

**SHRI RAMDEOBABA COLLEGE OF  
ENGINEERING & MANAGEMENT, NAGPUR**

**RCOEM**

Shri Ramdeobaba College of  
Engineering and Management, Nagpur

**DEPARTMENT OF PHYSICAL EDUCATION**

**ANNUAL REPORT**

**2021 - 2022**

**Dr. Rajesh Pande**  
PRINCIPAL  
RCOEM

**Dr. Amit Anurag**  
HOD, Physical  
Education Department

**SHRI RAMDEOBABA COLLEGE OF  
ENGINEERING & MANAGEMENT, NAGPUR**

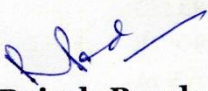
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**Principal**  
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of Engineering & Management, Nagpur-13.**

  
**Dr. Amit Anurag**  
HOD, Physical  
Education Department  
Head of the Department  
Physical Education  
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## **INTRODUCTION**

### **“Department of Physical Education”**

The Department was established in response to plan and execute health awareness program, recreational & Healthy Competitive sports activities among youth and college students as well as to make aware about transforming role of physical education program. We contribute our bit in the on-going development of educating the public in the areas of health and physical education in India.

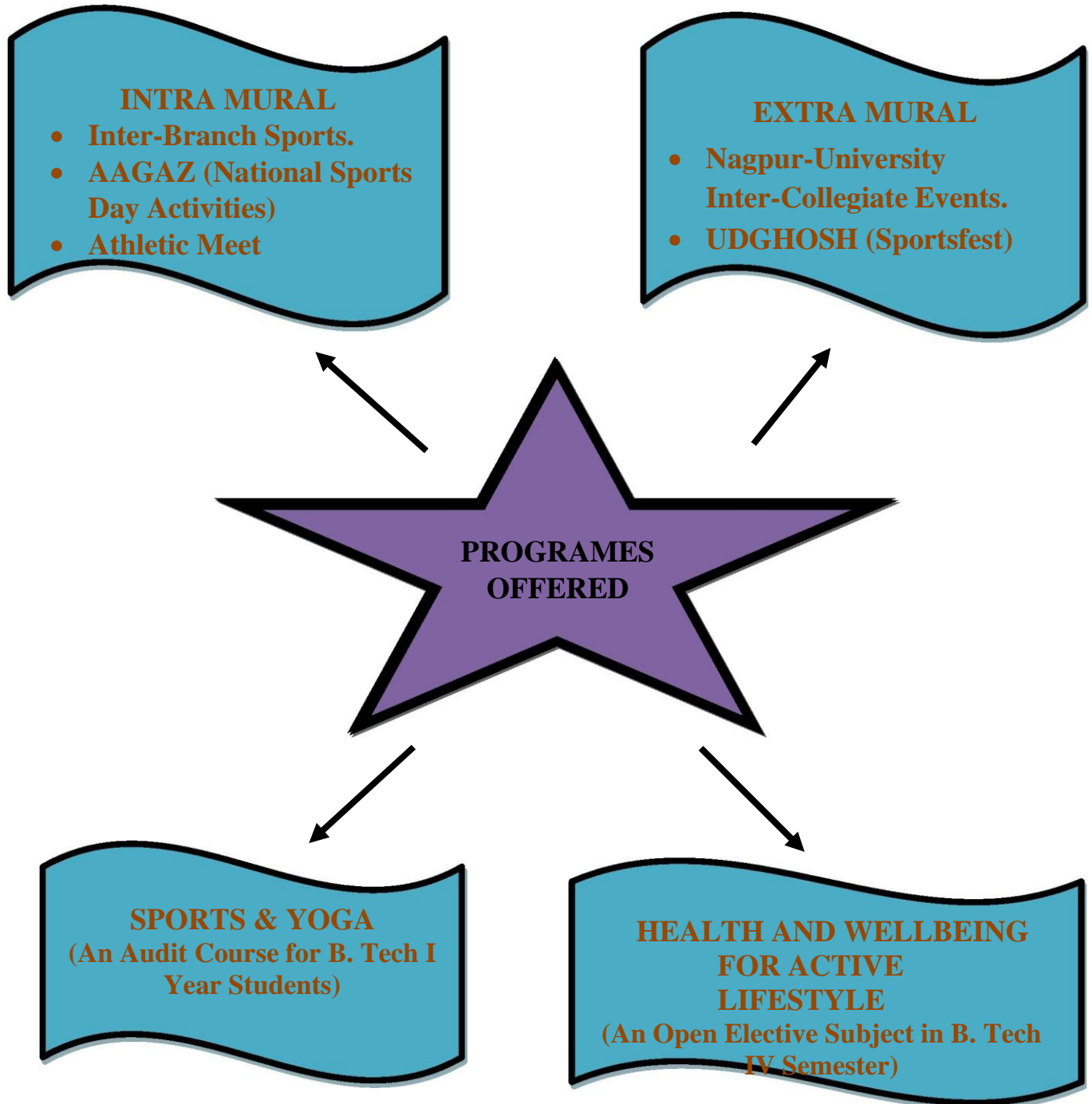
It has been well established that adolescents these days are facing serious health problems locally and internationally. Many factors have been identified as determinants, including unhealthy personal lifestyle, lack of health practices, societal environments non-conducive to better health, and either a lack of comprehensive health policies. We here are also devoting much effort in advancing health through improving children’s knowledge in health, enhancing skills in managing and promoting personal health, as well as changing sedentary and unhealthy life styles into active and healthy living.

#### **Faculties:**

<b>S. N.</b>	<b>Name of Faculty/Staff</b>	<b>Designation</b>
1	Dr. Amit Anurag	Head of the Department
2	Asst. Prof. Saket Kanetkar	Assistant Professor
3	Mr. Dilip Sonule	Senior Helper

The faculty and staff strive to lead, and we believe that we produce some of the most productive student leaders as well.

## PROGRAMMES OFFERED



## **STUDENT'S SPORTS COMMITTEE**

Session 2021-2022 was one of a difficult year for the Physical Education department. During the First half of the session Due to covid-19 and government restriction only limited activities were conducted and that too on online platform and later covid-19 slows down & government lifts the restrictions on conducting sports activities, the Physical Education department conducts College inter-branch activities and as expected students participation in those activities was over whelming and that too from all branches of B.Tech, MBA and MCA. The session began with the interviews for the post of sports secretaries and Joint Sports Secretaries which were held on 05<sup>th</sup> and 06<sup>th</sup> July, 2021.

