



Rayat Shikshan Sanstha's

Sadguru Gadage Maharaj College ,Karad

(An Autonomous College)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Abhijeet Patangarao Kadam Sports Complex

Play Ground

2022-23

Outdoor Facilities :-

	Measurements		
Kabaddi (Men)	13 x 10 m	7.00 am to 2.00 pm	Daily
Kabaddi (Women)	12 x 8 m		
Volleyball (Men)	18 x 9 m		
Volleyball (Women)	18 x 9 m	And	
Kho – Kho (Men/Women)	27 x 16 m	4.00 pm to 6.00 pm	
Cricket Half pitch	13 x 25 m		
400 M Running Track			
Basketball Synthetic Acrylic Court	28 x 15m		

Indoor Facilities :-

Major - Badminton Wooden Flooring court - (03) 13.40 x 6.10m

Table Tennis – (02)

Judo

Wrestling mat- 01set

Yoga

Taekwondo

Minor - Chess- 06 Set

Carom-04 Set

Boxing punching bag- 01

Multi Gym-02

Total Area in sq. meter:

Outdoor -17,400 sq. mt.

Indoor - 896 sq. mt.

4.1.2 The institution has adequate facilities for cultural activities, yoga, sports and games (indoor and outdoor) including gymnasium, yoga center, auditorium etc.

Facilities for sports activities

Indoor Games:

- The college has an independent Sports Complex (Abhijit Patangrao Kadam Sports Complex measuring 1198.43 sq. mtrs.) with all necessary sports facilities for indoor games such as 03 Badminton wooden flooring courts (**RUSA grant amount 28,46,160/-Rs**), 01 Basketball Court, 02 Table Tennis units, Wrestling mats, Taekwondo , Carom Boards etc.
- The college also has a separate Boys & Girls multi- exercise gym with all necessary equipment (**RUSA grant amount 20 Lakh Rs**)
- Multi Press Machine COMBO
- Lat Pull Down Double Pulley
- Functional Trainer
- Peck Fly & Rear Delt COMBO
- Seated Leg Curl Cum Leg Extensions COMBO
- Assisted Chin Up & Dips
- Arms Machine
- Smith Machine LB
- 45 Inclined Leg Press-LB
- Olympic Flat Bench
- Olympic Declined Bench
- Super Bench
- Work Bench
- Gym Stool
- Dumbbells Rack 3 Tier
- Weight Plate Rack Olympic
- Barbell Rack Olympic
- Seated Chest Press DA
- Dual Axis Seated Row
- Hex Dumbbells
- PVC Coated Tri Grip Plates
- Olympic Bars
- Olympic Ez Bar

- Olympic H Bar
- Motorized Treadmill
- COSCO Elliptical Cross Trainer
- COSCO Group Cycling Bike (Spin Bike)
- Seated Chest Press Machine
- Seated Row Machine
- Deltoid Raise Machine
- Preacher Curl Co-Axial
- Seated Calf Machine
- Decline Bench
- Hip, Dip and Chin Up
- Twister Sitting and Standing
- Seated Incline Press DA
- Dual Axis Shoulder Press
- Motorized Treadmill
- Olympic Incline Bench
- Incline T-Bar Machine
- Power Cage
- Weight lifting set, gym ball etc.
- Separate dressing rooms for boys and girls with washrooms.
- Rowing Machine

Outdoor Sports:

- A spacious Ground with 400 mtr. Running track.
- 02 Volleyball Court, 02 Kabaddi Ground ,02 Kho-Kho Ground (**Kho-Kho & Kabaddi mat RUSA grant amount 5,80,849/- Rs**), Basketball synthetic acrylic court (**RUSA grant amount this court Rs. 14,00,000/-**) 01Football, Handball, Baseball, Long/High Jump Pit , Shot put , Discus/hammer/ Javelin throw ground, Hurdles equipment ,single and double bar etc.

