Basket Ball	Silver	University
4	Smt.Apeksha Sawant	Fencing	Gold	Inter-College
5	Smt.Rutika Rathod	Fencing	Gold	Inter-College
6	Smt.Akanksha Mhetre	Fencing	Bronze	Inter-College
7	Smt.Smruti Shashikant Sontakke	Taekwondo	Gold	State
8	Smt.Maina Waghmare	Taekwondo	Silver	Inter-College
9	Smt.Saloni Pawar	Taekwondo	Silver	State
10	Smt.Swati Sadgal	Taekwondo	Silver	Inter-College
11	Smt.Jiya Pathan	Short-Put	Gold	Inter-College (RUSA)
12	Smt.Trupti Gund	Dis-Kas Throw	Silver	State
13	Smt.Prajakta Fand	400 Mtrs. Running	Silver	Inter-College
14	Smt.Ashvini Dudhal	1500 Mtrs. Running	Gold	District
15	Smt.Gayatri Waydande	Hammer Throw	Silver	District
16	Smt.Rasika Gaikwad & Our team	Kabaddi	Gold	University
17	Smt.Aruja Kamble & Our Team	Basket Ball	Silver	University

Pre-Recruitment Police Training selected girls student as Police Constable

2018-23

Sr. No.	Name	Sector
1	Sana Nadaf	Maharashtra Police
2	Anjali Khanapure	Maharashtra Police
3	Nisha Rathod	Maharashtra Police
4	Pallavi Mhetre	Maharashtra Police
5	Seema Rathod	Maharashtra Police (Waiting List)
6	Asmita Chavan	Maharashtra Police (Waiting List)
7	Nikita Koli	Indian Oil
8	Anjali Waghmode	ICICI Assistant Manager

POLICE TRAINING



लक्ष्मीबाई भाऊराव पाटील महिला महाविद्यालय, सोलापूर
१४२८, मोदीखाना, सात रस्ता, सोलापूर.

आर्मी व पोलीस भरतीपूर्व प्रशिक्षण

※ ठळक वैशिष्ट्ये ※

- ※ Online थेअरी मार्गदर्शन
- ※ प्रत्येक विषयातील अनुभवी व तज्ञ मार्गदर्शक
- ※ सुसज्ज क्लास रूम, स्पर्धात्मक वातावरण
- ※ आठवड्याला फिजीकल व लेखी परिक्षा

मुख्य प्रशिक्षक - प्रा. भक्तारज जाधव मो. 9922692489
प्र. शिर्का चवार, कु. साधना मोसले

आयुष्य - प्रा. डॉ. दादरामेव चव्हाणे
आ. डॉ. दादरामेव चव्हाणे



Selected Police Girl



YOGA MEDITATION COURSE



ANNUAL SPORTS DAY



Sports Practice



Cricket



Kabaddi



Basket Ball



Base Ball and Soft Ball

Any Other:-

In addition to all these activities the department has taken active participation in the following National days:-

- 1. Independence Day (15th Aug.)**
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- 3. Karmaveer Jayanti. (22nd Sept)**
- 4. Republic Day.(26th Jan)**
- 5. Maharashtra day (1st May)**

Quality Improving:-

The department has undertaken the quality improving program. Mr. Jadhav B.G. have given special practice to our college kabaddi team, Volley Ball team, kho-kho team and Athletics. Badminton team, table Tennis, chess, carom, wrestling any other.

Future Plan of the Department

The department has made plans within these next five years we want our players to be playing at State, National & International level .

Our department has been taking continuous Police Training & Yoga Meditation Course for the development of students.

To Develop multi faced personality development.



THANK

YOU