### **SPORTS COMMITTEE 2021-2022**

S. No.	Name	Branch & Year	Post
1	NACHIKET MIRAL	EDT IV YEAR	SECRETARY (M)
2	NANDINI CHANDAK	EC IV YEAR	SECRETARY (W)
3	ABHINAV KUMAR	EC III YEAR	JT. SECRETARY (M)
4	TANAYA DESHPANDE	IND III YEAR	JT. SECRETARY (W)

S. No.	POST	NAME	Branch & Year
1	EVENT COORDINATOR	SAGAR NIMKAR	EC III YEAR
2	EVENT COORDINATOR	SURBHI JOLDEO	EC III YEAR
3	PUBLICITY AND SOCIAL MEDIA	ATUL PANDEY	CSE III YEAR
4	PUBLICITY AND SOCIAL MEDIA	DIVYA VYAS	EN III YEAR
5	SYSTEMS HEAD	SHUBHAYU JAKKANWAR	IND III YEAR
6	SYSTEMS HEAD	MRUNAL SHINDE	EN III YEAR

## ANNUAL SPORTS CALENDAR

The Physical Education Department organizes tournaments of various games and sports according to the Annual Sports Calendar. At the starting of the session 2021-22, calendar was prepared but only limited activities were organized by the department.

S. N	EVENT	DATES	REMARK
1	DISPLAY OF NOTICE FOR INTERVIEW OF SPORTS/NSS SECRETARY AND JOINT SECRETARY	2 <sup>nd</sup> JULY 2021	✓
2	INTERVIEW OF SPORTS SECRETARY	05 <sup>th</sup> JULY 2021	ONLINE
3	INTERVIEW OF SPORTS JOINT SECRETARY	06 <sup>th</sup> JULY 2021	ONLINE
4	COMPLETE SPORTS BODY WITH BRANCH SECRETARY MEETING	18 <sup>th</sup> JULY 2021	ONLINE
5	ONLINE SPORTS QUIZ COMPETITION	13 <sup>th</sup> AUG 2021	ONLINE
6	<i>NATIONAL SPORTS DAY (AAGAZ 3.0)</i>	29 <sup>th</sup> AUG 2021	✓
7	INTER BRANCH CHESS (M &W), TABLE TENNIS COMPETITION (M &W)	22 TO 24 DEC. 2021	✓
8	INTER BRANCH BADMINTON COMPETITION (M &W)	27 DEC TO 8 JAN 2022	✓
9	SELECTION TRIALS FOOTBALL (M & W), VOLLEYBALL (M & W), CRICKET (M)	22 DEC 2021	✓
10	SELECTION TRIALS BADMINTON (M & W)	23 DEC 2021	✓
11	INTER BRANCH HEALTH RELATED PHYSICAL FITNESS COMPETITION	SEPTEMBER 2021	X
12	SESSION/WORKSHOP ON FITNESS FOR STUDENTS	OCTOBER 2021	X
13	NATIONAL LEVEL WORKSHOP/CONFERENCE	DECEMBER 2021	X
14	INTER BRANCH YOGA AND SURYANAMASKAR COMPETITION	JANUARY 2022	X
15	SELECTION TRIALS (BASKETBALL, CRICKET, FOOTBALL)	15-18 FEB 2022	✓
16	INTER BRANCH FOOTBALL(M), VOLLEYBALL(M), BASKETBALL (W) COMPETITION	21 -27 FEB 2022	✓
17	INTER BRANCH CRICKET(W)	16 - 21 MAR 2022	✓
18	INTER BRANCH CRICKET (M &W), BASKETBALL (M)	23 - 29 MAR 2022	✓
19	INTER BRANCH TAGRUGBY(M)	4 - 6 APR 2022	✓
20	<i>YOGA DAY</i>	21 <sup>st</sup> JUNE 2022	✓

**NOTE:** ✓ = Conducted,



## All India University Sports/West Zone Representation, 2021-22

In Session 2021-22, **Total 9** students from the college represented RTM Nagpur University

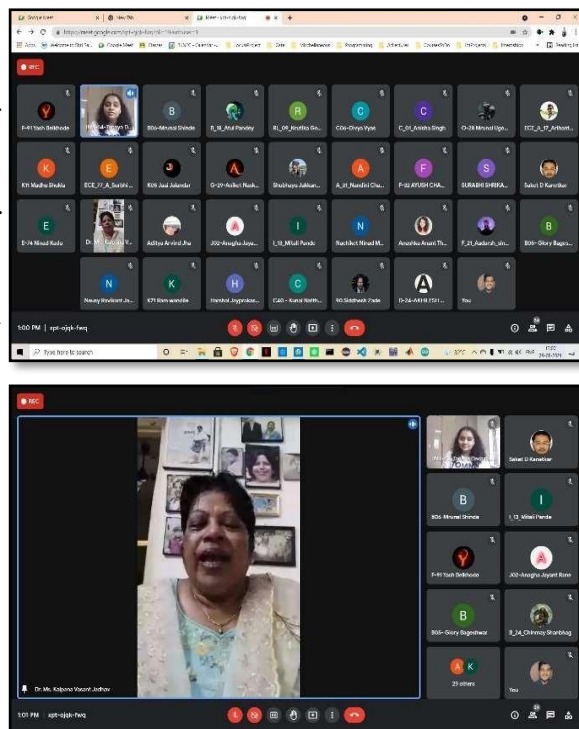
Sr. No	Name of Player	Branch & Year	SEM	Game	Level of Participation	
1	SIDDHA DESHMUKH	CSE IV YEAR	VII SEM	BASKETBALL	WEST ZONE	
2	KUNAL SINGH THAKUR	EN III YEAR	VI SEM	HOCKEY	WEST ZONE	
3	SHARVANI SACHIN BAGDAI	IND II YEAR	I SEM	LAWN TENNIS	WEST ZONE	
4	NISHIL BHOJRAJ BANTE	MBA(I) III YEAR	V SEM	ARCHERY	ALL INDIA	
5	ANNANYA DEVENDRA TRIVEDI	B. TECH I YEAR	I SEM	ARCHERY	ALL INDIA	
6	AMEYA A. SHRIVASTAVA	CIVIL III YEAR	VI SEM	CHESS	WEST ZONE	
7	ARYAN D. DEOGADE	B. TECH I YEAR	I SEM	CHESS	WEST ZONE	
8	SHRADHA SANTOSH ALLEWAR	B. TECH I YEAR	I SEM	KARATE	ALL INDIA	
9	PRAJAKTA TULARAM JOGI	MBA	II SEM	CRICKET	WEST ZONE	



## INTRAMURAL ACTIVITIES

### NATIONAL SPORTS DAY CELEBRATION: AAGAAZ 3.0

On the account of National Sports Day, the birth anniversary of hockey legend Major Dhyan Chand, Department of Physical Education, RCOEM organized its third edition of AAGAAZ on 29<sup>th</sup> August 2021 for RCOEM students. Due to the restrictions of Covid-19 pandemic this year also AAGAAZ was conducted on an online platform of google meet. The competition was inaugurated at 4:00pm on 29/08/21 by Dr.Ms.Kalpana.V.Jadhav, Former Head, Department of Physical Education- Hislop College & Former Director RTM Nagpur University. Dr. Amit Anurag, Head-Department of Physical Education, RCOEM briefed regarding activities to all participants and guest. Prof. Saket Kanetkar guided students throughout this online event.