Activities Organized:

During the academic year 2022-23, the Department of Physical Education and Sports has organized various activities. On the occasion of International Yoga Day on 21st June 2022, as per UGC guidelines, we organized various activities. In last year on 11th Oct, 2022 the One day National Conference was organized on “**RECENT TRENDS**

AND CHALLENGES IN PHYSICAL EDUCATION AND SPORTS In total 250 student & faculty members participated in this Conference . The Chief Guest of the Inaugural Function was Mr. Rohit Patel, International Wrestler, and Hind Kesari Awardee.

Major Dhyanchand's birthday was celebrated on 29th August 2023 as “National Sports Day”. A Guest lecture was organized on the occasion of this Sports Day. The Chief Guest for this lecture was Prof. Sudhir Watave from Dr. Padmasingh Patil Physical Education College, Miraj. 230 students participated in this activity.

Shivaji University Inter Zonal (Women) Kho-Kho Competition was organized on 20th Oct 2022. 12 teams from Satara, Sangali, and Kolhapur districts participated in various events. 37 women players participated for Selection trails. Satara Zonal Badminton (Men & Women) Competition was organized on 18th November 2022. 08 teams of men & 07 teams of women were participated in this event.

International Surya Namaskar day was celebrated on 28th January 2023. The Chief Guests for this event was Mr. Dnyaneshvar Tekale, Mr. R. Y. Patil was present on the occasion. Mr. Dnyaneshvar Tekale demonstrated Surya Namaskar to the students and explained the importance of Surya Namaskar and also the benefits of Yoga & Meditation. The Programme ended with recitation of psalms. It was attended by students, players, faculty members, and administrative staff In total 160 students participated in this activity. The programme was introduced by Prof. Vidya Patil, Director of Physical Education, Prof. Sachin Chavan proposed a Vote of Thanks.

One day Lead College Activity was organized on 11th Feb 2023. 230 Students Participated in this activity. The Guests for this activity were Mr. Amol Palekar (National Taekwondo Referee), and Mr. Allabaksh Patel (National Volleyball Referee).

Inter College Competition of various games was organized on 17th to 21st March 2023. More numbers students from all streams were participated for this events.

A Guest Lecture on “Guidance For Defense Officers Career (NDA, CDS,AFCAT,SSB) was organized on 29th March 2023. Capt. Aasha Shinde was invited as

a resource person for this lecturer, Former Gazetted Officer Mr. Indrajeet Deshmukh was the President of the Programme.

A Guest Lecture on 20th March 2023 was organized to guide sportswomen of the college. Prof. Dr. Sanjay Patil, Krishna Mahavidyalaya, Shivnagar, Rethare Bk encouraged the Sportswomen by conveying the importance of daily workout and exercise to maintain physical fitness.

A guest lecture on “Importance of Fitness and Wellness” was organized on 11th April 2023. Prof Dr. Mahendra Kadam-Patil from Venutai Chavan College, Karad was a Chief Guest .

