

**Digitalized Format for Self Appraisal Report**  
**Year of Appraisal 2015-16**

Code No. (B.P.Ed.) - 114031  
(M.P.Ed.) – 124045

*Profile of the Teacher Education Institution*

1. **Name of the institution** :  
Bombay Physical Culture Association's College of Physical Education.
2. **Address for communication**  
Bharatiya Krida Mandir, Naigaum Cross Road , Wadala, Mumbai – 400 031.
3. **Phone No. (with STD Code)** : 022-2416 86 09
4. **Fax No.** : 022-2417 24 57
5. **E-mail** : bpcacpe@vsnl.net  
bpcacpemumbai@gmail.com
6. **Date of establishment of the institution:** 20.06.1978
7. **Course(s) offered** :

1	2	3	4	5
Name of the course in full	Stage/level	Duration	Year of starting the course	Intake approved
B.P.Ed.	Graduate	Two yrs.	June, 1978	100
M.P.Ed.	PG level	Two yrs.	October, 2005	25

8. **Name of the University/Examining Body to which the institution is affiliated :**  
University of Mumbai.
9. **Number and date of the order of the** : **B.P.Ed./ M.P.Ed.**  
**Regional Committee granting** **WRC/OAPW0117/114031/2015/147104**  
**recognition/Permission (course wise)** **dated 31.05.2015**

10. **Mode of selection of candidates** :

	Yes	No
(a) Centralized test at the state level	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(b) Test conducted by the university	<input checked="" type="checkbox"/>	<input type="checkbox"/>
(c) Test conducted by the institution	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(d) Test conducted by an independent agency	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(e) Based on marks obtained in the qualifying examination	<input checked="" type="checkbox"/>	<input type="checkbox"/>
(f) By the management	<input type="checkbox"/>	<input checked="" type="checkbox"/>

11. Criteria for admission :

Yes

No

(a) As per NCTE norms

✓

(b) Norms superior to NCTE

X

(c) In relaxation of NCTE norms with respect to minimum percentage of marks

X

(d) In relaxation of NCTE norms with respect to qualifying course

X

(e) In relaxation of special eligibility provisions of NCTE norms such as participation in national/regional/state/university level events

✓

(f) In relaxation of professional experience

X

(g) In relaxation of professional experience and performance in qualifying course

X

12. Academic calendar of the outgoing academic session (B.P.Ed.)

D

D

M

M

Y

Y

(a) Start of admission

2

0

0

7

1

5

D

D

M

M

Y

Y

(b) Closure of admission

2

7

0

8

1

5

D

D

M

M

Y

Y

(c) Start of teaching

2

8

0

7

1

5

D

D

M

M

Y

Y

(d) Last teaching day

3

0

0

4

1

6

(e) Number of teaching days

2

2

2

(f) Number of days of vacation/break during the academic session

0

2

3

Academic calendar of the outgoing academic session (M.P.Ed.-I)

D

D

M

M

Y

Y

(a) Start of admission

2

0

0

7

1

5

D

D

M

M

Y

Y

(b) Closure of admission

2

0

0

8

1

5

D

D

M

M

Y

Y

(c) Start of teaching

2

8

0

7

1

5

D

D

M

M

Y

Y

(d) Last teaching day

3

0

0

4

1

5

(e) Number of teaching days

2

2

2

(f) Number of days of vacation/break during the academic session

0

2

3

Academic calendar of the outgoing academic session (M.P.Ed.-II)

D

D

M

M

Y

Y

(a) Start of admission

2

8

0

7

1

5

D

D

M

M

Y

Y

(b) Closure of admission

1

1

0

8

1

5

D

D

M

M

Y

Y

(c) Start of teaching

2

8

0

7

1

5

D

D

M

M

Y

Y

(d) Last teaching day

3

0

0

4

1

5

(e) Number of teaching days

2

2

2

(f) Number of days of vacation/break during the academic session

0

2

3

**13. Practice Teaching at School**

(a) Total number of practicing teaching days **(B.P.Ed.)**

3	0
---	---

  
**(M.P.Ed.) Advance Coaching**

3	0
---	---

(b) Minimum number of practice teaching lessons given by each student **(B.P.Ed.)**

3	0
---	---

  
**(M.P.Ed.)**

0	4
---	---

**14. Pre-practice teaching at the institution**

(a) Number of pre-practice teaching days **(B.P.Ed.)**

1	5
---	---

  
(simulated/micro-teaching/any other) **(M.P.Ed.)**

1	5
---	---

(b) Minimum number of pre-practice teaching lessons given by each student **(B.P.Ed. & M.P.Ed.)**

0	5
---	---

(c) Total number of demonstration lessons held **(B.P.Ed.)**

1	5
---	---

  
**(M.P.Ed.)**

0	4
---	---

**15. Examinations**

(a) Number of sessional tests held for each paper **(B.P.Ed. & M.P.Ed.)**

2
---

(b) Number of assignments for each paper **(B.P.Ed.)**

0	6
---	---

  
**(M.P.Ed.)**

0	5
---	---

(c) Date of commencement of annual examination 

D	D	M	M	Y	Y
0	2	0	5	1	6
0	3	0	5	1	6
0	3	0	5	1	6

  
**(B.P.Ed.)**  
**(M.P.Ed.-I)** **(M.P.Ed.-II)**

(d) Date of declaration of result **(B.P.Ed.) Not Declared**

D	D	M	M	Y	Y
-	-	-	-	-	-
-	-	-	-	-	-

  
**(M.P.Ed.) Not Declared**

(e) Date of submission of dissertation (Post-graduate course) 

D	D	M	M	Y	Y
3	0	0	4	1	6

**16. Scheme of examination (B.P.Ed. & M.P.Ed.-I & II)**

(a) External examination only 

Yes	No
	X

(b) Internal and external examinations 

✓	
---	--

(c) Internal examination only 

	X
--	---

**17. Student support and progression (B.P.Ed. 2014-15)**

(a) Number of students who appeared in the final examination 

1	0	0
---	---	---

(b) Number of students who passed in the examination 

1	0	0
---	---	---

(c) Number of students who failed in the examination 

0	0	0
---	---	---

(d) Number of students who joined higher studies 

0	4	0
---	---	---

(e) Number of students who took up teaching employment 

0	9	0
---	---	---

(f) Number of students who secured employment through the institution 

0	2	5
---	---	---

**(M.P.Ed-I. 2014-15)**

- (a) Number of students who appeared in the final examination 

0	2	5
---	---	---
- (b) Number of students who passed in the examination 

0	2	5
---	---	---
- (c) Number of students who failed in the examination 

0	0	0
---	---	---
- (d) Number of students who joined higher studies 

N	I	L
---	---	---
- (e) Number of students who took up teaching employment 

N	I	L
---	---	---
- (f) Number of students who secured employment through the institution 

N	I	L
---	---	---

**(M.P.Ed- II. 2014-15)**

- (a) Number of students who appeared in the final examination 

0	2	5
---	---	---
- (b) Number of students who passed in the examination 

0	2	5
---	---	---
- (c) Number of students who failed in the examination 

0	0	0
---	---	---
- (d) Number of students who joined higher studies 

0	0	9
---	---	---
- (e) Number of students who took up teaching employment 

0	1	5
---	---	---
- (f) Number of students who secured employment through the institution 

0	0	5
---	---	---

**18. Teaching Resources (B.P.Ed. & M.P.Ed.-I & II)**

- |  | Yes | No |
|--|-----|----|
| (a) Principal/Head of the Department is in position                    | ✓   |    |
| (b) Number of teachers employed on full-time basis                     | 0   | 9  |
| (c) Number of teachers employed on part-time basis                     | 0   | 0  |
| (d) Number of Guest lecturers engaged (M.P.Ed.)                        | 0   | 1  |
| (e) Number of teachers on regular scale of pay                         | 0   | 9  |
| (f) Number of teachers on consolidated remuneration                    | 0   | 0  |
| (g) Number of teachers with qualifications as per NCTE norms           | 0   | 9  |
| (h) Number of teachers yet to qualify NET/SET                          | 0   | 1  |
| (i) Number of teachers yet to obtain post-graduate degree in education | 0   | 0  |
| (j) Number of teachers without school experience                       | 0   | 0  |

**19. Professional Development of Teachers (B.P.Ed. & M.P.Ed.-I & II)**

- (a) Number of teachers who attended in-service courses during the preceding year 

0	3
---	---
- (b) Number of teachers enrolled in part-time post-graduate course in education (M.Ed./M.A.(Education)/M.Phil) 

0	0
---	---
- (c) Number of teachers enrolled in full-time post-graduate course in education (M.Ed./M.A.(Education)/M.Phil) 

0	0
---	---
- (d) Number of teachers enrolled in Ph.D. programme 

0	7
---	---
- (e) Number of teachers who participated in seminars/conferences/workshops 

0	9
---	---
- (f) Number of papers published by the teachers 

0	9
---	---
- (g) Number of teachers who received professional recognition/awards 