Inauguration link: <https://meet.google.com/xpt-ojqk-fwq>.

The structure of the competition was divided into three parts: one separate event for boys and girls each and a common event for both boys and girls which was also the main event of AAGAAZ. The events were 1. The Push Up competition (For boys), 2. The Surya namaskar competition (For girls), 3. Circuit of Champions (Open for all). The event concluded on 5<sup>th</sup> September 2021.

**AAGAAZ 3.0** included following events:

1. **The Pushup competition** (Boys)
2. **The Surya namaskar competition** (Girls)
3. **Circuit of Champions** (open for all)

S.N.	Event name	Rules
1.	The Pushup Competition	Perform maximum pushups in a minute
2.	The Surya Namaskar Competition	Perform maximum Surya Namaskars in 3 minutes
3.	Circuit of Champions	Perform the given circuit in least possible time

### 1. The Pushup Competition

The pushup competition began shortly after the inauguration meeting, the competition was a single round event which consisted of three heats of 15 players each. Players had to join their respective heat's on Google meet and perform the maximum no. of pushups possible in a minute. Top three players with maximum pushups were selected from all the heats combined for the first, second and third place.



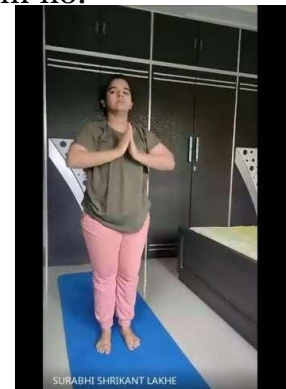
### 2. The Surya Namaskar Competition

After the Pushup competition, Suryanamaskar competition was started shortly, the structure for Suryanamaskar competition was also the same, there were two heats of 15 and the event was a single round event. Maximum no.

of suryanamaskar were to be performed in three minutes with proper posture. After the first round there was a tie-breaker round conducted on 4<sup>th</sup> Sept at 5:00pm as 5



participants' scores were tie. The tie-breaker round was



maximum burpees in a minute, Top four players were selected after the tie-

breaker, as first position was shared between two participants.

### 3. Circuit of Champions

Shortly after the Surya Namaskar Competition finished, "Circuit of Champions" first round started. The structure was the same, 3 heats of 16-17 participants each were formed and players were asked to join their respective



google meets according to heats and perform the given circuit in the least possible time.

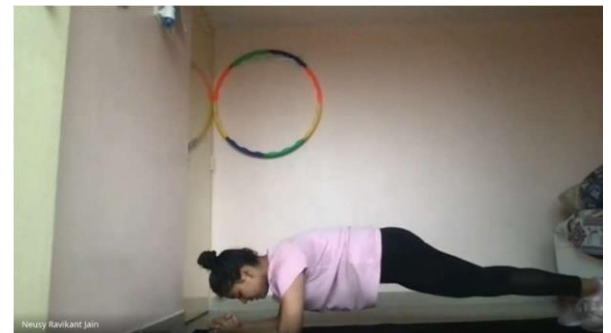
The circuit for first round was –



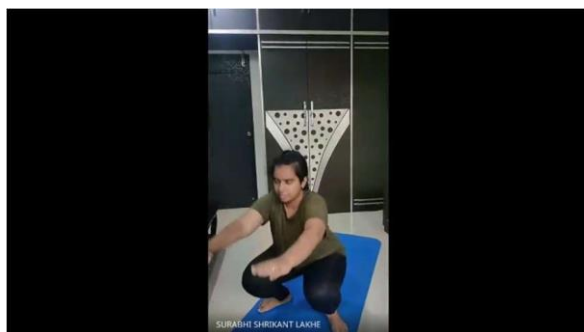
MEN	WOMEN
12 squats	08 squats
12 burpees	08 burpees
12 squats	08 squats
12 sit-ups	08 sit-ups
12 squats	08 squat
25 sec plank	20 sec plank

After the first round 10 players were selected based on scores for all 3 heats combined for the second and final round.

Circuit of Champions - Finalists	
Name	Branch
Madhu Shukla	EN(I)
Neusy Jain	IND(IV)
Omkumar patil	IND(III)
Tanmay Jaiswal	EN(III)
Ninad Kadu	CS(I)
Atul Pandey	CS(III)
Kunal Kolhe	CIVIL(IV)
Kunal Dhakate	EN(III)
Ayush Virutkar	EE(I)
Siddhant Hirani	MBA(II)



Final round of **Circuit of Champions** was conducted on 5<sup>th</sup> September at 4:00 pm. The rules were the same as the first round, participants were asked to join a Google meeting (link) and perform the specified circuit in the least possible time. The competition went through successfully and two winners were selected, one from boys and girls each.



**BURPEES**



**Sit-Ups**

Participants showed utmost enthusiasm and kept the competition alive and challenging. Overall **72 students** registered for the event **27 in women** section and **45 in men's** section.

The winners of all the competitions were announced on 6<sup>th</sup> Sept on our Instagram page ([@rcoem\\_sports](https://www.instagram.com/rcoem_sports)).

