

Rayat Shikshan Sansthas
Shripatrao Kadam Mahavidyalaya, Shirwal
Department Of Physical Education & Sports
 Department Information Year 2022-23

Department Infrastructure

GYM- 18ft X 25ft= 450 Squ. Ft.

Sports Room- 20ft X 25ft = 500 Squ. Ft.

| Game List | | | | | |
|---------------------|--------------|----------------|----------------------|-------------------------|----------------|
| Indoor Games | | | Outdoor Games | | |
| 1 | Table Tennis | 274 X 152.5 Cm | 1 | Volleyball | 9 X 18 Mtr |
| 2 | Carom | | 2 | Cricket Pitch | 22 X 3.66 Mtr. |
| 3 | Chess | | 3 | Kabaddi | 13 X 10 Mtr. |
| 4 | Gym | 18 Ft X 25 Ft | 4 | Kho- Kho | 27 X 16 Mtr. |
| | | | 5 | 200 Mtr. Athletic Track | |
| | | | 6 | Shot put | |
| | | | 7 | Handball | 40 X 20 Mtr. |
| | | | 8 | Football Mini | 40 X 20Mtr. |
| | | | 9 | Mallakhamb | |

Gym Equipments

| | | | |
|---|--------------------------|---|--------------------------------|
| 1 | lat Pull Down Machine | 6 | Bicep & Triceps Machine |
| 2 | Flat Chest Press Machine | 7 | Lower Back, Ham & Glut Machine |
| 3 | Chest Press Machine | 8 | Standing Calf Raises Machine |
| 4 | Leg Raise Machine | 9 | Incline Decline Bench |
| 5 | Leg Press Machine | | |

Department Activity



- 21/06/2022 – International Yog Day- Smt. Lata Dagade and Smt. Shubhangi Nevase Demonstrated various asanas to the students.



- 29/08/2022 - National Sports Day Celebration Organized Marathon Competition.



- 22/11/2022 - Organized Satara Zone Intercollegiate Handball Competition (Boys)



- 07/12/2022 - Organized Cricket Competition and Marathon Competition.

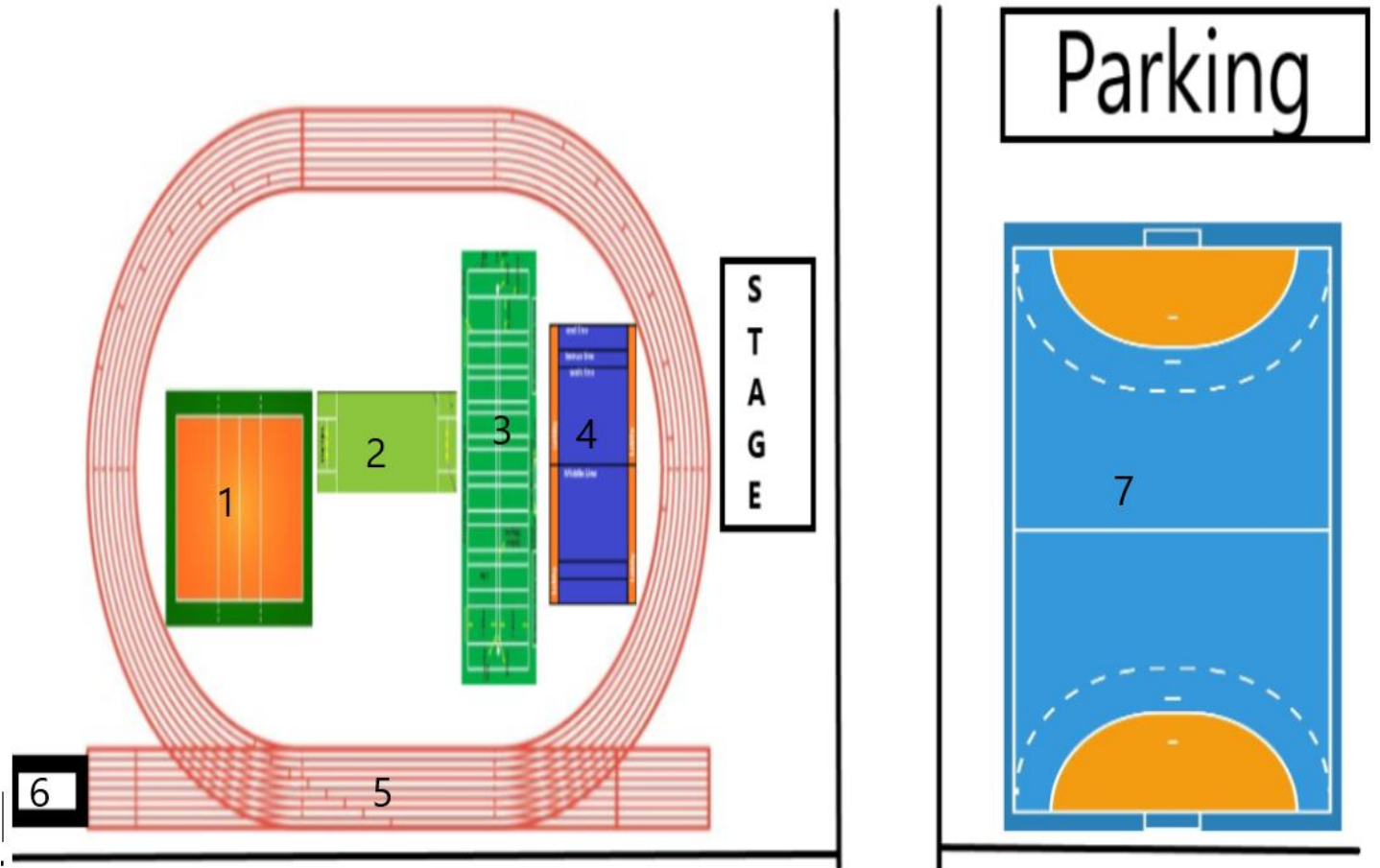


- 21/03/2023 – Organized guest lecture on “Health and Yog” Dr. Nikita Dhaygude



- 29/03/2023 – Organized guest lecture on “General Health” Prof. Sanket Nalkar

Ground Arena



College Building

1. Volleyball Court
2. Cricket Pitch
3. Kho-Kho Ground
4. Kabaddi Ground
5. 200 Mtr. Track
6. Long Jump Pit
7. Handball/ Football Ground

Sports Participation



1. Nilam Uttam Nikam- Taekwondo +46kg group – Gold Medal Zonal Level



2. Kabaddi Boys Team Participation In Inter Colligate Competition.

Sports Ground



Gym Photos





Sports Room