0	3
---	---

**20. Land and Building (B.P.Ed. & M.P.Ed.)**

- |  | Yes | No |
|--|-----|----|
| (a) Institution functions from its own building                  | ✓   |    |
| (b) Institution functions from a rented building                 |     | X  |
| (c) Institution building is under construction                   |     | X  |
| (d) Institution building is shared for running another course(s) |     | X  |
| (e) Title of the land is on free-hold ownership basis            | ✓   |    |
| (f) Title of the land is on long-lease as per law                | ✓   |    |

**21. Educational Technology (B.P.Ed. & M.P.Ed.-I & II)**

- (a) Number of computers with supporting accessories 

4	2
---	---
- (b) Access to Internet 

Yes	No
✓	
- (c) Number of hands - on experience hours provided to each student per week 

0	2
---	---
- (d) Number of education related CD-ROMs available 

0	7	5
---	---	---
- (e) Number of education related video-cassettes available 

0	1	5
---	---	---
- (f) Number of education related audio-cassettes available 

0	2	5
---	---	---
- (g) Website of the institution 

Yes	No
✓	
- (h) Availability of LCD projector 

✓	
---	--
- (i) Availability of OHP 

✓	
---	--
- (j) Availability of TV 

✓	
---	--
- (k) Availability of VCR 

✓	
---	--
- (l) Availability of public-address system 

✓	
---	--

**22. Library resources (B.P.Ed. & M.P.Ed.-I & II) -- (2015-16)**

- (a) Number of books in the library 

0	6	5	7	9
---	---	---	---	---
- (b) Number of books added to the library during the preceding year 

0	4	4	3
---	---	---	---
- (c) Total Number of educational journals/periodicals being subscribed 

0	3	3
---	---	---
- (d) Number of encyclopedias available in the library 

3	3
---	---
- (e) Number of books available in the reference section of the library 

0	1	5	0
---	---	---	---
- (f) Total seating capacity in the library 

0	6	0
---	---	---

**23. Sports and Physical Education Resources (B.P.Ed. & M.P.Ed.-I & II)**

- Institution has Yes   No
- (a) Playground (football/hockey etc.) 

✓	
---	--
- (b) Playground (football/hockey etc.) of another institution on sharing basis 

✓	
---	--
- (c) Gymnasium/Multipurpose hall 

✓	
---	--
- (d) Facilities for gymnasium 

✓	
---	--
- (e) Facilities for athletics 

✓	
---	--
- (f) Facilities for Health Education 

✓	
---	--
- (g) Facilities for Anatomy Lab 

✓	
---	--
- (h) Facilities for Physiology Lab 

✓	
---	--

**Organization and Management**

- Yes   No
- 24.** Institution is 

--	--
- (a) Government owned 

	X
--	---
- (a) Aided **(B.P.Ed.)**

✓	
---	--
- (b) Unaided **(M.P.Ed.)**

✓	
---	--
- (c) University Department 

	X
--	---

- 25.** (a) Minimum emoluments (basic pay and allowances) paid to teachers on regular appointment is **(B.P.Ed.)**

5	6	4	8	4
---	---	---	---	---
- (b) Minimum emoluments (basic pay and allowances) paid to teachers on adhoc service is 

-	-	-	-	-
---	---	---	---	---
- (c) Minimum consolidated remuneration paid to teachers is 

-	-	-	-	-
---	---	---	---	---
- (d) Per lecture honorarium paid to guest lecturers is **(M.P.Ed.)**

3	0	0
---	---	---

- |  | Yes                                 | No                                  |
|--|-------------------------------------|-------------------------------------|
| 26. (a) Salaries are paid in cash                    | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| (b) Salaries are paid through account payee cheque   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 27. (a) Salaries are disbursed each month            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| (b) Teachers are paid salary for the vacation period | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |

**Expenditure and Receipts (2014-15)(B.P.Ed.)**

28. (a) Salaries paid to teaching staff during the preceding financial year 

1	1	3	5	1	6	5	0
---	---	---	---	---	---	---	---
- (b) Salaries paid to non-teaching staff during the preceding financial year 

-	2	8	0	7	9	5	4
---	---	---	---	---	---	---	---
- (c) Amount spent on utilities during the preceding financial year 

1	1	7	8	3	4	2
---	---	---	---	---	---	---
- (d) Amount spent on purchase of books and journals for the library during the preceding financial year 

0	1	8	3	5	9	1
---	---	---	---	---	---	---
- (e) Amount spent on purchase of equipment during the preceding financial year 

0	0	4	1	2	2	6
---	---	---	---	---	---	---
- (f) Amount spent on purchase of furniture during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (g) Amount spent on capital expenditure during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (h) Amount spent on contingencies during the preceding financial year 

-	-	2	7	0	0	3
---	---	---	---	---	---	---

**Expenditure and Receipts (2014-15)(M.P.Ed.)**

28. (a) Salaries paid to teaching staff during the preceding financial year 

-	-	3	1	1	1	0	0
---	---	---	---	---	---	---	---
- (b) Salaries paid to non-teaching staff during the preceding financial year 

-	-	1	5	8	5	0	0
---	---	---	---	---	---	---	---
- (c) Amount spent on utilities during the preceding financial year 

-	5	3	4	1	8	7
---	---	---	---	---	---	---
- (d) Amount spent on purchase of books and journals for the library during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (e) Amount spent on purchase of equipment during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (f) Amount spent on purchase of furniture during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (g) Amount spent on capital expenditure during the preceding financial year 

-	-	-	-	-	-	-
---	---	---	---	---	---	---
- (h) Amount spent on contingencies during the preceding financial year 

-	4	9	9	9	4
---	---	---	---	---	---

**For B.P.Ed.**

29. (a) Amount carried forward from the previous financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (b) Receipts from fees (tuition and all other fees) during the preceding financial year 

-	1	0	4	1	2	1	5
---	---	---	---	---	---	---	---
- (c) Receipts from donation during the preceding financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (d) Receipts from consultancies and extension programmes during the preceding financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (e) Amount of grants received from the governments during the preceding financial year 

1	4	9	8	5	5	8	8
---	---	---	---	---	---	---	---
- (f) Income from investments during the preceding financial year 

-	-	8	9	3	8	1	
---	---	---	---	---	---	---	--

**For M.P.Ed.**

29. (a) Amount carried forward from the previous financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (b) Receipts from fees (tuition and all other fees) during the preceding financial year 

-	1	2	0	3	4	1	5
---	---	---	---	---	---	---	---
- (c) Receipts from donation during the preceding financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (d) Receipts from consultancies and extension programmes during the preceding financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (e) Amount of grants received from the governments during the preceding financial year 

-	-	-	-	-	-	-	-
---	---	---	---	---	---	---	---
- (f) Income from investments during the preceding financial year 

-	-	3	4	3	3	0	
---	---	---	---	---	---	---	--

30. Excess of excess of expenditure over income 

	Yes	No
		X
- Amount of excess of Income over Expenditure (B.P.Ed.) 

1	1	3	1	9	4	3
---	---	---	---	---	---	---
- Excess of expenditure over income 

	Yes	No
		X
- Amount of excess income over Expenditure (M.P.Ed.) 

-	2	1	4	1	2	6
---	---	---	---	---	---	---
31. The institutional accounts of the preceding financial year have been audited 

✓	
---	--



**Endowment fund and Reserve Fund**

32.

(a)

Amount of Endowment fund (M.P.Ed.)

-	5	0	0	0	0	0
---	---	---	---	---	---	---

(b)

Amount of Reserve fund (M.P.Ed.)

3	0	0	0	0	0
---	---	---	---	---	---

(c)

Amount of Reserve fund (B.P.Ed.)

5	0	0	0	0	0
---	---	---	---	---	---

(d)

Endowment fund is maintained jointly with NCTE

Yes	No
✓	

**33. Resume of the institution**

Brief appraisal of the overall performance of the institution during the preceding academic session and plans for future development is enclosed herewith.

(Signature of the Head of the Institution/Principal)

Signature of Secretary

**Bombay Physical Culture Association's  
College of Physical Education,  
Bharatiya Krida Mandir, Naigaum Cross Road,  
Wadala, Mumbai – 400 031. (Maharashtra)**

**Code No. (B.P.Ed.) : 114031  
(M.P.Ed.) : 124045**

**BRIEF APPRAISAL OF THE OVERALL PERFORMANCE AND PLANS FOR FUTURE  
DEVELOPMENT OF THE INSTITUTION FOR THE ACADEMIC SESSION 2015-16.**

The Institution has started its 36<sup>th</sup> batch of B.P.Ed. and 15<sup>th</sup> batch of M.P.Ed. course on 28<sup>th</sup> July, 2015. The students were admitted by conducting the Common Entrance Test (CET) by the committee constituted as per the directions of the Government of Maharashtra State which comprises of the following members:

- |       |   |                    |
|-------|---|--------------------|
| (i)   | Joint Director or his representative Higher Education<br>Govt. of Maharashtra | (Chairperson)      |
| (ii)  | One person Nominated by Director of Phy. Edn.<br>& Sports, Uni. of Mumbai     | (Member)           |
| (iii) | One person Nominated by Governing Body of the college                         | (Member)           |
| (iv)  | Medical Officer appointed by Principal of the College                         | (Member)           |
| (v)   | Principal of the college  | (Member-Secretary) |

The details regarding the overall performance of the institution during the academic session 2015-16, is as under :

**I ACADEMIC ACTIVITIES/PROGRAMMES**

The College has organized following various curricular, co-curricular and extracurricular activities for B.P.Ed. & M.P.Ed. courses during the year 2015-16.