## RESULTS



Results of AAGAAZ 3.0					
S. N	Event	Position	Name	Year	Branch
1.	The Pushup Competition (M)	1	Harshal Kunwar	I	MBA
		2	Tanmay Jaiswal	III	EN
		3	Ninad Kadu	I	CS
2.	Surya Namaskar Competition (W)	1(T)	Anagha Rane	I	EN
		1(T)	Neusy Jain	IV	IND
		2	Krutika Gonnade	IV	EP
		3	Nehal Nagpal	I	IND
3.	Circuit of Champions	1	Tanmay Jaiswal(M)	III	EN
		1	Neusy Jain(W)	IV	IND



## Online Sports Quiz Competition

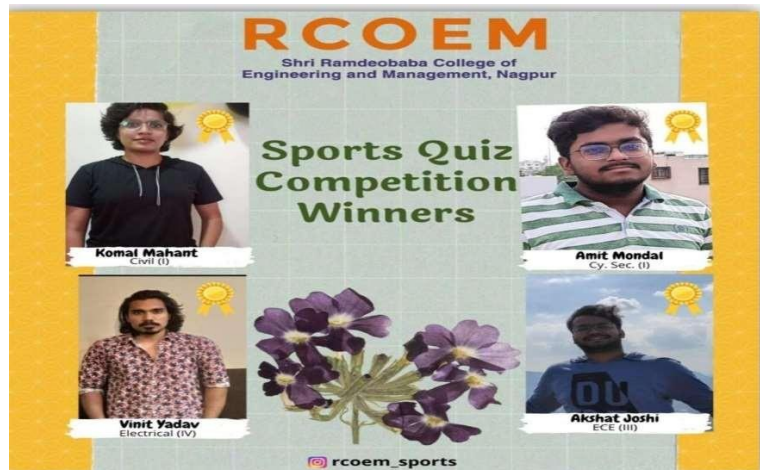
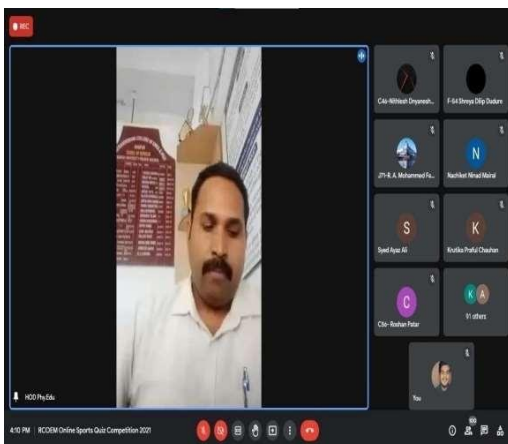
Looking at the current scenario of COVID- 19, offline sports event was not possible and thinking about an online sports event made everyone wonder. Finally, we conducted an interesting online sports event for students of RCOEM.

Quiz competition was an Online event held by the sports committee of RCOEM on 13th August 2021. The event was conducted on an online platform on 13th August. Around 163 students Registered and Participated in this online quiz Competition.



Question	Type	Correct/Incorrect
1 Who among the following cricketers was the first to score a century for the Indian Test cricke...	Quiz	33%
2 How many FIFA Women's World Cup tournaments have been held so far?	Quiz	40%
3 What is Canada's national Summer sports	Quiz	43%
4 Which city is the first in the world to be awarded both summer and winter Olympics?	Quiz	55%
5 Which of the following countries won the maximum number of medals at the first Olympic G...	Quiz	47%
6 Which language other than English is the Official language of the International Olympic Com...	Quiz	57%
7 At which of these Olympic Games did Dhyanchand captain the gold medal winning Indian ho...	Quiz	40%
8 Term Chinaman is related to which sports ?	Quiz	54%
9 Who won the gold medal for 400 metres run at two consecutive Olympic games?	Quiz	33%
10 With which game does Davis Cup is associated?	Quiz	60%

Quiz was held on KAHOOT, which is an online quiz platform and Google Meet.





## INTER-BRANCH 2021-22

### INTER BRANCH CHESS 2021-22

inter branch Chess tournament was organized by Department of Physical Education which was conducted from 22<sup>nd</sup> - 24<sup>th</sup> December 2021. Total 16 branches participated in the Inter Branch Chess Tournament.

Game	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	Total teams	Total participation
CHESS (M)	EC	CIVIL	IT	09	42
CHESS (W)	IT	EC	EDT	7	27



Chess Competition in action

### INTER BRANCH CUP TABLE TENNIS 2021-22

Inter branch Table tennis tournament was organized by Department of Physical Education from 22<sup>nd</sup> to 24<sup>th</sup> December 2021. Total 17 branches participated in the Inter Branch Table Tennis Tournament.

Game	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	Total teams	Total participation
TABLE TENNIS (W)	MECH	EC	EE	10	41
TABLE TENNIS (M)	IT	EN	CIVIL	7	24



Students during TT Matches

## INTER BRANCH BASKETBALL (M & W) 2021-22

An Inter Branch Basketball tournament for Women was organized by Department of Physical Education from 21<sup>st</sup> to 24<sup>th</sup> February 2022 on the College Basketball Court. Total

07 branches participated in the Inter Branch Tournament. The women's Final match was played between CSE and IND Branch on 24<sup>th</sup> Feb 2022.

Similarly, Inter Branch Basketball tournament for



Men was organized by Department of Physical Education from 16<sup>th</sup> to 21<sup>st</sup> March 2022 on the College Basketball Court. Total 09 branches participated in this Tournament. The Final match was played between CSE and IND Branch on 21<sup>st</sup> March

2022.

Game	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	Total teams	Total participation
BASKETBALL (M)	IND	CSE	MECH	09	77
BASKETBALL (W)	CSE	IND	EN	7	49



### **INTER BRANCH FOOTBALL 2021-22**

An Inter Branch Football tournament for Men was organized by Department of Physical Education from 21<sup>st</sup> to 24<sup>th</sup> February 2022 on the College football Ground. Total 11 branches participated in the Tournament. The Final match was played between MECH and CIV Branch on 24<sup>th</sup> Feb 2022.



Game	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	Total teams	Total participation
FOOTBALL (M)	MECH	CIVIL	IND	11	100

### **INTER-BRANCH CRICKET(W)2021-22**



Inter Branch Cricket tournament for Women was organized from 16<sup>th</sup> March to 21<sup>st</sup> March 2022 on the College Ground. Total 10 branches participated in the Inter Branch Tournament.

The Final match was played between EN and EC Branch on 21<sup>st</sup> March 2022.

