

## **BEST PRACTICES**

### **1. TITLE OF THE PRACTICE: SPORTS & GAMES**

**MOTTO: Spreading Health and Goodness Through Sports**

### **2. OBJECTIVE OF THE PRACTICE:**

- Develop self-pride, learn team work and self-discipline
- To help acquire skills necessary to the sports
- To learn to operate under pressure and make decisions
- Develop physical fitness, mental health and performance capacity

### **3. THE CONTEXT:**

Our college being situated in the Eastern part of Solapur caters to the academic needs of the girl students, specially those belonging to the Padmashali Community and the economically disadvantage strata of the society.

Most of our students are not aware of the importance of sports and games, the purpose of participating in sports, the benefits one can get from it etc.

Ironically, most of our students have never played or participated in any games. A few others who have played some games at school/ Jr. College level are not even aware of the rules and regulations of the same. Coming from basically orthodox families, these girls have not even worn sports dress and hesitate from wearing the same. A few parents do not even permit their wards for practice sessions/ participation.

### **4. THE PRACTICE:**

At the beginning of each academic year, our Director of Physical Education personally goes to every class and talks to the students regarding the importance of sports and games. A lot of motivation is done in addition to informing the students about the various benefits, job opportunities etc. Very often it happens that the students are interested but their parents do not permit them for the same. It is a difficult task convincing the students and getting permission from the parents.

### **5. PROCEDURE:**

The students are allowed to choose any sports as per their preference. Trainers of different games are called and proper coaching is given. During the training sessions, the student's talents, skills

and physical ability, agility, aptitude for the game etc. are tested and further decisions are made. Counseling is done on a regular basis. Practice sessions are conducted in the morning and evening.

We have a Memorandum of Understanding with various sports academy and also make use of their playground for practice sessions.

#### **Memorandum of Understanding (List):**

- Samarth Sports Academy
- Yog Association, Solapur
- Maharashtra State Veterans Sports Association
- Ashwath Sports Academy
- The Sports Pavelion

#### **6. MOTIVATION:**

We motivate our students by providing them with a number of incentives in the form of

- Best Sportsman Prize of Rs 1500/- for the Best Sports Allrounder
- Sports kit
- TA & DA
- Rescheduling of Internal exams and Home Assignments
- Grace marks at the University exams

#### **7. EVIDENCE OF SUCCESS:**

Fighting all odds our students have proved their worth by participating at National/ State/University level competitions and have proved their worth by winning a number of prizes and accolades.

#### **8. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:**

- Students are reluctant and need a lot of counseling
- Lack of support from parents
- Financial crunch as the students are from economically deprived familie

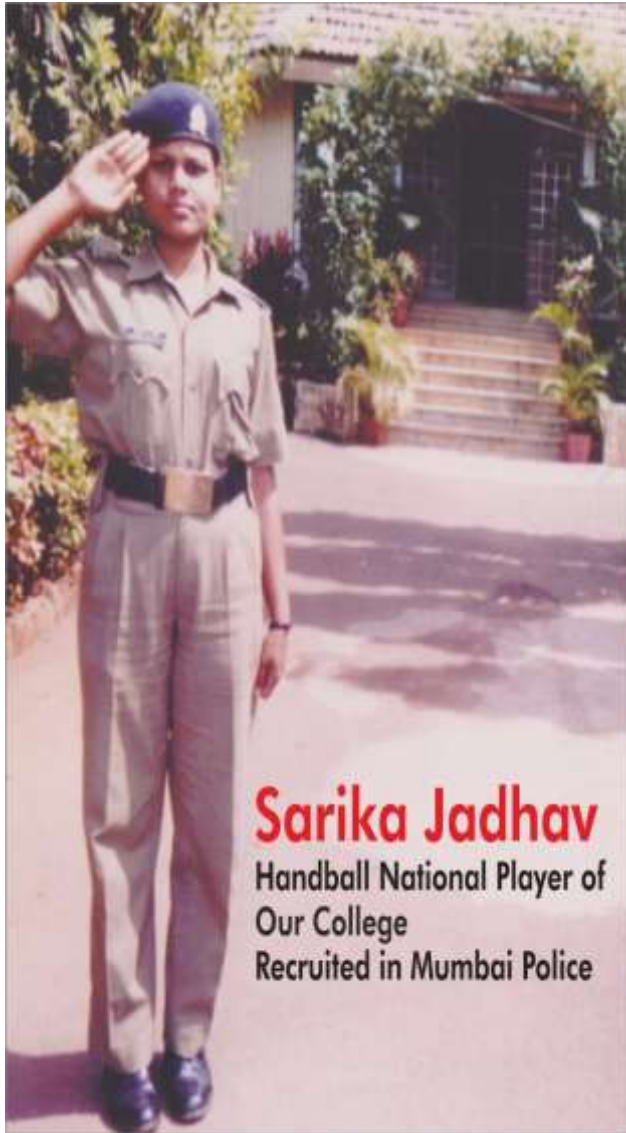
<b>Sr. No.</b>	<b>Student Name</b>	<b>Placement of Sports Students</b>
1.	Meera Bhosale	Police Constable, Solapur
2.	Vardana Bhosale	Police Constable, Solapur
3.	Manisha Sonawane	Railway Police, Bombay
4.	Sarika Jadhav	Railway Police, Bombay
5.	Manisha Jangale	School Teacher
6.	Kajal Date	Sports Coach
7.	Divya Sawant	Sports Coach
8.	Sneha Meharkar	Acupressure
9.	Jayanti Gajul	Yoga Teacher
10.	PornimaPukale	Yoga Instructor
11.	Vaishali Shankul	Co-operative Bank
12.	MamtaKoli	Police Constable, Solapur
13.	Ujnale Kole	Department of Police, Bombay
14.	Suwarna Kamble	Sports Director at Soni College, Solapur
15.	Savita Konda	Director Acupressure
16.	Shradha Purud	Junior Analyst State Street HCL Pvt. Lt.
17.	Sangita Konda	School Teacher
18.	Mamta Konda	School Teacher
19.	Dhanvanti Paradkar	School Teacher
20.	Ambika Kalpagar	School Teacher, Bombay
21.	Priti Shivgunde	Railway Police, Bombay