**1.1 House Formation :**

For systematic and effective training of B.P.Ed. course the House Formation has conducted in the second week of August, 2015. Both the male and female students were classified equally into four homogeneous groups (Houses) each viz. *Anand, Pratap, Sangram and Vijay* (male) and *Pragati, and Shakti* House (female), by taking into consideration their physical fitness and other achievements.

**1.2 Practice Teaching:**

All the students of the B.P.Ed. course were distributed in to 7 teaching methods of academic subjects (optional teaching method) by taking in to consideration their choice as well as subjects at the graduation level. Students were introduced with the microteaching, bridge lessons and practice-teaching in schools. Before sending them to different schools for practice teaching the students were well prepared under the guidance of concerned method teacher. Model lessons, demonstration lessons as well as discussion sessions were held from time to time, for the purpose. During the second term of the course, the students alongwith teachers were sent to different schools in small groups for conducting *Practice Teaching Lessons* of physical education. They were well prepared by conducting micro teaching, Simulation lessons prior to actual practice teaching in schools.

**1.3 Transaction of Theory and Practicals :**

Theory and practical classes were conducted throughout the year, as per the syllabus of B.P.Ed. and M.P.Ed. courses.

**1.4 Terminal Examinations :**

First and Second Terminal Examinations as well as Tutorial Examinations of B.P.Ed. and M.P.Ed. courses in Theory and Practicals were conducted at the end of each term.

- 1.5 Saturday Competitions/ Intramurals/Athletic Training Camp and meet :**  
In order to train the B.P.Ed. students in Athletic events, 7 days special Training Camp followed by one day Athletic Meet was organized on Standard size Synthetic track at Priyadarshini Academy, Nepeansea Road, Malbar hill, Mumbai, during the month of March, 2015.

Further, on every Saturday, during practical hours, *Inter-house competitions* on various minor games, lead up games, relays as well as non-standard sports were conducted throughout the year. The intramurals (Inter house competition) of volleyball, handball and kho-kho were also organized and conducted by the students.

- 1.6 Information and Communication Technology(ICT) :**

The college has provided computer laboratory with 30 computers and all other required software and hardware including internet facility. The institution has included ICT curriculum by revising the existing syllabus of B.P.Ed. course w.e.f. the year 2013-14. Minimum 20 hrs. hand on experience of ICT has provided to the students as directed by the N.C.T.E. The M.P.Ed. students were also trained in computer application particularly in use of computers and SPSS software for research in Physical Education and Sports.

## **II CO-CURRICULAR & EXTRA CURRICULAR ACTIVITIES**

- 2.1 Hiking cum Trekking :**

As a part of training, one day *Hiking Cum Trekking Program* to **Rajmachi** was organized on 15<sup>th</sup> September, 2015. All the teachers and students successfully organized and enjoyed the Hiking and Trekking programme.

- 2.2 Celebration of National Days :**

On the occasions of Independence Day and Republic Day, Inter-House Patriotic Group-Singing Competitions followed by Flag Hosting Ceremony were organized.

- 2.3 Election of students council** was held in the month of August, 2016

- 2.4 Value Added Courses :**

In order to improve the professional qualities of the students *Value-added courses such as official classes and examinations of Volleyball, Kabaddi, Kho-Kho, Langadi & Certificate Course in Personal Fitness Training* were conducted with the help of concerned *District Level Sports Organization*. All the students appeared for the said examinations.

- 2.5 Group singing Training:**

In the month of December, 2015 two days camp was organized in which the students were trained in various national / patriotic group songs, under the guidance of famous musician and artist Mr. Somnath Parab.

- 2.6 Celebration of National Sports day (Elocution Competition and Friendly Match)**

'National Sports Day' was celebrated on 31<sup>st</sup> August, 2015 by organizing Elocution Competition on 'Why to Play'. The winners of the same were felicitated in the presence of Shri. Gurubaksha Singh (former Olympian). On the same day friendly match between M.P.Ed. students (Jr Vs. Sr) was also conducted. The said programme was sponsored by Wagle and Sports Co. (India's first shop in sports goods) as a part of its 150 years celebration.

- 2.7 Teachers Day (Self Government and Elocution Competition)**

On 5<sup>th</sup> September, 2015 Teachers day was celebrated by conducting Self Government Programme followed by Elocution Competition on 'Role of Teacher in value inculcation'.

- 2.8 Constitution Day**

On 26<sup>th</sup> November, 2015 'Constitution Day' was organized in which students were acquainted with various aspects of constitution through speeches, discussion and exhibition.

### III EXTENSION ACTIVITIES/PROGRAMMES ORGANIZED:

The students and the teachers of the College were deputed for conducting various games and sports as Officials, as a part of linkage/collaboration established with various schools, colleges and other sports organizations/Go's/NGo's of Greater Mumbai.

3.1	Seven students & one faculty worked as officials for conducting Suryanamaskar Inter-school competition organized by Suvidhyalaya, Borivli, Mumbai (W.) on 17 <sup>th</sup> July, 2015.
3.2	25 Students participated in the <b>organisation of Annual Athletic Meet</b> of University of Mumbai during 7 <sup>th</sup> -9 <sup>th</sup> November, 2015.
3.3	The college Organised the <b>Constitution Day (Samvidhan Din)</b> on 26 <sup>th</sup> November 2015.
3.4	Conducted <b>Group Singing Training Camp</b> for Two Days for B.P.Ed Programme on 14 <sup>th</sup> and 20 <sup>th</sup> December 2015
3.5	Organised <b>Inter- collegiate Competitions of University of Mumbai in Yoga and Fencing</b> , on 8 <sup>th</sup> and 9 <sup>th</sup> January 2016 respectively.
3.6	Organised <b>Inter- school Competition of Lezim</b> on 20 <sup>th</sup> December, 2016 (12 Schools & about 1000 School Children participated).
3.7	Conducted <b>Inter- school Competitions (Hind Karandak)</b> in the game of Kabaddi, Kho-Kho and Langadi during 12 <sup>th</sup> - 14 <sup>th</sup> January, 2016 (39 Schools & about 1200 School Children participated).
3.8	Participation of 60 Students in <b>organisation of Inter-school Drawing Competition</b> conducted by NGO (Parivartan) on 24 <sup>th</sup> January, 2016
3.9	<b>Convocation Ceremony</b> was organised on 30 <sup>th</sup> January, 2016 in the Presence of <b>Miss. Rosemarie Stein (Germany)</b> .
3.10	11 Students and 01 Teacher participated in the organisation of sports competitions conducted for <b>Intellectually Disabled/Handicapped Children of NGO</b> (School for Children in Need of Special Care, Mumbai) on 12 <sup>th</sup> February, 2016.

### IV RESEARCH ACTIVITIES CONDUCTED BY THE COLLEGE

#### 4.1 Research Projects Undertaken By The Faculty

The University of Mumbai approved the following Research Projects of the faculty of the college vide University letter dated 15<sup>th</sup> February, 2016 for the year 2015-16.

Sr. No.	Name of the Faculty	Title of the project	Amount Sanctioned
1	Dr. R.R. Dhakne	Integrated Exercise Module for the Holistic Health of the School Children	20,000.00
2	Dr. G.K. Dhokrat	Effect of Yoga on Foot Deformities and Mental Health of School Children	30,000.00
3	Dr. K.K. Asai	Utility of Yoga Practices in Dealing the Problem of Irregular Menstruation Cycle of College Girls	20,000.00

#### 4.2 Workshop and Seminars organized by the college

- 1 Conducted Preparatory *Workshop on SET/NET Examination* for four days during 19<sup>th</sup> -22<sup>nd</sup> December 2015 for M.P.Ed., Ph.D. Scholars, Staff and others Stakeholders conducted (total 80 participant).
- 2 Conducted *Workshop on Research Methodology* by Prof. Dr. D.N. Sansanwal during 28<sup>th</sup> to 31<sup>st</sup> December 2015.
- 3 Conducted *Workshop on "Yoga for Spine"* by Yogacharya Jadranko Miklec(Croatia) on 6<sup>th</sup> February 2016

### 4.3 Ph.D. Registered /Awarded :

Since the University of Mumbai has approved this college in 1996 as **Post Graduate Research Centre**, with an intake of 30 Ph.D. scholars. At present there are 05 Ph.D. guides available under whom 30 students have been registered during the year 2015-16. The following scholars awarded Ph.D. degree of the University of Mumbai.