Game	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	Total teams	Total participation
CRICKET (W)	EN	EC	MBA	10	91

**INTER BRANCH VOLLEYBALL (M & W) 2021-22**



**VOLLEYBALL (M) FINAL MATCH CES Vs MBA.**

The Inter Branch Volleyball Tournament for boys was held between 21/02/22 to 5/03/22. The tournament was organized by Department of Physical Education, RCOEM. A total of 11 teams participated in the event. The number of players participated was 107. The finals were played on 5/03/2022

between CSE & MBA Department. The Inter Branch Volleyball Tournament for Women by Department of Physical Education, RCOEM was held between 21/02/22 to 28/03/22. A total of 10 teams participated in the event. The number of players participated was 72. The finals were held on 28 /02/2022 and details of the tournament were as follows:



**VOLLEYBALL (M) FINAL MATCH EC Vs MBA.**

INTER BRANCH VOLLEYBALL 2021-22					
	1st place	2nd place	3rd place	No. of teams	No. of participants
<b>MEN</b>	CSE	MBA	EN	11	107
<b>WOMEN</b>	EC	MBA	MCA	10	72



**VOLLEYBALL (W) FINAL MATCH EC Vs MBA**



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**VOLLEYBALL (w) FINAL WINNER: EC TEAM**



### INTER BRANCH CRICKET (M) 2021-22

The Inter Branch Cricket Tournament for Men was organized by the Department of Physical Education, RCOEM from 23/03/2022 to 29/03/2022. A total of 11 teams participated in the event.

The total number of players participated

#### INTER BRANCH CRICKET FINAL 21-22: EC Vs IT

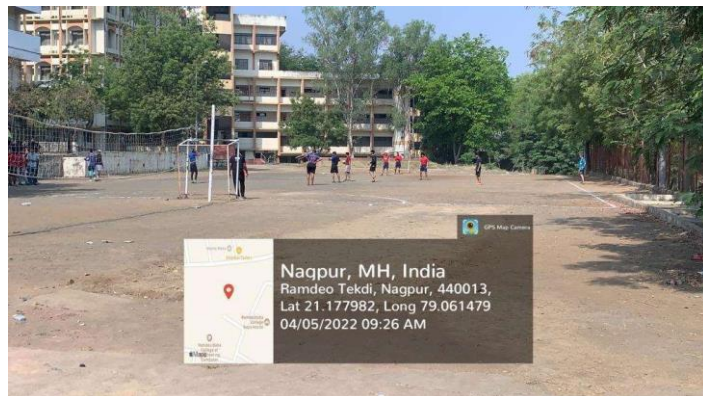


was 172. The finals were held on 29/03/2022, during the final match Prof. Prasheel Thakre, Prof. Manoj Sarwe faculty of Electronics and Comm. Engineering were present. Details of the

INTER BRANCH CRICKET (M) 2021-22					
	1st place	2nd place	3rd place	No. of teams	No. of participants
MEN	EC	IT	MBA	11	172

### INTER BRANCH TAG RUGBY (M) 2021-22

Inter Branch TAG RUGBY tournament for Men was organized by Department of Physical Education from 4 to 6<sup>th</sup> April 2022 on the College Ground. Total 09 branches participated in the Inter Branch Tournament. The Final match was played between IND and IT Branch on 6<sup>th</sup> April 2022



INTER BRANCH TAG RUGBY (M) 2021-22					
	1st place	2nd place	3rd place	No. of teams	No. of participants
MEN	IND	IT	MECH	09	83



### BRANCH WISE POSITION AND PARTICIPATION (MEN) 2021-22

BRANCH	BADMINTON	PARTICIPANTS	CHES S	PARTICIPANTS	TT	PARTICIPANTS	CRICKET	PARTICIPANTS	TAGRUGBY	PARTICIPANTS	VOLLEYBALL	PARTICIPANTS	BASKETBALL	PARTICIPANTS	FOOTBALL	PARTICIPANTS	Overall Participation	TOTAL PONTS
EDT	P	5	P	5	P	5	P	15	NP	-	P	8	NP	-	P	5	43	0
EN	1	3	P	5	P	3	P	16	P	10	1	8	P	8	P	8	61	2
EE	P	5	P	5	1	4	P	13	P	8	P	10	P	7	P	8	60	1
IND	3	3	P	4	P	5	P	16	5	10	P	11	5	12	1	10	71	14
CIVIL	P	5	3	4	P	3	P	16	P	9	P	11	P	8	3	10	66	6
IT	P	5	1	5	P	5	3	16	3	8	P	9	P	8	P	10	66	7
CS	P	5	P	5	P	5	P	16	P	9	5	9	3	11	P	9	69	8
EC	P	3	5	5	3	5	5	15	P	10	P	9	p	8	P	11	66	13
MECH	5	5	P	4	5	3	P	17	1	9	P	11	1	8	5	10	67	17
MCA	P	5	NP	-	P	3	P	16	NP	-	P	11	NP	-	P	9	44	0
MBA	P	3	NP	-	NP	-	1	16	P	10	3	10	P	7	P	10	56	4
Participants		47		42		41		172		83		107		77		100	669	

### BRANCH WISE POSITION AND PARTICIPATION (WOMEN) 2021-22

BRANCH	BADMINTON	PARTICIPANTS	CHES	PARTICIPANTS	BASKETBALL	PARTICIPANTS	CRICKET	PARTICIPANTS	TT	PARTICIPANTS	VOLLEYBALL	PARTICIPANTS	OVERALL PARTICIPATION	TOTAL
EDT	P	4	1	5	P	3	P	7	P	5	P	6	30	1
EN	P	6	P	4	1	10	5	10	3	3	P	7	40	9
EE	1	3	NP	-	NP	-	P	6	NP	-	P	8	17	1
IND	P	3	P	5	3	9	P	8	P	1	NP	-	26	3
CIVIL	3	4	NP	-	NP	-	P	9	1	3	P	7	23	4
IT	P	5	5	3	P	6	P	7	5	4	P	6	31	10
CS	P	5	P	4	5	8	P	9	P	3	P	7	36	5
EC	5	3	3	4	P	7	3	11	P	5	5	7	37	16
MECH	P	3	P	2	NP	-	NP	-	NP	-	P	7	12	
MCA	P	2	NP	-	NP	-	P	13	NP	-	1	10	25	1
MBA	NP	-	NP	-	P	6	1	11	NP	-	3	7	24	4
Participants		38		27		49		91		24		72	301	

\*NOTE: P - PARTICIPATED, NP - NOT PARTICIPATED, WINNER – 5 Pts, RUNNERUP – 3Pts, 3<sup>RD</sup> PLACE -1 Pts.

## **INDUCTION PROGRAM FOR B. Tech I YEAR STUDENTS 2021-22**

**Name of the Activity: Introduction about Sports Activity**

**Activity In-charge : Asst. Prof. Saket Kanetkar**

**Date and Time : 21<sup>st</sup> Dec 2021 @ 11:00 AM (Zoom Meet)**

On the eleventh day of Induction program for B.Tech. I year students on December 21<sup>st</sup> 2021, a session was conducted on Introduction of Sports Activities by the Department of Physical Education. The purpose of the session was to make students aware about what is sports & yoga subject and participation in various games and sports activities in the College.