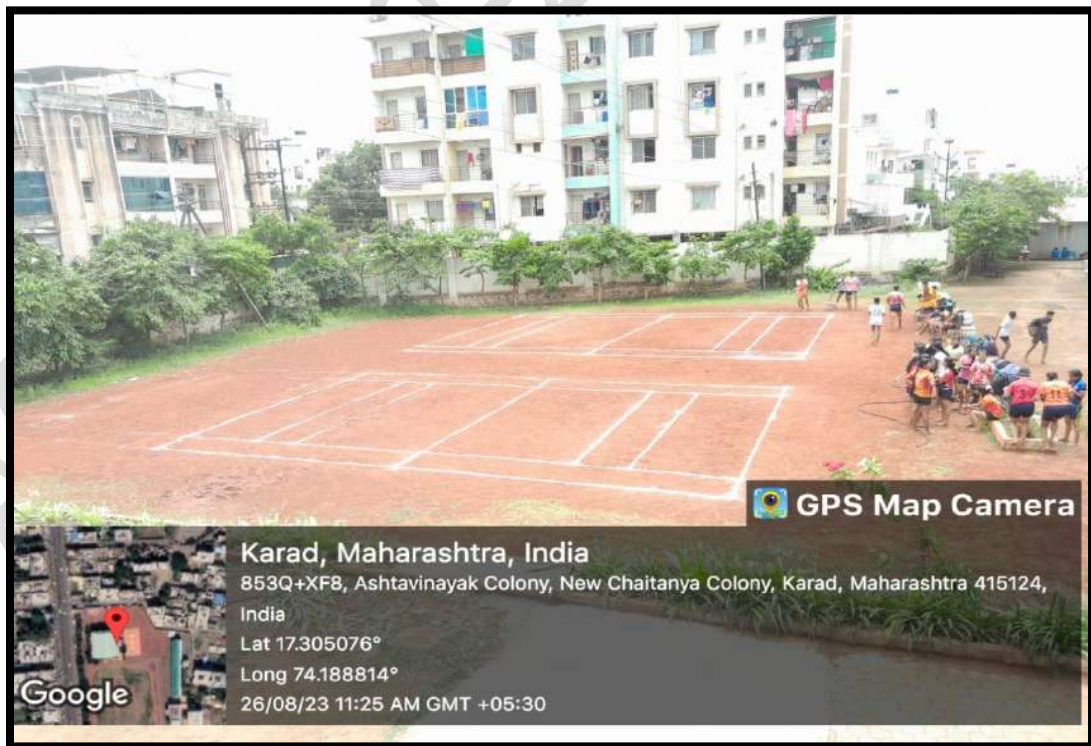
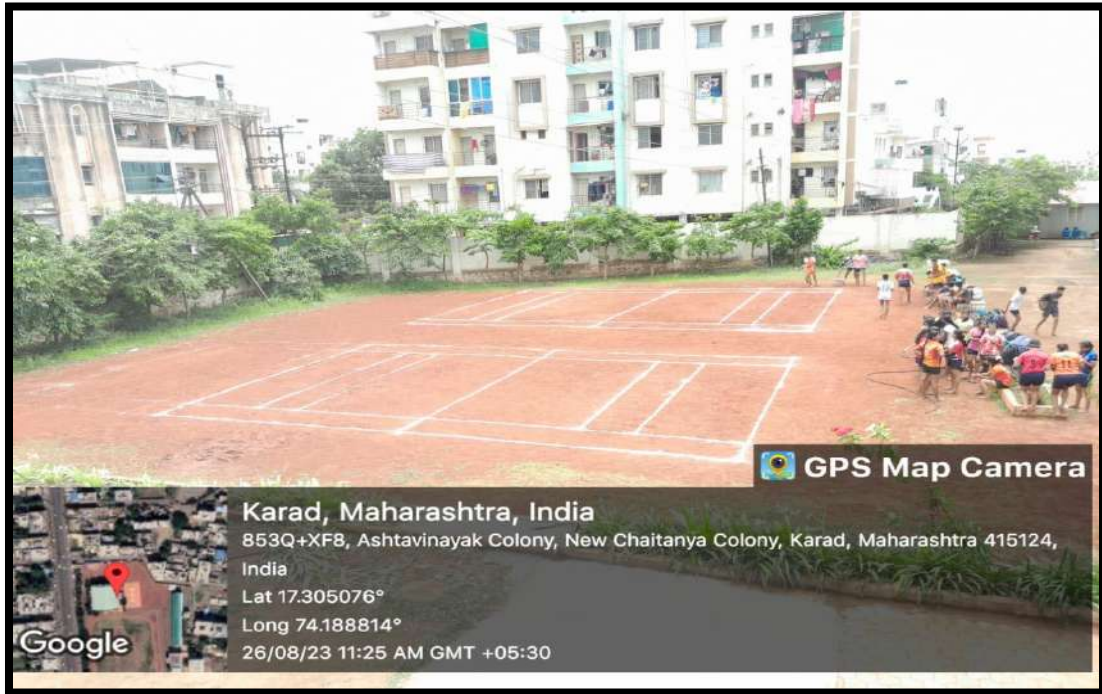
Moreover, the Department of Physical Education and Sports has started “A Certificate Course in Yoga Therapy and Meditation” for a period of three months. For this, 12 students have taken admission. It includes Asana, Pranayama, Shuddhikriya, Ashtanga Yoga etc.