- 1 Smt. Benson Mary
- 2 Smt. Esperania Ana J. Afonso
- 3 Smt. Gunde Kalpana Shivappa
- 4 Shri. Limbkar Jitendra Laxman
- 5 Shri. Maru Kishor Jagubhai
- 6 Smt. Neetu Omprakash Joshi
- 7 Smt. Rohini Chandrakant Kawade

### V. PARTICIPATION AND PRESENTATION IN CONFERENCE/WORKSHOPS/SEMINARS

Sr. No.	Name of the Teacher	Theme of the Seminar/Conference/Symposia (please specify whether it was a Seminar/Conference/Symposia as the case may be)	Name of the Organiser	Date & Place	Title of the Paper presented/read
1	Prin. Dr. G.V Pargaonkar	International Conference on Fitness, Wellness & Sports Sciences	Lakshmibai National Institute of Physical Education	Nov 20-22, 2015	Human Well-Being, Health & Fitness
		National Seminar on 'Higher Education System of India'	Dr. Ambedkar College of Commerce	Jan., 23, 2016	Participated
		National Conference on Scientific Innovation on Sports Biomechanics	LNIFE, Gwalior	Feb., 24-26, 2016	Participated
2	Dr. R.R. Dhakne	National Conference on Scientific Innovation on Sports Biomechanics	LNIFE, Gwalior	Feb., 24-26, 2016	Participated
3	Dr.G.K. Dhokrat Asstt. Prof .	UGC Sponsored National Seminar on 'Role of Best Practices in Quality Enhancement and Sustenance in Higher Education Institutions	Internal Quality Assurance Cell (IQAC)	April 24-25, 2015	Participated
		Workshop on API for College Teachers	University of Mumbai and Rizvi College	Aug., 29, 2015 Mumbai	Participated
		National Workshop on Research Methodology with SPSS	Lakshmibai National Institute of Physical Education, Gwalior	Oct.29- Nov.4, 2015 Gwalior	Participated
		International Conference on Fitness, Wellness & Sports Sciences	Lakshmibai National Institute of Physical Education	Nov 20-22, 2015	Efficacy of Especially Designed Fitness Training programe on Body Balance of Badminton Plyers : An Experimental Study
		National Conference on Scientific Innovations in Sports Biomechanics	Lakshmibai National Institute of Physical Education, Gwalior	Feb 24-26, 2016	Effect of Medicine Ball exercise training program for the promotion of selected motor fitness components of school aged 12-14 years.
4	Shri. J.M. Hotkar Asstt. Prof.	National Workshop on Research Methodology with SPSS	Lakshmibai National Institute of Physical Education, Gwalior	Oct.29- Nov.4, 2015 Gwalior	Participated
		Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Dept of Physical Education Punjab	Feb., 19-21, 2016	Role of Yoga in Developing Co-Ordination Ability of Senior Urban Citizens

5	Dr. N.O. Joshi Asstt. Prof.	Workshop on 'Sexual Harassment of Women at Workplace Act, 2013 and Related Issues'	University of Mumbai and R.A. Podar College	Aug.,27-28, 2015 Mumbai	Participated
		Workshop on API for College Teachers	University of Mumbai and Rizvi College	Aug.,29, 2015 Mumbai	Participated
		Kabaddi Workshops PKI 3- star House	Star office	Oct, 7-9, 2015 Mumbai	Participated
		International Conference on Fitness, Wellness & Sports Sciences	Lakshmibai National Institute of Physical Education	Nov 20-22, 2015	Paper presented on 'A comparative Study of Mental Health and Personality Profiles of Girls between S.N.D.T. University and Mumbai University.'
		International Congress of Sports Psychology	Dept. of Physical Education, Varanasi	Nov 27-Dec-1, 2015	Paper presented 'A Comparative study of Personality and Mental Health between Aided and Ngo's school Students of Mumbai City'.
		National Conference on "Scientific Innovations in Sports Biomechanics	Department of Sports Biomechanics	Feb, 24-26, 2016	Effect of Yoga and Aerobic Exercises on Health Related Physical fitness of girls of S.N.D.T. college, Mumbai
6	Smt. S.N. Chougule Asstt. Prof.	Seminar on Social Health	Dept. of Physical Education, University of Mumbai	Sept. 30, 2015	Combination Yoga Practice and Aerobics Training for health related Physical Fitness for school girls
		National Workshop on Research Methodology with SPSS	Lakshmibai National Institute of Physical Education, Gwalior	Oct.29- Nov.4, 2015 Gwalior	Participated
		International Conference on Fitness, Wellness & Sports Sciences	Lakshmibai National Institute of Physical Education	Nov 20-22, 2015	Effect of Yoga and Aerobic Training Programme for the Promotion of Health Related Fitness of School Girls.
		National Level Workshop on Yoga for Health and Peace	Dept. of Physical Education Goa	Jan 6-9, 2016	Modern Mentor : Fusion of Yoga and Aerobics
7	Dr. K.K. Asai	International Conference on Fitness, Wellness & Sports Sciences	Lakshmibai National Institute of Physical Education	Nov 20-22, 2015	Effect of Selected Yogic Exercises on Certain Physical and Physiological Variables of the School Girls.
8	Dr. R.C. Kawade	Workshop on Yoga Sports for Health	University of Mumbai & B.K. Shroff College	July, 29, 2015	Participated
		Seminar on Social Health	Dept. of Physical Education, University of Mumbai	Sept 30, 2015	Combination Yoga Practice and Aerobics for Health Related Physical Fitness for School Girls
		Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Dept. of Physical Education Punjab	2016	Effect of Yoga on Speed Performance of School Boys of Mumbai
		International Sports Science & Workshop cum Exhibition	University of Mumbai	March 21-23, 2016	Participated

9	Shri. R.N. Shelke	International Conference on Fitness, Wellness & Sports Sciences	Lakshmbai National Institute of Physical Education	Nov 20-22, 2015	Evaluation of Historical base of Indian Indigenous Activity of Malkhamb
		Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Dept. of Physical Education Punjab	Feb.,19-21, 2016	A Comparative Investigation of Cardio-Vascular Endurance of the Students Dwelling in Slum and Non-Slum Area of Mumbai
10	Mrs. M.A. Samant	National Seminar on Digital Contents, Copyrights and Libraries	Tata Memorial Hospital, Mumbai	Jan.,28-29, 2016	Participated

## VI PUBLICATION OF RESEARCH PAPERS & ARTICLES BY FACULTY:-

1	Dr. G.V. Pargaonkar, "Effect of Yoga and Aerobic Exercises on Health Related Physical Fitness of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 2 ,pg 118 to 129				
2	Dr. R.R. Dhakne, "Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2319-9202, 2015, Vol-6 Issue 6 pg 26 to 34				
3	<b>Dr. G.K. Dhokrat</b> , "Promotion of Speed, Strength and Performance in Selected Track and Field Events", <b>Scholarly Research Journal for Interdisciplinary Studies</b> , SJIF 2014=4.889, Mar-April, 2015, Vol-3/17 pg 3273				
4	<b>Shri. J.M. Hotkar</b> , "Effect of Two Weeks Yoga Practice on Lower Body Flexibility of Older People", <b>Physical Education&amp; Sports Research Journal</b> , ISSN:2277-3665, Impact Factor : 2.1052 (UIF) June 2015				
5	<b>Dr. N.O. Joshi</b> , "Effect of Integrated Exercise Training Module on Selected Health Related Physical Fitness and Psychological Fitness Variables of Adolescent Boys", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 5, pg 12 to 19				
	<b>Dr. N.O. Joshi</b> , "Holistic Effect of Resistance, Aerobic and Yoga Training on Selected Physical Fitness, Physiological and Psychological Variables of Secondary School Boys of Age 14 to 16 years", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 6, pg 3 to 9				
	<b>Dr. N.O. Joshi</b> , "Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 6 ,pg 113 to 121				
	<b>Dr. N.O. Joshi</b> , "Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2319-9202, 2015, Vol-6 Issue 6, pg 26 to 34				
	<b>Dr. N.O. Joshi</b> , "Effect of Yoga and Aerobic Exercises on Health Related Physical Fitness of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 2 , pg 118 to 129				
	<b>Dr. N.O. Joshi</b> , "A Comparative Study of Personality Traits Between Adolescent Students of BMC and ICSE Schools of Mumbai City", <b>L.N.I.P.E</b> , ISBN No. 978-81-7879-912-4, Nov.2015, pg 214 to 217				
	<b>Dr. N.O. Joshi</b> , "Effect of Specific Training Programme as suggested by the NBA to Improve the Skill Performance of the Basketball Players Aged Between 14 to 16 Years", <b>L.N.I.P.E</b> , ISBN No. 978-81-7879-912-4, Nov.2015, pg 547 to 551				
	<b>Dr. N.O. Joshi</b> , "A Comparative Study of Mental Health and Personality Profiles of Girls Between S.N.D.T. University and Mumbai University", <b>L.N.I.P.E</b> , ISBN No. 978-81-7879-912-4, Nov.2015, pg 424 to 427				
6	<b>Dr. K.K. Asai</b> , "Effect of Selected Yogic Exercise on Certain Physical And Physiological Variables of School Girls", <b>The Internal Quality Assurance Cell (I.Q.A.C.)</b> , ISSN 2231-5063.				
	<b>Dr. K.K. Asai</b> , "Effect of Lezium Training Programme on Physical Fitness of Boys", <b>International Journal of Physical Education, Sports and Health</b> , ISSN 2394-1693, Issue-2, Vol. 3, 2016				
	<b>Dr. K.K. Asai</b> , Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2319-9202, 2015, Vol-6 Issue 6, pg 26 to 34				
7	<b>Dr. K.J. Maru</b> , "Effect of Taekwondo Training for the Promotion of Health Related Physical Fitness of School Boys", <b>L.N.I.P.E. , ISBN No. 978-81-7879-912-4</b> , Impact Factor 2.1052 (UIF) , August, 2015				
	<b>Dr. K.J. Maru</b> , "Effect of Integrated Exercise Training Module on Selected Health Related Physical Fitness and Psychological Fitness Variables of Adolescent Boys", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 5, pg 12 to 19				