Asst. Prof. Saket kanetkar, was activity in-charge, and RCOEM sports Students Committee conducted the session. During the session Mr. Nachiket Mairal briefed students about college participation in various sports in RTMNU as well as invitational tournaments, college performance in those events, sports facilities available at campus as well as sports Complex.

In the end students interacted with the Asst. Prof Saket Kanetkar, where students asked their doubt or queries which were answered by Prof. Saket Kanetkar and cleared almost all of them. Overall **223 students attended** the session which lasted for about 1 hour.

## **Name of the Activity: Necessity of Physical Activity and Recreation in College Life Activity**

**In-charge: Dr. Amit Anurag**

**Date and Time: 15<sup>th</sup> Dec 2021 @ 12:00 PM (Online Zoom Meet)**

On the fifth day of Induction Program for B.Tech. I year students on December 15<sup>TH</sup> 2021, session was conducted on Necessity of Physical Activity, Yoga and Recreation in College Life. Resource person was **Dr. Kanahiya Kumar Singh** who is the Associate Professor & Head Physical Education Department IIMT, University Meerut.



The program started with a brief introduction of Dr. Kanahiya Kumar Singh by Dr Amit Anurag and later session was handed over to the Dr. Kanahiya Kumar. Dr. Kanahiya Kumar Singh started the session with basic introduction of health and physical activity, he explained to students about idea related to yogic activity and how it is important for physical as well as mental health, during his session he explained the importance of diet and nutrition in the student's life. he covers all the aspects of fitness and its importance and by what means we can achieve that through informative power point presentations.

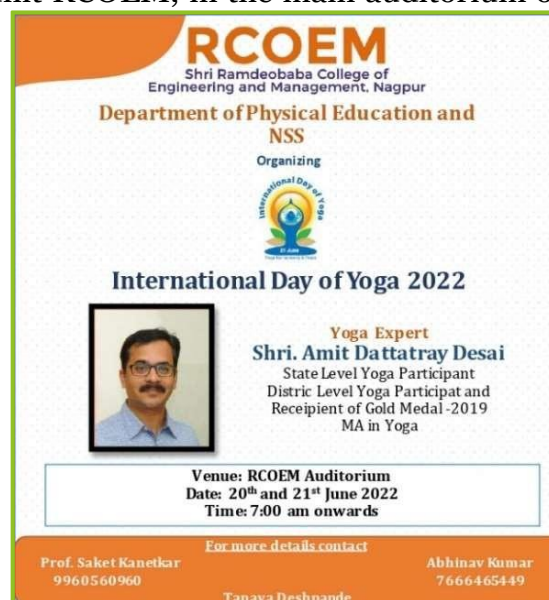
In the end students discussed their queries regarding the above topic & Sir responded wonderfully and clears various confusion of students regarding Health, Physical Activity, yoga, Diet and Nutrition.

Overall **243 students attended** the session which lasted for about 1 hour & ended successfully with a formal vote of thanks, which was proposed by **Dr. Amit Anurag**, Head-Physical Education Dept of RCOEM.

## INTERNATIONAL DAY OF YOGA 2022

20<sup>TH</sup> and 21<sup>ST</sup> JUNE 2022

RCOEM celebrates this year International Day of Yoga. The event was organized by the Physical Education Department & NSS unit RCOEM, in the main auditorium of the institution. On the occasion of the 8<sup>th</sup> International Day of Yoga, two days consecutive yoga session was conducted on 20<sup>th</sup> and 21<sup>st</sup> June 2022 in which Yoga Expert Mr. Amit D. Desai was invited to guide the Participants. The program was conducted in institute's main auditorium on both days. The theme for this year's International Day of Yoga is '**Yoga for Humanity**'. It focuses on how yoga may help people achieve holistic health.



The poster features the RCOEM logo at the top, followed by the text 'Shri Ramdeobaba College of Engineering and Management, Nagpur' and 'Department of Physical Education and NSS Organizing'. It includes the International Day of Yoga logo and a portrait of the Yoga Expert, Shri. Amit Dattatray Desai, with his credentials: 'State Level Yoga Participant', 'District Level Yoga Participant and Receipt of Gold Medal -2019', and 'MA in Yoga'. The event details are listed as 'Venue: RCOEM Auditorium', 'Date: 20<sup>th</sup> and 21<sup>st</sup> June 2022', and 'Time: 7:00 am onwards'. Contact information for Prof. Saket Kanetkar (9960560960) and Abhinav Kumar (7666465449) is provided at the bottom, along with Tanava Deshpande.

The program commemorated on 20<sup>th</sup> of June with the indelible presence of Yoga Expert Shri. Amit Dattatray Desai, who's also a graphic designer and a well-known Yoga guru. The program started with the anchors introducing the expert as well



as the other dignitaries present on the occasion, Dr. Amit Anurag, HOD, and program officer, NSS & Physical Education Department, RCOEM along with Prof. Saket Kanetkar.

**Day 1:** The first day marked the presence of 81 students gathered to perform *Yogasanas* under the guidance of Shri. Amit Desai. Sir instructed participants with various *Yogasanas*, *Pranayamas* and several postures keeping in mind the IDY2022 protocol and described their respective importance for the wellbeing of health in various fields. The programmed ends with a vote of thanks by Prof. Saket Kanetkar.

**Day 2:** The big International Day of Yoga initiated similarly with the anchors explaining the importance of yoga in our day-to-day life and Amit Desai sir again spreading his wisdom of *Yogasanas* (*trikonasana*, *tadasana*, *padmasana*, *vajrasana* and many more according to the International Day of Yoga Protocol) to the participants. This day marked a total count of 90 students which



marks the total count of 171 students attending the session on both the days. Finally, all the *Yogasanas* were taught and performed by Amit Desai sir and all the participants respectively. The expert ends his session with the shanti path.