Other:

- Organization of special training camps under the guidance of accredited coaches / trainers for different games.
- Organization of Skill Development related Guest Lectures.
- Provision of procedural and financial assistance in the form of TA,DA, Sports kit and diet.

OUTDOOR-

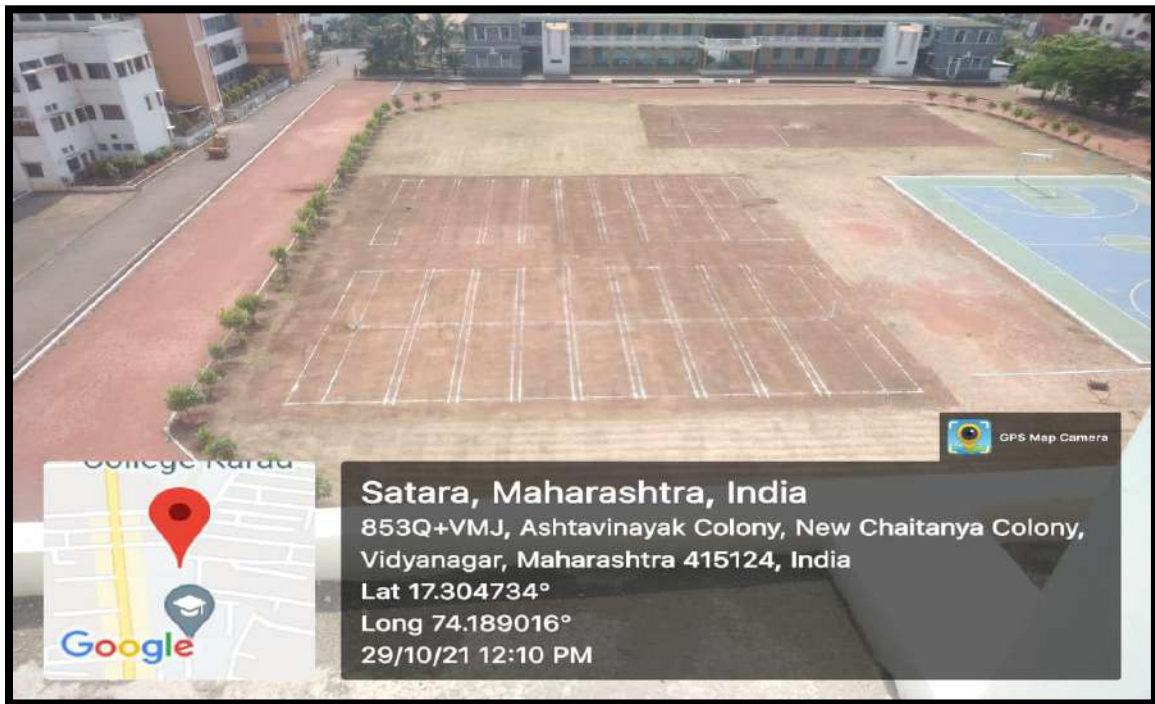
KABADDI GROUND (MEN/WOMEN)



BASKETBALL SYNTHETIC ACRYLIC COURT



KHO -KHO GROUND- 02 (MEN/WOMEN)



VOLLEYBALL GROUND-02 (MEN /WOMEN)



JUMPING PIT. (HIGH JUMP/LONG JUMP/ TRIPLE JUMP)



