

Institutional Distinctiveness

The College has been imparting training in the sport of Mallkhamb, Rope- Mallkhamb, Gymnastics, Yoga and Sports Aerobics for the last 6 years. Mr. Shankar Kolse and Mrs. Nandini Kolse are the coaches for these sports. They both are National and International Coaches and Judge of these sports. They have trained many national and international players.

Training in Rope- Mallakhamb, Yoga, Sports aerobics & Gymnastics is provided in our college for two hours every evening. About 50 to 60 sport persons are trained. Ms.Sakshi Ogalapurkar, Ms. Chaitrali Karve, Ms. Siddhi Gole, Ms. Urvi Patade, Mr. Nakshatra Ansari and Mr.Swayam Pawar players of our college are international gold medalists.

In the last six years, 15 to 20 players played for District, State, National and international level competitions. Sports Aerobics competitions are held in many places like Shirdi, Ghaziabad, Goa, Delhi etc. The international competitions of these games were held at Bhutan in 2016, at Goa in 2017 and Thailand in 2018. Rope- Mallkhamb competitions are held in Mumbai, Satara, Pune,etc. Players of our organization have received many national and international awards at these places.

Practice of gymnastics was closed for a year due to COVID-19 pandemic. All the players were exercising in their houses such as basic warming up, Yogasana ,Suryanamaskar,etc. Students resumed practice from January 2021. State level competitions of sports aerobics were held in Nashik in February 2021 and National competitions were held immediately in April 2021.

List of Participants and their achievements:

Sr No	Name	Inhouse / Outside r student	Competition	Level	Date	Place	Medals
1.	Ms. Chaitrali Karve	In house	15 th SAFAM Maharashtra State Sports Aerobics, Fitness & Hip-Hop Championship 2020-21	State	28 th February & 1 st March 2021	Nashik	5 Gold Medals
			ISAFF National Aerobics Championship	National	9 th April to 11 th April 2021	Goa	3 Gold 2 Silver
2.	Ms. Sakshi Ogalapurkar	In house	15 th SAFAM Maharashtra State Sports Aerobics, Fitness & Hip-Hop Championship 2020-21	State	28 th February & 1 st March 2021	Nashik	5 Gold Medals
			ISAFF National Aerobics Championship	National	9 th April to 11 th April 2021	Goa	3 Gold, 2 Silver Medals

3.	Ms. Siddhi Gole	In house	15 th SAFAM Maharashtra State Sports Aerobics, Fitness & Hip-Hop Championship 2020-21	State	28 th February & 1 st March 2021	Nashik	4 Gold, 1 Silver
			ISAFF National Aerobics Championship	National	9 th April to 11 th April 2021	Goa	1Gold, 2 Silver, 1 Bronze
4.	Mr. Nakshatra Ansari	In house	15 th SAFAM Maharashtra State Sports Aerobics, Fitness & Hip-Hop Championship 2020-21	State	28 th February & 1 st March 2021	Nashik	5 Gold
			ISAFF National Aerobics Championship	National	9 th April to 11 th April 2021	Goa	4 Gold, 1 Silver
5.	Mr. Swayam Pawar	In house	15 th SAFAM Maharashtra State Sports Aerobics, Fitness & Hip-Hop Championship 2020-21	State	28 th February & 1 st March 2021	Nashik	5 Gold
			ISAFF National Aerobics Championship	National	9 th April to 11 th April 2021	Goa	1 Gold, 3 Silver, 1 Bronze