



B.P.C.A's
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Principal Desk

In order to accomplish our vision and mission, we are prepared to take as much effort as possible for the betterment of Physical Education scenario in Maharashtra as well as India. We believe that Physical education and Sports Sciences is an effective medium of social transformation. We get encouragement, looking at bright and successful careers of our thousands of students, which subsequently benefit the society. We feel proud that we are part of such an excellent institute, which is shaping modern India like fit people fit nation.



ACADEMIC ACTIVITIES / PROGRAMMES

The college has organized following various curricular, co-curricular and extracurricular activities for B.P.ED. during the year 2018-19

➤ **Inauguration of two years BPED Programme**

Inauguration of 40th batch of second year B.P.Ed. Programme and 21st batch of M.P.Ed. Programme was organized on 9th July 2018. For the Inaugural function Shri. Sanjay Baburao Shete, President of Bombay Physical Culture Association, Mumbai was present. Whereas, first year programme of two years BPED & MPED for the year 2018-19 was started on 18th September 2018.



➤ **House formation**

For systematic and effective training of B.P.Ed. Programme the House Formation has been conducted in the first week of October of first year students. Both the male and female students were classified equally into three homogeneous groups (Houses) each viz. *Anand, Pratap, Sangram* (male) and *Pragati, Shakti* House (female), by taking into consideration their physical fitness and other achievements.

➤ **Practice Teaching:**

All the students of the B.P.Ed. first and second year programme 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, Audio-Video feedback as well as Discussion sessions were held from time to time, for the purpose. During the second term of the course, the students along with teachers were sent to different schools in small groups for conducting *Practice Teaching Lessons* of Physical Education as well as academic subjects. They were well prepared by conducting micro teaching, Simulation lessons prior to actual practice teaching in schools.

➤ **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. Programme.

➤ **Terminal Examinations :**

First and Second Terminal Examinations of B.P.Ed. (First and Second year) and M.P.Ed. (first and second year) Programmes in Theory and Practicals were conducted at the end of each semester.

➤ **Inter House Competitions/ Intramurals/Athletic Training Camp and Annual Athletic 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 University Sports Complex, Marine Lines, Mumbai, during the month of February,

2018. Further, for B.P.Ed. Programme 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 of B.P.Ed. & M.P.Ed. Programmes (Inter House competition) in Volleyball, Hockey, Handball, Kabaddi and Kho-Kho were also organized and conducted by the students.

➤ **Information and Communication Technology (ICT) :**

The college has provided computer laboratory with 34 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 2014-15. 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

CO-CURRICULAR & EXTRA CURRICULAR ACTIVITIES

➤ **Hiking cum Trekking :**

As a part of training, one day *Hiking Cum Trekking Programme* to **Matheran** for first year BPED students and one day Picnic to 'Elephanta Caves' for second year BPED students was organized on 20th July, 2018. All the teachers and students successfully organized and enjoyed the Hiking, Trekking and Picnic programme.



➤ **Celebration of National Days :**

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



➤ **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, Athletics & Certificate Course in Personal Fitness Training and Certificate Course in fitness course Management* were conducted in collaboration with various *District Level Sports Organizations*. All the students appeared and successfully completed the said examinations.

➤ **Group singing Training:**

Three 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. Independence Day was celebrated the flag were hoisted by the hands of Shri.Sanjay Shete President BPCA Mumbai, Dr.G.V. Pargaonkar Principal was present on the occasion. After the flag hoisting, Inter house patriotic Group Singing Competition was organized. On the same day all the students along with three faculty Dr. R. R. Dhakne, Dr. K. J. Maru and Dr. N. O. Joshi participated in the programme organized by Cultural Department Government of Maharashtra at Minitheater, Prabhdevi, Dadar.



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

'National Sports Day' was celebrated on 29th August, 2018 by organizing Elocution Competition on 'Why to Play'. The winners of the same were felicitated in the presence of Hon'ble President of B.P.C.A. On the same day friendly match between M.P.Ed. students (Jr Vs. Sr) was also conducted.



➤ **Teachers Day (Self Government and Elocution Competition)**

On 5th September, 2018 Teachers day was celebrated by conducting Self Government Programme followed by Elocution Competition on 'Role of Physical Education in National Education'. On the same day elocution competition were organized for students of Master Degree on 'Awakening of Wisdom Through Quality'.



➤ **Constitution Day**

On 26th November, 2018 'Constitution Day' was organized in which students were acquainted with various aspects of constitution through speeches, discussion and exhibition.