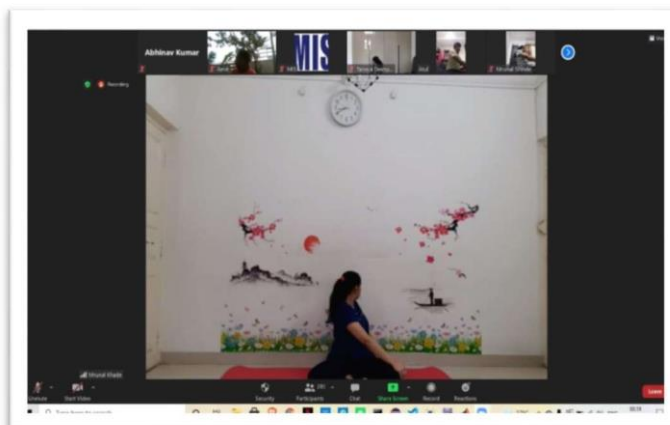
After this, the yoga expert Amit Desai, was felicitated with a sapling, shawl, shripthal and college memento as a token of deep respect for his indelible contribution by Dr. Amit Anurag and finally the program marked a

cessation with a vote of thanks and lots of smiles.

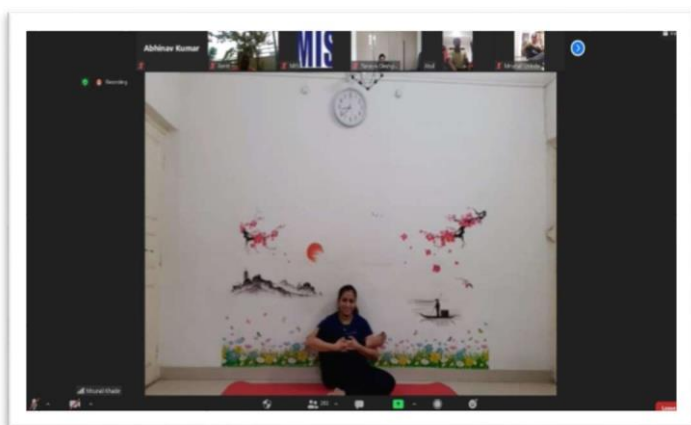


## IMPORTANCE OF YOGA AND WELLNESS at Every Stage of Life by Mrs. Mrunal Khade

On 10th July 2021, the Department of Physical Education, RCOEM, organized a session on Importance of yoga and Wellness at every stage of life exclusively for B.E 1<sup>st</sup> year students. Due to Covid -19 pandemic, the session was organized through an online medium that is on zoom platform link:

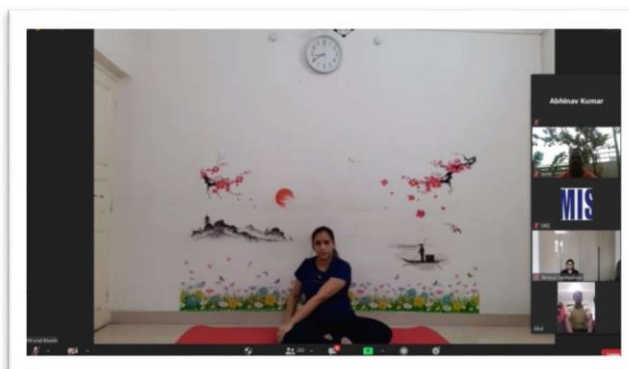


<https://us06web.zoom.us/j/86461465098?pwd=RVdKSDNpck13L29uTHd4Wlh4MHMzZz09.>



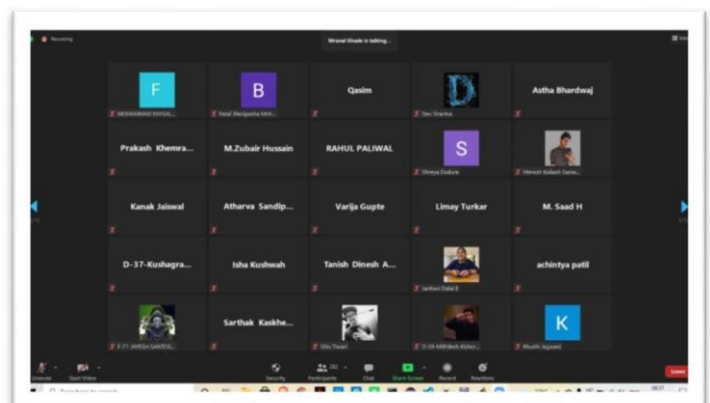
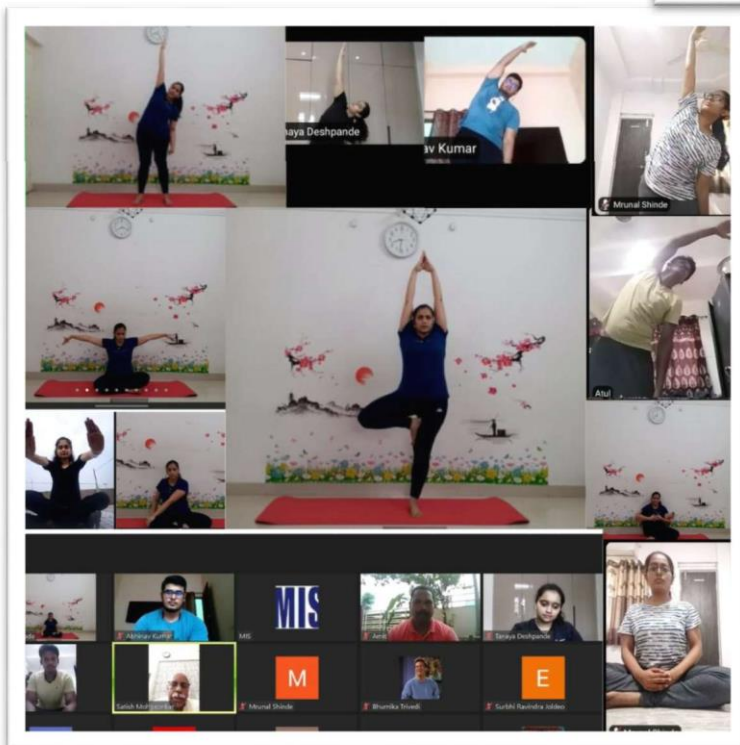
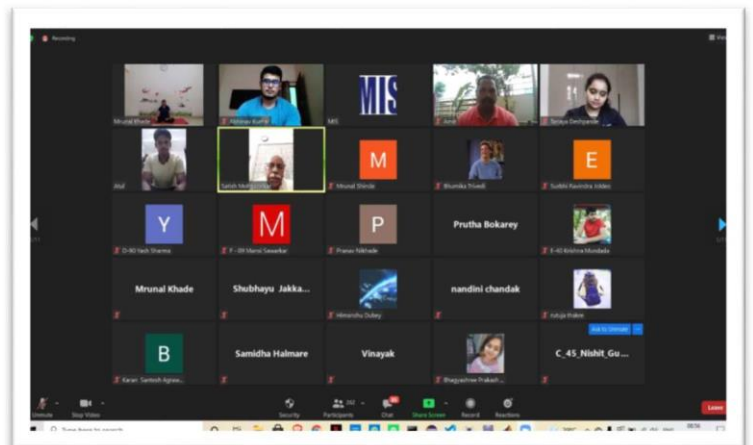
The session was hosted by the speaker Mrs. Mrunal Khade she is a network lead in Tech Mahindra also a certified International Yoga teacher. She has represented West zone in all India Badminton Tournament. She is a trained classical kathak dancer and an alumna of RCOEM.