	Dr. K.J. Maru, "Holistic Effect of Resistance, Aerobic and Yoga Training on Selected Physical Fitness, Physiological and Psychological Variables of Secondary School Boys of Age 14 to 16 years", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 6, pg 3 to 9
	Dr. K.J. Maru, "Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 6 ,pg 113 to 121
	Dr. K.J. Maru, "Effect of Yoga and Aerobic Exercises o Psychological Parameters ", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2277-9809, 2015, Vol-6 Issue 6
	Dr. K.J. Maru, "Effect of Yoga and Aerobic Exercises on Physiological Parameter of College Girls with Irregular Menstruation Cycle", <b>International Research Journal of Management Sociology and Humanities</b> , ISSN 2319-9202, 2015, Vol-6 Issue 6, pg 26 to 34
8	<b>Dr. R.C. Kawade</b> , "Yoga for Development of mental Health of School Girls ", <b>Laxmi Book Publication</b> , ISSN:2249-894X, Impact Factor 3.1402 (UIF) , January 2016
9	<b>Shri. R.N. Shelke</b> , "Comparative Study of Flexibility of Students Dwelling in Non-Slum Areas of Mumbai", <b>International Recognition Research Journal</b> , ISSN:2277-3665, Impact Factor 2.1052 (UIF) , August, 2015

#### **VIIOTHER IMPORTANT REPRESENTATION/POSITION/ACHIEVEMENT OF THE FACULTY& STUDENTS**

- 7.1 Prin. Dr. G. V. Pargaonkar worked as **NAAC Peer Team Member Co-Ordinator and Visited Guru Govind Singh College Barnada, Panjab** during 14<sup>th</sup> – 16<sup>th</sup> March, 2016.13.1
- 7.2 Prin. Dr. G. V. Pargaonkar worked as **Convener** of the **Expert Committee** appointed by the University of Mumbai for the Inspection of Gokhale Education Societies Proposed College OF Commerce and Management at Girgaon, Mumbai on 23<sup>rd</sup> March, 2016.
- 7.3 Prin. Dr. G. V. Pargaonkar, worked as **Sub-Committee Members of Sub-Committee Syllabus of Certificate Course in Personal Fitness Training and Certificate Course in Fitness Centre Management appointed by the University of Mumbai**, which was further approved by the **Board of Studies** as well as **Academic Council** of University of Mumbai.
- 7.4 Prin. Dr.G.V. Pargaonkar worked on the **Expert Committee for the fee fixation and Common Entrance Test (CET) of Professional Courses** appointed by the Department of Higher Education, Govt. of Maharashtra
- 7.5 Prin. Dr. G.V. Pargaonkar worked as member of **Board of Studies of the University of Mumbai, Goa University, Research & Recognition Committee (RRC) of Savitribai Phule Pune University**.
- 7.6 Dr. R.R. Dhakne, worked as **Chairperson of Board of Studies and member of Academic Council of the University of Mumbai**.
- 7.7 Dr. R. R. Dhakne worked as **Sub-Committee Members of Sub-Committee Syllabus of Certificate Course in Personal Fitness Training and Certificate Course in Fitness Centre Management appointed by the University of Mumbai**, which was further approved by the **Board of Studies** as well as **Academic Council** of University of Mumbai.
- 7.8 Shri. J.M. Hotkar (Asstt. Prof.) working as a **Officiating at District Level Competition** organised by District Social Welfare office, Mumbai City
- 7.9 Dr. N. O. Joshi worked as **Sub-Committee Members of Sub-Committee Syllabus of Certificate Course in Personal Fitness Training and Certificate Course in Fitness Centre Management appointed by the University of Mumbai**, which was further approved by the **Board of Studies** as well as **Academic Council** of University of Mumbai.



- 7.10 Dr. N.O. Joshi participated in one week Zonal workshop on Sexual Harassment of women at work place and related issue organized by the University of Mumbai during August, 22-28, 2015.
- 7.11 Smt. S.N. Chougule (Asstt. Prof.) working as **a Officiating at District Level Competition** organised by District Social Welfare office, Mumbai City
- 7.12 Smt. S.N. Chougule (Asstt. Prof.) completed UGC sponsored **Refresher Course in Physical Education** conducted by Lakshmibai National Institute of Physical Education, Gwalior during February 09-29, 2016.
- 7.13 Dr. K.J. Maru (Asstt. Prof.) completed UGC sponsored **Refresher Course in Teacher Education** conducted by University of Mumbai, during June 22-July 11, 2015.
- 7.14 Dr. K. J. Maru worked as **Sub-Committee Members of Sub-Committee Syllabus of Certificate Course in Personal Fitness Training and Certificate Course in Fitness Centre Management appointed by the University of Mumbai**, which was further approved by the **Board of Studies** as well as **Academic Council** of University of Mumbai.
- 7.15 Shri. R.N. Shelke (Asstt. Prof.) completed UGC sponsored **Refresher Course in Physical Education** conducted by Lakshmibai National Institute of Physical Education, Gwalior during June 10-30, 2015.
- 7.16 Dr. G.K. Dhokrat/Shri. J.M. Hotkar/Dr. N.O. Joshi/Mrs. M.A. Samant participated in one day workshop on 'API for college teachers organized by Rizvi College, Mumbai on 29<sup>th</sup> August, 2015.

#### VIII. ACHIEVEMENTS OF ALUMNI ASSOCIATION :

The 'Sports Training Centre' which is conducted by 'Alumni Association' of the institution for the school going children aged 5-15 years, since 1993. During the year 20 students and 09 students secured positions/places in State and National Level Sports Competition respectively. About 160 school going children were provided sports training, throughout the year (i.e. six days in a week and every day from 6.00 p.m. to 8.00 p.m.)

#### IX PARTICIPATION AND ACHIEVEMENT OF STUDENTS IN UNIVERSITY SPORTS :

During the year 2015-16 the following 62 students of B.P.Ed. & M.P.Ed. participated in various intercollegiate /Inter-University Sports Competition and become eligible for getting additional 10 grace marks due to their excellent performance

Sr. No.	Name of the student in full	Level	Game/Sports	Place
1	/Adak Ashwini Sampat	Inter-Collegiate	Hockey Tug of war	6 <sup>th</sup> place 7 <sup>th</sup> place
2	/Agarwal Bhagyashree Pravin	All India Inter-University	Hockey Athletics (400m)	6 <sup>th</sup> place 5 <sup>th</sup> place
3	/Bangera Pooja Vijay	Inter-Collegiate	Yoga	1 <sup>st</sup> place
4	/Bhoir Jyosna Bhalchandra	Inter-Collegiate	Hockey Handball	6 <sup>th</sup> place 7 <sup>th</sup> place
5	/Dound Pradnya Swapnil	Inter-Collegiate	Tug of war	7 <sup>th</sup> place
6	/Gaikhe Madhuri Kailas	Inter-Collegiate	Hockey Tug of war	6 <sup>th</sup> place 7 <sup>th</sup> place
7	/Jadhav Priya Sundar	Inter-Collegiate	Hockey	6 <sup>th</sup> place
8	/Kambale Shraddha Shahaji	Inter-Collegiate	Yoga	1 <sup>st</sup> place
9	/Kamble Sanjivani Sunil	Inter-Collegiate	Tug of war	7 <sup>th</sup> place
10	/Kasare Priyanka Bhau	Inter-Collegiate	Hockey	6 <sup>th</sup> place
11	/Khule Snehal Ramesh	Inter -Collegiate All India	Yoga Fencing	1 <sup>st</sup> place 1 <sup>st</sup> place
12	/Kudale Megha Ankush	Inter-Collegiate	Yoga	1 <sup>st</sup> place

