



॥ विद्या विनयेन शोभते ॥

Janardan Bhagat Shikshan Prasarak Sanstha's

**CHANGU KANA THAKUR**

**ARTS, COMMERCE AND SCIENCE COLLEGE, NEW PANVEL  
(AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC (3<sup>rd</sup> Cycle - CGPA 3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

## Department of Physical Education Activities 2021-2022

Sr. no.	Activity	Date	Participants
1	To Learn basic judo information about all aspect of judo	28/08/2021	250
2	To know about physical fitness and warm up and cool down	17/11/2021	150
3	Khelo India All India Games Seminar Under University Of Mumbai	25/11/2021	80
4	Khelo India Wrestling Selection Tournament (Men)	14/12/2021	65
5	Kho-Kho Skills And Techniques	24/12/2021	220
6	Yoga as Measures of Diseases Prevention	09/02/2022	65
7	A Tribute on 75 <sup>th</sup> Anniversary of Independence 75 Crore Surya Namaskar	01/02/2022 To 18/02/2022	119
8	Khelo India Baseball Selection Trials	17/02/2022	39
9	How to prevent diseases through Non-Yogic exercise	09/02/2022	51
10	Differences Between Yogic And Non-Yogic Exercise	11/02/2022	76
11	Stress And Health	14/02/2022	67
12	Khelo India Best Physiques Selection Tournament	23/02/2022	18
13	Annual sports Meet	23/02/2022 To 26/02/2022	2596
14	Abhinav Bharat Pradakshina	22/05/2022	19

## Activities 2022-2023

<b>Sr. no.</b>	<b>Activity</b>	<b>Date</b>	<b>Participants</b>
1	Har Ghar Tiranga Mission (Samuh Rashtrageet Gayan)	10/08/2022 to 13/08/2022	<b>385</b>
2	Football Silver Jubilee (M/W)	25/08/2022	<b>67</b>
3	Squash (M/W)	13/09/2022	<b>23</b>
4	Judo (M/W)	29/09/2022	<b>40</b>
5	Boxing (M/W)	11/11/2022 to 13/11/2022	<b>42</b>
6	Hockey (M/W)	25/11/2022 to 26/11/2022	<b>95</b>
7	Fencing (M/W)	27/11/2022 to 28/11/2022	<b>15</b>
8	Handball (M/W)	28/11/2022 to 29/11/2022	<b>102</b>
9	Archery	29/11/2022 to 30/11/2022	<b>12</b>
10	Ball Badminton (M/W)	30/11/2022 to 01/12/2022	<b>46</b>
11	Handball Inter Zone (W)	09/12/2022	<b>64</b>

12	Rugby (M/W)	11/12/2022 to 12/12/2022	<b>71</b>
13	Handball Inter Zone (M)	19/12/2022	<b>64</b>
14	Baseball (M/W)	10/01/2023 to 11/01/2023	<b>55</b>
15	Softball (M/W)	11/01/2022 to 12/01/2022	<b>55</b>
16	Best Physique (M/W)	11/01/2022 to 12/01/2022	<b>19</b>
17	Annual Sports (M/W)	21/02/2022 to 25/02/2022	<b>3142</b>