SINGLE BAR-02



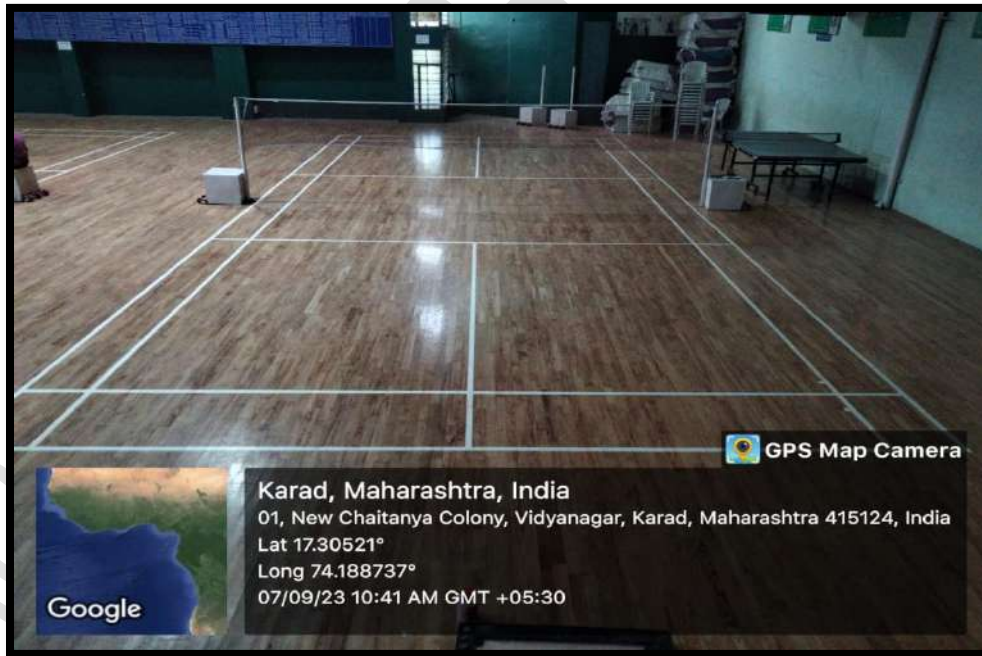
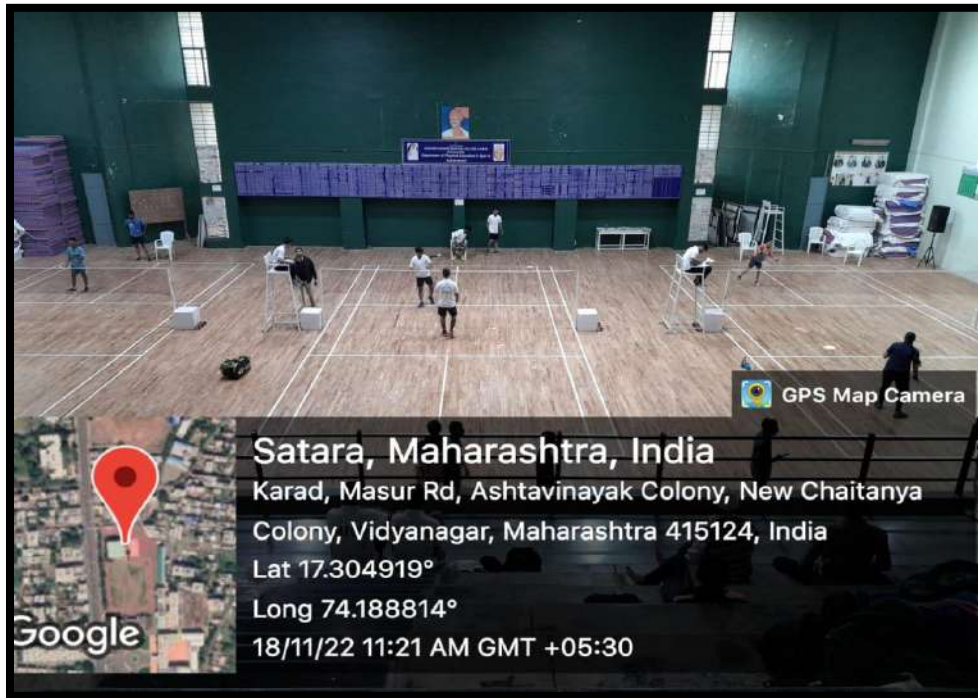
DOUBLE BAR -01