13	/Lad Shraddha Vinayak	Inter-Collegiate	Hockey	6th place
14	/Mali Dhanashri Sunil	Inter- Collegiate	Hockey Handball	6th place 7th place
15	/Nawadkar Nayana Yuvraj	Inter- Collegiate	Tug of war	7th place
16	/Parab Ankita Milind	Inter -Collegiate	Handball	7th place
17	/Parab Shraddha Sanjay	Inter -Collegiate	Yoga	1st place
18	/Patil Jyoti Maruti	Inter -Collegiate	Tug of war	7th place
19	/Rai Priyanka Arun	Inter -Collegiate	Hockey	6th place
20	/Savar Anita Puran	Inter -Collegiate	Hockey Handball Tug of war	6th place 7th place 7th place
21	/Sawant Priyanka Kishor	Inter -Collegiate	Tug of war	7th place
22	/Shinde Aishwarya Devendra	Inter -Collegiate	Tug of war Taekwondo	7th place 2nd place
23	/Torkadi Deepali Satyawar	Inter Collegiate All India	Athletics- Long Jump Fencing	7th place 3rd place
24	/Wadekar Trupti Dinkar	Inter- Collegiate	Hockey	6th place
25	/Yadav Babita Rakesh	Inter- Collegiate	Hockey	6th place
26	Adarsh Murali Kalapurathu	Inter- Collegiate	Tug of war	8th place
27	Adurkar Swapnil Laxman	Inter- Collegiate	Tug of war	8th place
28	Arakal Ansel Sebastian	Inter -Collegiate	Tug of war	8th place
29	Ayre Nikhil Chandrakant	Captainship of Mumbai University	Basketball • West Zone • All India	1st place 1st place
30	Bagal Randhir Dadaso	Inter- Collegiate	Yoga	4th place
31	Dundle Ajay Bhagwan	Inter- Collegiate	Tug of war	8th place
32	Fadwale Vishnu Vansha	Inter -Collegiate	Yoga	4th place
33	Gaganmalle Anil Mhalappa	Inter- Collegiate	Yoga	4th place
34	Gulvi Bhavesh Ramdas	Inter- Collegiate	Yoga	4th place
35	Jadhav Rajesh Balu	Inter- Collegiate	Yoga	4th place
36	Parab Mandar Mohan	Inter -Collegiate	Taekwondo	3rd place
37	Saroj Shyamnarayan Chhotelal	Inter -Collegiate	Athletic-Javline Throw	2nd place
38	Sharma Abhilash Dineshkumar	Inter -Collegiate	Fencing Tug of war	5th place 8th place
39	Shinde Jayaram Tukaram	Inter -Collegiate	Yoga	4th place
40	Patil Swapnil Shridhar	Inter -Collegiate	Hammer throw	7 <sup>th</sup> place
41	Pawar Trushant Surykant	Inter -Collegiate	Tug of war	8 <sup>th</sup> place
42	Wayal Yogesh Lahu	Inter -Collegiate	Taekwondo	3 <sup>rd</sup> place
43	/Humbe Pratima Vitthal	Inter -Collegiate	4X400 M. Relay Athletics	8th place
44	/Jadhav Priyanka Vijay	Inter -Collegiate	Handball	7th place
45	Mhamunkar Puja Ramakant	Inter -Collegiate	Athletics Shot put	2nd place
46	/Sakpal Pradnya Jaywant	Inter -Collegiate	Handball	7th place
47	/Save Trupti Nandakumar	Inter -Collegiate	4X400 M. Relay Athletics	8th place

48	Tiwari Vimala Rameshchadra	Inter -Collegiate	Athletics Heptathlon 4X400 M. Relay 4X100 M. Relay Handball	2nd place 8th place 8th place 7th place
49	Ahmed Ejaz MD. Jamal Ahmed	All India	Taekwondo	1st place
50	Thange Manoj Mahadev	Inter -Collegiate	Cross Country Athletics	7th place
51	/Agarwal Meenakshi Pravin	All India	Hockey	6th place
52	/Batawale Chanda Bhagoji	Inter -Collegiate	4X100 M. Relay Athletics	8th place
53	/Bhadrike Yogita Ramesh	Inter -Collegiate	Taekwondo	2nd place
54	/Jadhav Pooja Deepak	Inter- Collegiate	Taekwondo	3rd place
55	/Jamkar Pooja Gajanan	Inter- Collegiate	Judo	2nd place
56	/Kshirsagar Pratiksha Rajendra	Inter -Collegiate	Yoga (Team)	1st place
57	/Malkar Priyanka Ramakant	All India	Judo	1st place
58	/Misal Ashwini Ashok	Inter -Collegiate	Handball	7th place
59	/Salvi Nikita Tulshiram	Inter -Collegiate	Handball	7th place
60	Naronha Samir Arnold	All India	Swimming	1st place
61	Patade Sachin Ramesh	Inter -Collegiate	Decathlon Athletics	1st place
62	Verma Manoj Rambahadur	Inter -Collegiate	Athletics High Jump Decathlon	2nd place 5th place

#### **IX. PLANS FOR THE FUTURE DEVELOPMENTS OF THE INSTITUTION :**

1. To start Diploma/Certificate course in Yoga for Teacher Educators.
2. To start Personal Fitness Trainer/fitness instructor course of Physical Educators.
3. To start certificate course in Sports Management for Physical Education Teachers.
4. To conduct Work Shops/Orientation courses for past students as well as in service Physical Education Teachers on information and communication Technology Literacy.
5. To provide training in various sports and games to school children with the help of past students of the institution.
6. To organize National Level Conference on Physical Education and Sports during the next academic year.
7. To Establish more linkage with various GO's and NGO's for further Quality enhancement.
8. Furtherance of Researcher Training Drive (RTD) with a view to form a separate body which will look after the generation and dissemination of Physical Education and Sports knowledge.

While concluding the appraisal of the overall performance and plans for future of the institution, it can be said that the college is functioning successfully by taking sincere efforts for the promotion of teacher education in Physical Education and Sports in India. All the teachers, non-teaching staff and alumni are spontaneously and actively involved in the quality enhancement process of the institution. Most importantly, the strong support, self-less encouragement and constant inspiration of the management of the institution, truly work, as one of the secretes of success and achievements of this teacher – education institution.

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**ANNUAL CALENDAR\*****B. P. Ed. PROGRAMME (2015 - 2016)**

SR. NO.	DATE	ACTIVITIES/PROGRAMMES
<b>SEMESTER-I</b>		
1	28.07.2015	Re-opening of the college
2	29.07.2015	<ul style="list-style-type: none"> <li>• Commencement of Practical &amp; Theory classes</li> <li>• Orientation of the B.P.Ed Programme begins</li> </ul>
3	04.08.2015	House Formation (classification of students)
4	08.08.2015	Selection of Optional Methods
5	11.08.2015	Teaching of Optional Methods begins
6	13.08.2015	Beginning of Interhouse Competitions
7	15.08.2015	<b>Celebration of Independence Day</b>
8	19.08.2015	Micro Teaching Lesson(Demonstration Lesson)
9	05.09.2015	<b>Self Governed Programme followed by Celebration of Teachers Day</b>
10	15.09.2015	<b>Organization of Hike-Cum-Trekking</b>
11	17.09.2015	<b>Holiday –(Ananta Chaturdashi)</b>
12	20.09.2015	Communicative/ Soft Skills Classes begins
13	23.09.2015	Holiday – Ganesh Chaturdashi
14	24.09.2015	Formation of Students Council
15	25.09.2015	Micro teaching lesson begins
16	01.10.2015	<b>Elocution competition(Nasha-bandhi Saptah)</b>
17	22.10.2015	<b>Holiday –(Dassera)</b>
18	24.10.2015	<b>Holiday - Muharram</b>
19	09.11.2015 – 22.11.2015	<b>Diwali Vacation</b>
20	23.11.2015 – 25.11.2015	<b>First Term Practical Examination</b>
21	28.11.2015 – 30.11.2015	<b>First Semester Theory Examination</b>
22	01.12.2015	Feedback of First Semester Theory Examination
23	02.12.2015 onwards	Supervised study programme
24	08.12.2015 – 11.12.2015	First Semester University Exam (Theory)
25	12.12.2015 – 14.12.2015	Semester – I (Break)
26	15.12.2015	Organization of demonstration lesson & Discussions
27	23.12.2015	<b>Winter Break</b>
28	27.12.2015 – 31.12.2015	Health & Fitness Management Course
<b>SEMESTER-II</b>		
29	02.01.2016	Reopening of 2 <sup>nd</sup> Semester
30	12, 13 and 14.01.2016	Organization of Inter-school Competitions (Hind-Karandak Trophy)
31	15.01.2016	Holiday - Makarsankranti
32	19.01.2016	Practice Teaching Lessons in School Begins
33	20, 21 and 22.01.2016	Organisation of Patriotic group Singing Training Camp