➤ **Inter School Lezium Competition**

As a regular activity of Institution, Inter School Lezium competition was organized on 29th Jan.,2019, in which about 1500 boys & girls of 17 schools were participated.



➤ **Inter School Hind Trophy (Kabaddi, Kho-Kho & Langdi)**

Institution with the help of college students and faculty had successfully organized 75th Inter School Hind Trophy Competition of school children in Kabaddi, Kho-Kho & Langadi during 8th to 10th January 2019 in which 972 boys and 660 girls of different schools were participated.



➤ **Marathi Bhasha Gaurav Din**

On 17th February 2019 'Marathi Bhasha Gaurav Din' was celebrated on this occasion students read rhymes and poetry, some students deliver lecture on 'Vikas Marathi Bhashecha (development of Marathi language).

➤ **University Degree Distribution Ceremony**

On 17th May, 2019 University Degree Distribution function was organized in the college President of the Institution Shri. Sanjay Shete presided over the function, Dr. G. V. Pargaonkar, Principal of the college was present on the occasion.



➤ **International Day of Yoga**

International Day of Yoga was organized on 21st June 2018 in which all the teachers were participated, on this occasion. Shri. Dilip Potdar, Yoga expert had delivered lecture on 'Yoga demonstration and meditation'.

➤ **Scout & Guide Training Camp**

To provide training and experience, six days Scout & Guide training camp was organized as a part of curricular activities at Shantivan near Panvel during 17-22 Dec. 2018.



➤ **Vachan Prerna Din**

15th Oct., 2018 on the occasion of birth anniversary of President of India late Dr. APJ Abdul Kalam 'Vachan Prerna Din' was celebrated the function was presided by Prin. Dr. G. V. Pargaonkar.

➤ **Inter-Collegiate Tug of War Competition**

The college organized Inter Collegiate Tug of War Competition in collaboration with Akhil Bharatiya Vidyarthi Parishad (ABVP) Mumbai on 15th January, 2019 in which 12 colleges affiliated to University of Mumbai were participated.

➤ **Workshop on Sports Injury and First Aid Management**

In collaboration with Gayo Fitness Academy the college has organized National Level Workshop on Sports Injury and First Aid Management during February 2-3, 2019, in which 188 participants were present.



➤ Leprosy Awareness Programme

In collaboration with Acworth Leprosy Hospital, Mumbai, the college has organized lecture on Leprosy research, rehabilitation and education on 9th February, 2019.



➤ Participation of Students and Teachers in International Conference

21 students were attend and participated in the International Conference on “Sports Psychology and Yogic Sciences” organized by Dr. Ambedkar College, Nagpur on 16th & 17th January, 2019.



➤ Campus Interview

Campus interview was conducted on 16th May, 2018 from 11.30 am onwards. Around 4 company & schools were present on the day for conducting Campus Interview. B.P.Ed I year programme Students gave interview for part time coaches post, whereas B.P.Ed II year & M.P.Ed programme students gave interview for Physical Education teachers post. During the same our students got exposure and learnt how to face interview & some of them will be definitely recruited in the institutions.



EXTENSION ACTIVITIES/PROGRAMMES ORGANIZED

➤ Organizational experience of various institution/schools

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. Further in order to provide training and experience of organization the teachers and students have successfully organized and conducted the following competitions of various institutions and schools.

- Suryanamaskar Competition organized by Suvidhyalaya High School (Borivali) on 30th July, 2018.
- SFI Archery Competition held at D.Y. Patil Stadium, Nerul organized by Swatantraveer Savarkar Archery Academy on 13th & 14th December, 2018
- Inter School Gymnastic Competitions of Mumbai Schools Sports Association during Dec.08-09, 2018 and Jan.11, 12 & 13, 2019

- Thane District Schools Sports Meet organized by Education Department of Thane Zilha Parishad on 8th January, 2019 at Badlapur, Thane
- Annual Sports Competition organized by Gokhale Education Societies College of Education, held at Kamgar Maidan, Parel on 8th February, 2019
- 22nd Maharashtra State Inter University Sports Meet 2018 organized the University of Mumbai during February 14-18, 2019
- Distribution of State Level Sports Awards (Shiv Chhatrapati Award) organized by Government of Maharashtra at Gateway of India on 17th February, 2019
- 57th Sunk Rock – Gateway Sea Swimming Race 2019 on February 24, 2019 at Gateway of India
- Talent Display organized by Mumbai City Gymnastic Association on 2nd March 2019.

While concluding this brief bulletin 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 secrets of success and achievements of this teacher – education institution.