Our Alumni Soundarya Maccha recruited in Mumbai Police



All India Participation In Yogasana 2021-22



**Sarika Jadhav**  
Handball National Player of  
Our College  
Recruited in Mumbai Police



## Sports Icon of Our College

Winner of the **Late. Mrs Ammamma Mathews Memorial** Prize for her outstanding contribution to Sports  
Sarvotkrushta  
Miss Burla Prize  
(2016-17)

**Kajal Date**



**2 National - 2014-15**  
**3 National - 2015-16**  
**4 National - 2016-17**





# All India Inter University Yoga



# All India Inter University Baseball









जिल्हास्तरीय योगासन स्पर्धेचे उद्घाटन करताना मनमोहन भुतडा, वीररा अंगडी, डॉ. रजनी दळवी, प्राचार्य राजेंद्र सेंदगे, गुरुदत्त पाठक, संतोष दुधाळ, चंद्रकांत पांगारे आदी.

## रत्नेश गायकवाड, अमृता घोडेकर प्रथम

जिल्हास्तरीय खुल्या योगासन स्पर्धेत ६० जणांचा सहभाग

लोकमत न्यूज नेटवर्क

सोलापूर : योगा फेडरेशन ऑफ इंडियाच्या नियमानुसार महाराष्ट्र योगा असोसिएशनच्या अधिपत्याखाली योग असोसिएशन सोलापूर व ए. आर. दुर्ला महिला महाविद्यालय यांच्या संयुक्त विद्यमाने जिल्हास्तरीय योगासन स्पर्धेत ८ ते १० वर्षे वयोगटात रत्नेश गायकवाड आणि अमृता घोडेकर

### स्पर्धेचा अंतिम निकाल

- ◆ आठ ते दहा वर्षे वयोगट: मुले: रत्नेश गायकवाड (जैन गुरुकुल), अनुज घोंगडे (सिट्टेस्वर प्राथमिक शाळा), आदित्य राऊत (जैन गुरुकुल प्रसाला).
- ◆ मुली: अमृता घोडेकर (शिवाजी प्रसाला), सेजल कोरे (पी. एस. हॅमिल्टन मीडियम स्कूल) सहा

प्रास्तायिक डॉ. रजनी दळवी तर आभार प्रदर्शन मोहन कुंभार यांनी केले.

या स्पर्धेत पंढरपूर, अक्कलकोट, माढा, बार्शी, करकंब, मोडनिंब, उपळई, मोहोळ, सोलापूर उत्तर व दक्षिण तालुक्यातील २०० मुले/ मुली, पुरुष व महिला स्पर्धकांनी सहभाग घेतला. यापध्ये ६० वर्षांपुढील महिला व पुरुष यांनी उत्स्फूर्तपणे सहभाग नोंदवला. पंच म्हणून पुण्याचे