34	26.01.2016	<b>Celebration of Republic day, Interhouse Group Singing Competition</b>
35	28.01.2016	Organization of Inter-School <b>LEZIUM</b> Competition(Dattaram Lad Trophy)
36	30.01.2016	Organisation of Convocation Ceremony
37	02.02.2016	ICT Classes Begins
38	19.02.2016	Holiday – Chhatrapati Shivaji Maharaj Jayanti
39	08.03.2016	Holiday - Mahashivratri
40	11.03.2016	Organisation of Workshop on Yoga for Spine.
41	14.03.2016 – 18.03.2016	Organisation of Athletics Training on University Ground (Synthetic Track)
42	24.03.2016	Holiday - Dhulivandan
43	25.03.2016	Holiday – Good Friday
44	04, 05 and 06.04.2016	<b>NAAC PEER TEAM VISIT</b>
45	14.04.2016	Holiday - Dr. Ambedkar Jayanti
46	15.04.2016	Holiday - Ram Navami
47	16.04.2016 – 18.04.2016	Second Term Practical Examination
48	26.04.2016 – 28.04.2016	Second Semester Theory Examination
49	29.04.2016 onwards	Supervised study programme and Feedback
50	27.04.2015 – 29.04.2015	1. 2. Analysis of feedback 3. Physical verification of Library, Laboratories, store room, etc 4. Planning for the next academic year
51	March 2016	<b>Organization of Intramural Competition:</b> • <i>Football</i> <i>Kabaddi</i> <i>Volleyball</i>
52	29.04.2016	Submission of Assignments
53	Spread Over from August 2015 to March 2016	<b>District Level Technical Official Classes &amp; Certificate Examinations in:-</b> • <i>Kabaddi</i> <i>Kho-Kho</i> <i>Athletics</i> <i>Langdi</i> <i>Football</i> <i>Volleyball</i>
54	1 <sup>st</sup> Week of May 2016	Second Semester Theory University Exam

*\*Tentative-Right to change in this calendar is with the Principal*

*\* Inter-house competition will generally take place every Saturday*

- **Semester** - First Semester : 28.07.2015 to 24.12.2015  
Second Semester : 02.01.2016 to 31.05.2016
- **TOTAL NUMBER OF WORKING DAYS** : 112 days (Including Internal Examinations)-I Semester  
: 110 days (Including Internal Examinations)-II Semester
- **WORKING HOURS** : 10.00 a.m. to 4.00 p.m. (Monday to Saturday)

#### ANNUAL CALENDAR COMMITTEE (2013-14)

- |  |                      |
|--|----------------------|
| • Dr. G.V. Pargaonkar, (Principal )                              | :Chairman            |
| • Smt. N.O. Joshi, (Incharge -Theory, UG)                        | :Member              |
| • Shri.R.N.Shelke,(Incharge -Practice Teaching, Optional Method) | :Member              |
| • Smt. R.C.Kawade (Incharge –Physical Education Lesson)          | :Member              |
| • Dr. K.K.Asai, (Incharge - ICT)                                 | :Member              |
| • Dr.G.K.Dhokrat (Incharge-Practical)                            | :Member              |
| • Dr.R.R. Dhakne   | :Member Co-ordinator |

Principal  
(Dr. G.V. Pargaonkar)

B. P. C. A's  
**COLLEGE OF PHYSICAL EDUCATION**  
 WADALA, MUMBAI – 400 031.  
**ANNUAL CALENDAR**  
 M. P. Ed. (SEMESTER-I) (2015-16)

SR. NO.	DATE	ACTIVITIES/PROGRAMMES
1	28.07.2015	Inauguration and Reopening of the College
2	29.07.2015	Orientation of the course
3	28.07.2015	Selection of specialization games / activities
4	01.08.2015	Computer Application Classes begins
5	15.08.2015	<b>celebration of Independence day</b>
6	20.08.2015	<b>Holiday</b> (Parsi New Year)
7	25.08.2015	Practical Classes begins
8	31.08.2015	<b>Celebration of National Sports Day</b>
9	01.09.2015 To 03.09.2015	Seminar Presentation Course-I
10	05.09.2015	Celebration of Teacher's Day
11	17.09.2015	<b>Holiday</b> – (Ganesh Chaturthi)
12	23.09.2015	<b>Holiday</b> - (Bakari Id)
13	23.09.2015	<b>Holiday</b> – (Anant Chaturthi)
14	12.09.2015	Project on Historical Aspects (Course-I)
15	30.09.2015 to 03.10.2015	Seminar Presentation (Course-IV)
16	02.10.2015	<b>Holiday</b> (Mahatma Gandhi Jayanti)
17	12.10.2015	Field visit to All India Institute of Medical Rehabilitation
18	22.10.2015	<b>Holiday</b> (Dasara)
19	24.10.2015	<b>Holiday</b> (Muharrum)
20	28.10.2015	Discussion on given topic (Course-I)
21	09.11.2015 to 22.11.2015	<b>Diwali Vacation</b>
22	23.11.2015 to 25.11.2015	<b>First Term Practical Examination</b>
23	28.11.2015 to 1.12.2015	<b>First Semester Theory Examination</b>
24	2.12.2015	Feedback of First Semester Theory Examination
25	3.12.2015 onwards	Supervised study Programme.
26	08.12.2015 to 18.12.2015	<b>Semester I – University Theory Examination</b>
27	19.12.2015	<b>SET/NET Preparatory Workshop</b>
28	23.12.2015 to 27.12.2015	<b>Winter Break</b>
29	28.12.2015 to 31.12.2015	<b>Workshop on Statistical Analysis and Research methodology</b>

- TERMS - First Semester : 28.07.2015 to 24.12.2015

- TOTAL NO. OF WORKING DAYS of SEME-I : 112 days (Including Internal Examination)
- WORKING HOURS : 3.00 p.m. to 8.00 p.m. (Monday to Saturday)

**ANNUAL CALENDAR COMMITTEE (2015-16)**

- Dr. G.V. Pargaonkar, (Principal) :Chairman
- Smt. N.O. Joshi, (Incharge - UG) :Member
- Dr. K.K.Asai, (Incharge - ICT) :Member
- Dr.R.R. Dhakne :Member Co-ordinator

B. P. C. A's  
**COLLEGE OF PHYSICAL EDUCATION**  
 WADALA, MUMBAI – 400 031.  
**ANNUAL CALENDAR**  
 M. P. Ed. (SEMESTER-II) (2015-16)

SR. NO.	DATE	ACTIVITIES/PROGRAMMES
1	2.01.2016	Reopening of the Semester-II
2	03.01.2016	Orientation of the Programme
3	12, 13 and 14.01.2016	Organization of Inter-school Competitions (Hind-Karandak Trophy)
5	15.01.2016	Holiday - Makarsankranti
6	26.01.2016	<b>Celebration of Republic day.</b>
7	27.01.2016	DEMONSTRATION MODEL LESSON AND DISCUSSION
8	30.01.2016	Organisation of Convocation Ceremony University of Mumbai
9	09.02.2016	Preparation of Paper presentation for LNIPE conference
10	15.02.2016	Preparation of Seminar Presentation <b>(Course VI)</b>
	19.02.2016	Holiday - Chhatrapati Shivaji Maharaj Jayanti
14	02.03.2016 to 03.03.2016	Seminar Presentation <b>(Course VI)</b>
	23.02.2016 to 29.20.2016	<b>Participation in International Conference on Sports Biomechanics at LINPE Gwalior</b>
	04.03.2016	Advance Coaching Lesson Guidance
	08.03.2016	Holiday - Mahashivratri
	11.03.2016	Organisation of Workshop on Yoga for Spine.
	14.03.2016	<b>Advance Coaching Lesson Begins</b>
	24.03.2016	Holiday - Dhulivandan
	25.03.2016	Holiday - Good Friday
	04, 05 and 06.04.2016	<b>NAAC PEER TEAM VISIT</b>
	14.04.2016	Holiday - Dr. Ambedkar Jayanti
	19.04.2016	Submission of Project
	24.04.2016 to 27.04.2016	<b>Second Semester Theory Examination</b>
	27.04.2016	Submission of Dissertation
	28.04.2016	Feedback on II Semester Examination
	29.04.2016 to 04.05.2016	Supervised study programme
	08.12.2015 to 18.12.2015	<b>Semester II – University Theory Examination</b>

- TERMS - First Semester : 28.07.2015 to 24.12.2015

- TOTAL NO. OF WORKING DAYS of SEME-I : 114 days (Including Internal Examination)
- WORKING HOURS : 3.00 p.m. to 8.00 p.m. (Monday to Saturday)

**ANNUAL CALENDAR COMMITTEE (2015-16)**

- Dr. G.V. Pargaonkar, (Principal ) :Chairman
- Smt. N.O. Joshi, (Incharge - UG) :Member
- Dr. K.K.Asai, (Incharge - ICT) :Member
- Dr.R.R. Dhakne :Member Co-ordinator

