

Manikchand Pahade Law College, Aurangabad

Department of Physical Education & Sports

Report of 2020-21

The year 2020-21 was COVID - 19 Infected so All India Inter University Board was not counted any Tournament for sports. Our college participated in Selection trials for would Inter University competition Tennis and Badminton. Students were selected in state, & District also In Volleyball. Thus concluding on the note that we see increasing participation from students this coming year. In the year our College Sports Department Organized Online Program for Student following Seminar, works Shop, Quiz, and Motivation Lecture in the year 2020-21. Even 1st time **Inter National Workshop** on “Sports Injuries and Prevention” Org. Cluster Event for student.

Organizing Intra college competition

Organizing intra college competition			
Sr. No	Name of the Sports Discipline	Date of the intra college competition	Venue
1	Organized by college Online Sports Quiz	20/03/2020	Online
2	Online Physical Fitness Quiz During COVID-19	25/03/2020	Online
3	How to keep Physical Fitness and Mental Stress During Lockdown Period note publish fitness program and schedule on Social network for students and all others under FIT India Programme.	05/04/2020	Online
4	MPLC Department Physical Education and Sports Increase Immunity Doing Daily Easy Exercises	12/05/2020	Online
5	MPLC Department Physical Education and Sports Increase Immunity Doing Exercises	15/05/2020	Online
6	How to keep Physical Fitness and Mental Stress During Lockdown Period note publish fitness Video Massage through Principal, Staff & Our National Players on Social network for students and all others.	18/05/2020	Online
7	National Webinar on “Achievements in Adventure Sports Motivation.	2/06/2020	Online
8	Webinar on 6 th International Yoga Day	21/06/2020	Online
9	“Measures to be taken to avoid adverse impact of COVID-19 pandemic on individual psychology of students”	01/08/ 2020	Online
10	Webinar on Dr. BAMU Vardhapan Din “ Positive Attitude during COVID19 on Mental Health & Relaxation Techniques”	23/08/2020	Online
11	Inter National Workshop on “Sports Injuries and Prevention” Org. Cluster Event	28/08/2020	Online
12	Online One Week National Workshop on “ <u>Making Sports Persons Aware of the Status of Sports In India and Its Road Map for aspiring Athletes</u> ”.	14 th to 21 st December, 2020.	Online

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