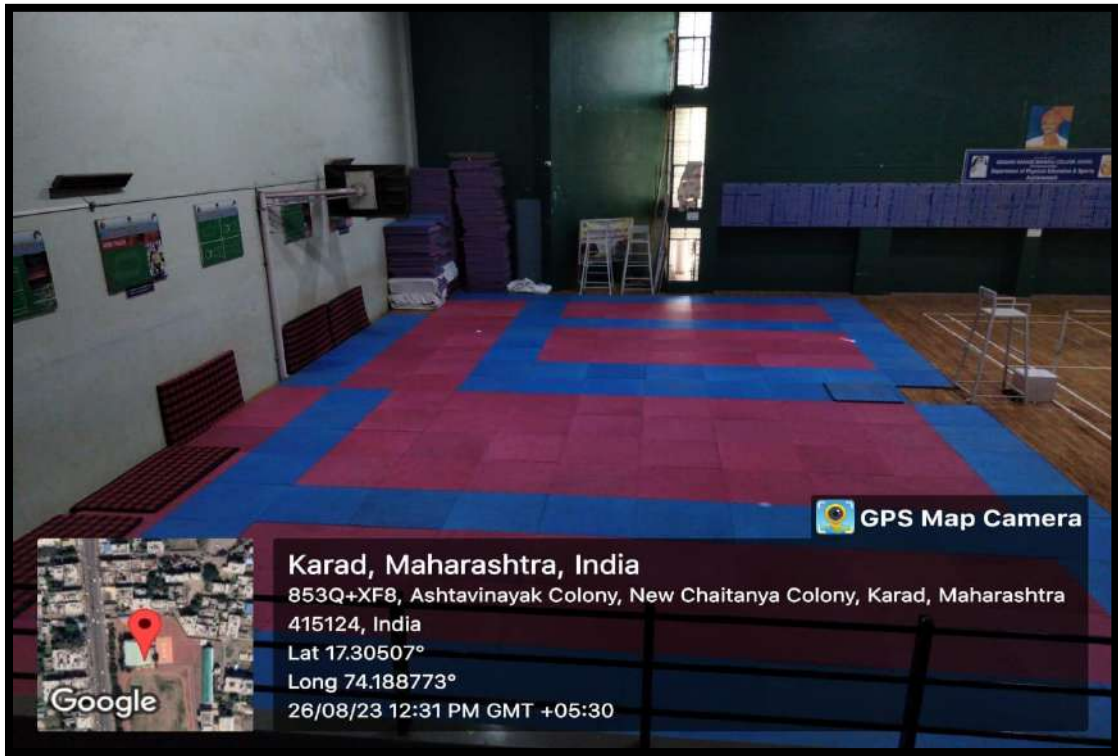
MONKEY RELLING



INDOOR BADMINTON WOODEN FLOORING COURT -03



KHO-KHO, KABADDI MAT



CHESS