**B. P. C. A's**  
**COLLEGE OF PHYSICAL EDUCATION**  
**WADALA, MUMBAI – 400 031.**

**ANNUAL CALENDAR**

**M. P. Ed. (SEMESTER-III) (2015-16)**

SR. NO.	DATE	ACTIVITIES/PROGRAMMES
1	28.07.2015	Reopening of the Semester III
2	29.07.2015	Orientation of the course
3	28.07.2015	Selection of specialization games / activities
4	01.08.2015	Computer Application Classes begins
5	08.08.2015	Selection of Dissertation topics and discussion with Guides
6	15.08.2015	<b>celebration of Independence day</b>
7	20.08.2015	<b>Holiday</b> (Parsi New Year)
8	25.08.2015	Practical Classes begins
9	31.08.2015	<b>Celebration of National Sports Day</b>
10	01.09.2015	Dissertation Preparation begins
11	05.09.2015	Celebration of Teacher's Day
12	16.09.2015 to 22.09.2015	Participation in National Conference in Fitness at LNIPE Gwalior
13	17.09.2015	<b>Holiday</b> – (Ganesh Chaturthi)
14	23.09.2015	<b>Holiday</b> - (Bakari Id)
15	23.09.2015	<b>Holiday</b> – (Anant Chaturthi)
16	12.09.2015	Preparation of Seminar Presentation
17	14.09.2015	Discussion (Course-XI)
18	25.09.2015 to 26.09.2015	Seminar Presentation (Course-X)
19	29.09.2015	Yoga Model Lesson and discussion
20	02.10.2015	<b>Holiday</b> (Mahatma Gandhi Jayanti)
21	08.10.2015 to 11.08.2015	Athletic Activity training on Synthetic Track University of Mumbai
22	12.10.2015	Practical Examination (Athletic Activity )
23	14.10.2015 to 15.10.2015	Practical Examination of Yoga
24	22.10.2015	<b>Holiday</b> (Dasara)
25	24.10.2015	<b>Holiday</b> (Muharrum)
26	09.11.2015 to 22.11.2015	<b>Diwali Vacation</b>
27	23.11.2015 to 25.11.2015	<b>First Term Practical Examination</b>
28	28.11.2015 to 1.12.2015	<b>First Semester Theory Examination</b>
29	2.12.2015	Feedback of First Semester Theory Examination
30	3.12.2015 onwards	Supervised study Programme.
31	08.12.2015 to 18.12.2015	<b>Semester I – University Theory Examination</b>
32	19.12.2015	<b>SET/NET Preparatory Workshop</b>
33	23.12.2015 to 27.12.2015	<b>Winter Break</b>
34	28.12.2015 to 31.12.2015	<b>Workshop on Statistical Analysis and Research methodology</b>

- TERMS - First Semester : 28.07.2015 to 24.12.2015
- TOTAL NO. OF WORKING DAYS of SEME-I : 112 days (Including Internal Examination)
- WORKING HOURS : 3.00 p.m. to 8.00 p.m. (Monday to Saturday)

**ANNUAL CALENDAR COMMITTEE (2015-16)**

- Dr. G.V. Pargaonkar, (Principal) :Chairman
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- Dr. K.K.Asai, (Incharge - ICT) :Member
- Dr.R.R. Dhakne :Member Co-ordinator



B. P. C. A's  
**COLLEGE OF PHYSICAL EDUCATION**  
 WADALA, MUMBAI – 400 031.  
**ANNUAL CALENDAR**  
 M. P. Ed. (SEMESTER-IV) (2015-16)

SR. NO.	DATE	ACTIVITIES/PROGRAMMES
1	2.01.2016	Reopening of the Semester-IV
2	03.01.2016	Orientation of the Programme
	04.01.2016	Dissertation Guidance begins
3	12, 13 and 14.01.2016	Organization of Inter-school Competitions (Hind-Karandak Trophy)
4	15.01.2016	Holiday - Makarsankranti
5	26.01.2016	<b>Celebration of Republic day.</b>
6	27.01.2016	DEMONSTRATION MODEL LESSON AND DISCUSSION
7	30.01.2016	Organisation of Convocation Ceremony University of Mumbai
8	05.02.2016	<b>Preparation of Seminar Presentation (Course XIV)</b>
9	12.02.2016 to 13.02.2016	Seminar Presentation <b>(Course XIV)</b>
10	15.02.2016 16.02.2016	Methodology Presentation (Dissertation)
	19.02.2016	Holiday - Chhatrapati Shivaji Maharaj Jayanti
11	23.02.2016 to 29.20.2016	<b>Participation in International Conference on Sports Biomechanics at LINPE Gwalior</b>
12	04.03.2016	Advance Coaching Lesson Guidance
	08.03.2016	Holiday - Mahashivratri
	11.03.2016	Organisation of Workshop on Yoga for Spine.
	14.03.2016	<b>Advance Coaching Lesson Begins</b>
	24.03.2016	Holiday - Dhulivandan
	25.03.2016	Holiday - Good Friday
	04, 05 and 06.04.2016	<b>NAAC PEER TEAM VISIT</b>
	14.04.2016	Holiday - Dr. Ambedkar Jayanti
	15.04.2016	Holiday - Ram Navami
14	20.04.2016	Discussion on Given Topic (Course-XVI)
	24.04.2016 to 27.04.2016	<b>Fourth Semester Theory Examination</b>
15	27.04.2016	Submission of Dissertation
22	28.04.2016	Feedback on II Semester Examination
23	29.04.2016 to 04.05.2016	Supervised study programme
26	08.12.2015 to 18.12.2015	<b>Semester IV – University Theory Examination</b>

- TERMS - First Semester : 28.07.2015 to 24.12.2015

- TOTAL NO. OF WORKING DAYS of SEME-I : 114 days (Including Internal Examination)
- WORKING HOURS : 3.00 p.m. to 8.00 p.m. (Monday to Saturday)

**ANNUAL CALENDAR COMMITTEE (2015-16)**

- Dr. G.V. Pargaonkar, (Principal ) :Chairman
- Smt. N.O. Joshi, (Incharge - UG) :Member
- Dr. K.K.Asai, (Incharge - ICT) :Member
- Dr.R.R. Dhakne :Member Co-ordinator

### LIST OF PRACTICING SCHOOL

Sr. No.	Name of the Schools
1	Sahkar Nagar Municipal School (Marathi, Hindi and English Medium), Sahakar Nagar, Wadala (W)
2	Shri. Sarvajanic Balmandir School, Kalachowki, Mumbai
3	Ahilya Vidyamandir, Abhudyanagar, Kalachowki, Mumbai
4	Saraswati Vidyamandir, Mahim, Mumbai
5	Chhatrapati Shivaji Vidyalaya Hindi Medium, Dhravi, Mumbai
6	Chhatrapati Shivaji Vidyalaya Marathi Medium, Dhravi, Mumbai
7	Chhatrapati Shivaji Vidyalaya English Medium, Dhravi, Mumbai
8	Karmveer Bhaurao Patil Vidyalaya Marathi Medium, Sion, Mumbai
9	Karmveer Bhaurao Patil Vidyalaya English Medium, Sion, Mumbai
10	Sane Guruji Vidyalay, Dadar, Mumbai
11	Sharadashram High School English Medium, Dadar,Mumbai
12	Sharadashram High School Marathi Medium, Dadar,Mumbai

## DETAILS OF FEE STRUCTURE

Sr. No.	Particulars	B.P.Ed.	M.P.Ed.	
		Ist&II <sup>nd</sup> Semester	1 <sup>st</sup> Year	2 <sup>nd</sup> Year
1	Admission Fees	100.00	-	-
2	Tuition Fees	3000.00	22000.00	22000.00
3	Gymkhana Fees	200.00	-	-
4	Library Fees	100.00	-	-
4	Costume Fees	1000.00	-	-
5	Scout Camp and Picnic	700.00	-	-
6	Library Deposit	100.00	-	-
7	Laboratory Deposit	300.00	-	-
8	Sport and Yoga Equipment	450.00	-	-
9	Course Material Fees	500.00	-	-
10	Examination fee	1020.00	1420.00	1420.00
11	Enrolment fee	220.00	-	-
12	Convocation Fee	250.00		250.00
13	Medical Check up Fees	20.00	-	-
14	University Fee	130.00	-	-
15	Yuva Raksha	20.00		
16	First aid fees	100.00	-	-
17	Souvenir Fees	150.00	-	-
18	Computer Training Fees	2000.00	-	-
19	Registration Fees	-	825.00	-
	<b>Total ... ..</b>	<b>10360.00</b>	<b>24245.00</b>	<b>23670.00</b>

**Details of Salary Disbursement (B.P.Ed./M.P.Ed.)**

The salary of all the teaching and non-teaching staff members of the institution is disbursed through Nationalized Bank namely “Bank of Maharashtra” Dadar, Mumbai-14, every month. The amount of net salary according to the rules and regulation of the Government and University is credited in to the Saving Bank account of each member of the staff. The amount of Provident Fund of all the staff members is deducted by the State Government from their gross salary and being deposited in their Provident Fund account, every month, maintained by the grant-in-aid authority. Further, the amount of Income Tax (if applicable) and Professional Tax is deducted from their salary and credited to the Government as per rules. 100% salary grant is received from the State Government by the institution every year. The disbursement of the salary grant is audited and approved by the grant-in-aid authority, every financial year.

### ***List of documents***

<b>Sr. No.</b>	<b>Particulars</b>	<b>Appendix</b>	<b>Page No.</b>
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