Mrs. Mrunal Khade was welcomed by Dr. Amit Anurag, HOD, Department of Physical education and Prof. Saket Kanetkar. The session started at 8:00am with the prayer of yoga and warm up exercises. Various asanas were demonstrated and their benefits were also explained by the speaker.



Asanas such as Utkatasana, Trikonasana, Vrikshasana, Padmasana and Pranayama were performed by the 1<sup>st</sup> first year students of RCOEM of different branches, around 300 students attended this session. The session was ended at 9:00am with concluding remarks by Dr.S. D. Mohgaonkar Sir.

All the students gave their feedback and shown positive response to the session.



## B. TECH FIRST YEAR (2021-22)

Course: yoga- Sports (PEP151)

Course Type: Audit Course

Department offers An Audit Course for First year Students “YOGA/SPORTS” with the objective of maintaining health, fitness and wellness of students as well as create awareness about need for good health and physical fitness. The objective would also be to develop team spirit, social skills as well as identify and develop leadership qualities in students through various sports group activities.

### FIRST YEAR B.E TIME TABLE (2021-22) I SEMESTER

DAY	SECTION	BRANCH	TIME	TEACHER
MONDAY	H	EC	09:00 AM – 11:00 AM	DR. AMIT ANURAG
	M	MECH	10:00 AM – 12:00 PM	SAKET KANETKAR
TUESDAY	I	EC	09:00 AM – 11:00 AM	SAKET KANETKAR
THURSDAY	K	EN	08:30 AM – 10:30 AM	DR. AMIT ANURAG
FRIDAY	N	IND	10:00 AM – 12:00 PM	SAKET KANETKAR
	O	BIO	7:30 AM – 9:30 AM	DR. AMIT ANURAG
SATURDAY	J	EN	7:30 AM – 9:30 AM	DR. AMIT ANURAG
	L	IT	09:00 AM – 11:00 AM	SAKET KANETKAR

### FIRST YEAR B.E TIME TABLE (2021-22) II SEMESTER

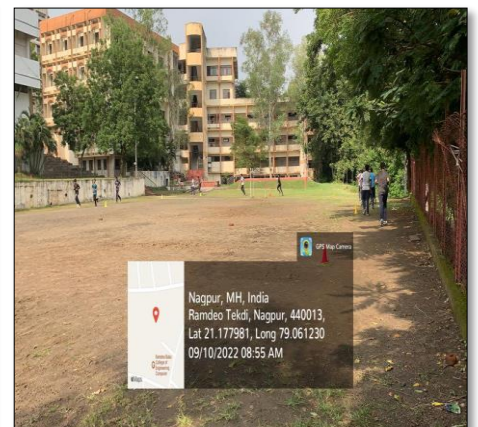
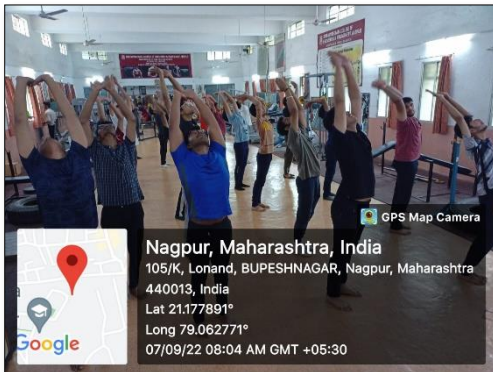
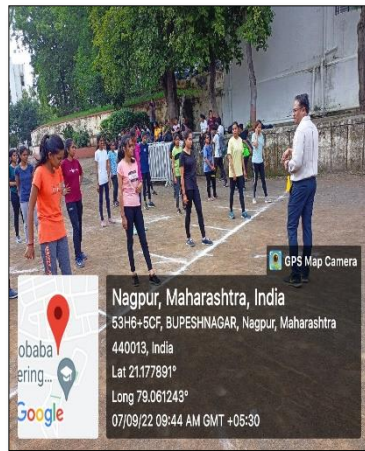
DAY	SECTION	BRANCH	TIME	TEACHER
MONDAY	F	EE	7:30 AM – 9:30 AM	SAKET KANETKAR
TUESDAY	D	DS	7:30 AM – 9:30 AM	SAKET KANETKAR
WEDNESDAY	C	CYSE	08:00 AM – 10:00 AM	DR. AMIT ANURAG
THURSDAY	B	CSE	7:30 AM – 9:30 AM	DR. AMIT ANURAG
FRIDAY	G	CIV	7:30 AM – 9:30 AM	DR. AMIT ANURAG
SATURDAY	A	CSE	7:30 AM – 9:30 AM	SAKET KANETKAR
	E	AIML	09:30 AM – 11:30 AM	SAKET KANETKAR



## B. TECH FIRST YEAR (2021-22)

**Health related Physical Efficiency Test was conducted for all students during the session**

Physical Efficiency Test					
50 Mt Dash	8 min Run/walk	Bent-Knee Sit-ups(M)/Modified Half Push-ups(W)	Shuttle Run	Sit & Reach Test	SURYANAMASKAR
Speed Test	Cardiovascular Endurance	Strength Test	Agility Test	Flexibility Test	Yogic Exercise



## **HIGHLIGHTS / SPECIAL MENTION**

THIS YEAR DEPARTMENT OF PHYSICAL EDUCATION FLOATS THE OPEN ELECTIVE SUBJECT NAME “HEALTH AND WELLBEING FOR ACTIVE LIFESTYLE” FOR THE IV SEMESTER STUDENTS AND RESPONSE FOR THIS WAS GOOD AS 43 STUDENTS OF THE ENGINEERING BRANCHES OPTED FOR THIS SUBJECT.

THE GOVERNMENT LIFTS COVID -19 RESTRICTION FROM JAN 2022, SO ONLY LIMITED INTER BRANCH ACTIVITIES WERE CONDUCTED/ORGANIZED BY THE DEPARTMENT OF PHYSICAL EDUCATION, R.C.O.E.M

**THE END**