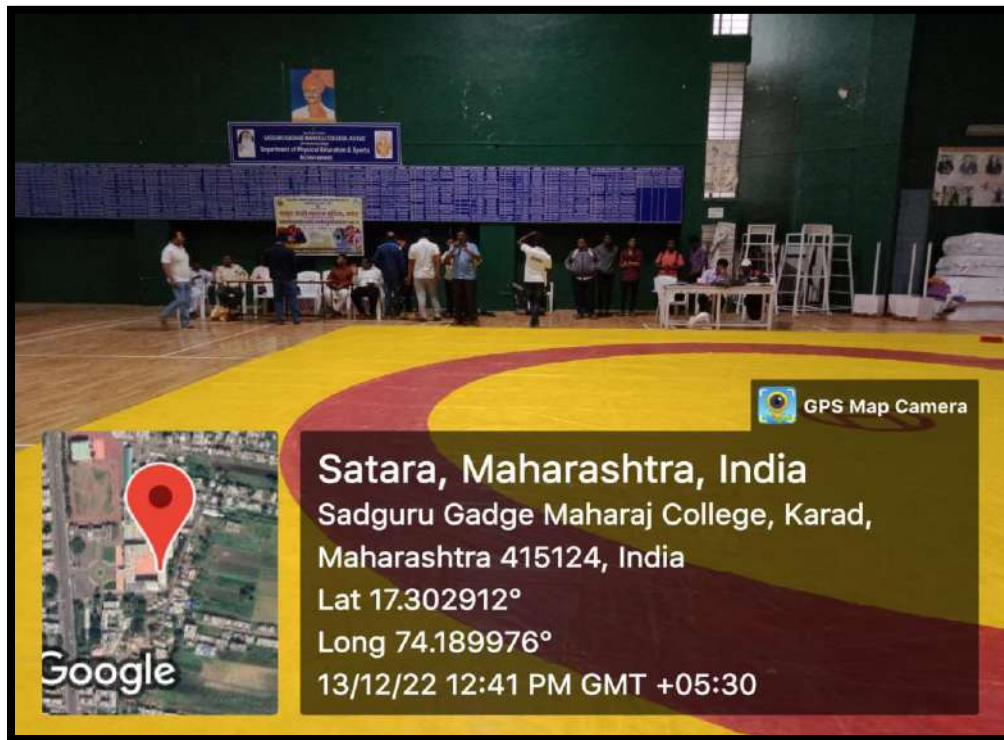
CARROM



BOXING PUNCHING BAG & GLOVES



WRESTLING MAT



YOGA HALL



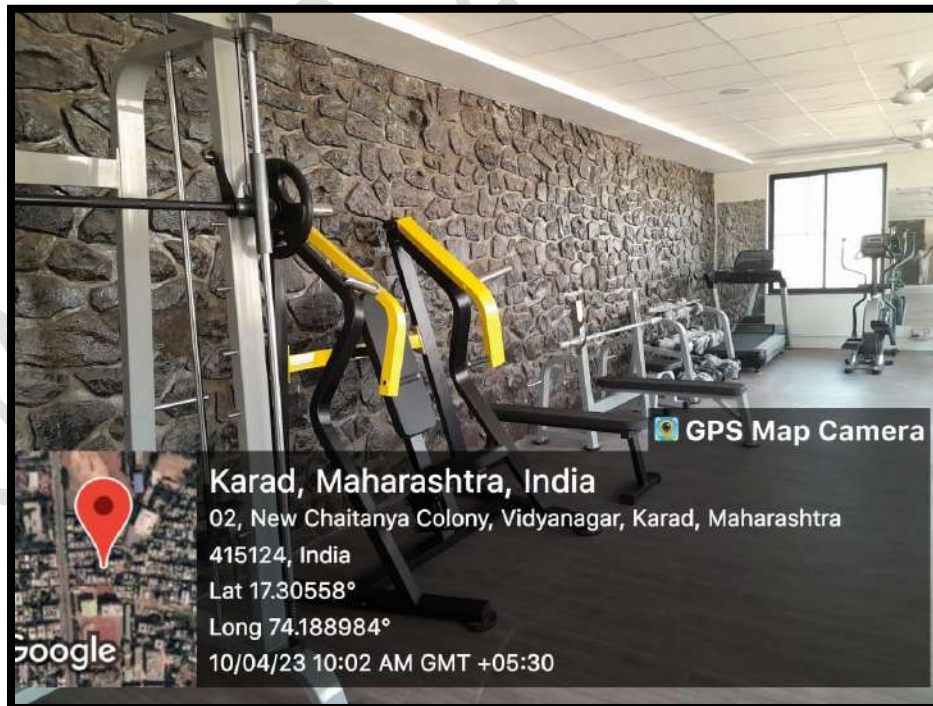
TABLE TENNIS



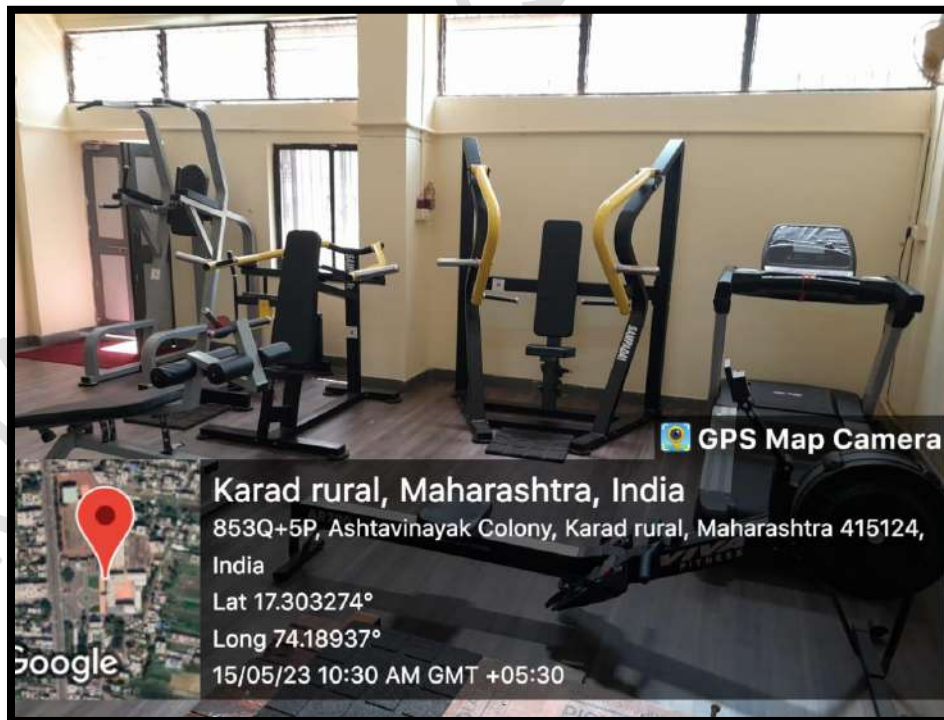
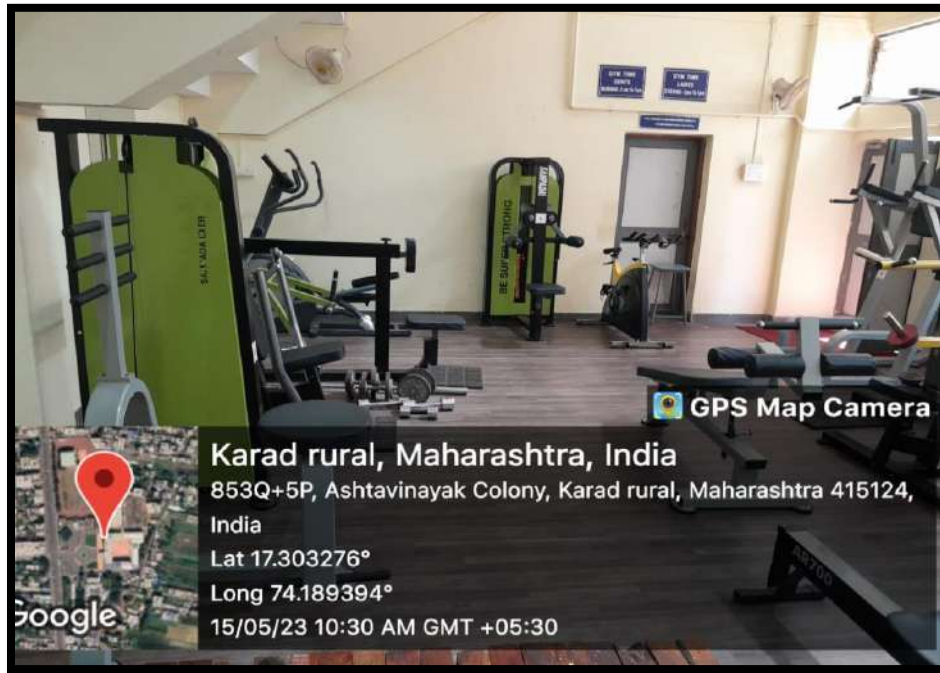
MULTI- EXERCISE GYM

BOYS -





GIRLS





AQAR 2022-23