



Devrukh Shikshan Prasarak Mandal's

**Nya. Tatyasaheb Athalye Arts, Ved. S.R. Sapre Commerce and Vid.  
Dadasaheb Pitre Science College (Autonomous)**

Late Kakasaheb Pandit Educational Campus,

Devrukh, Dist: Ratnagiri- 415 804, Maharashtra

NAAC Accredited 'A' Grade (Third Cycle), Mumbai University Best College Award 2009-10

## Sports Committee: 2021-22

The Sports Committee at ASP College, Devrukh, is a team of passionate and energetic people who organize and support sports events and activities in the college. The committee consists of both teachers and students who work together to create a lively sports environment and motivate students to take part in various sports fields.

The following members are responsible for organizing and overseeing the sports activities for the entire academic year:

|                               |                 |
|-------------------------------|-----------------|
| <b>Dr. A.S. Varale</b>        | <b>Convenor</b> |
| <b>Dr. R.V.Thoke</b>          | <b>Member</b>   |
| <b>Mr. C.N. Hiremath</b>      | <b>Member</b>   |
| <b>Mr. A.V.Devale</b>         | <b>Member</b>   |
| <b>Mrs. P.P. More</b>         | <b>Member</b>   |
| <b>Mrs. H.S. Agare</b>        | <b>Member</b>   |
| <b>Mr.S.Kambli</b>            |                 |
| <b>Mr.S.S.Daphale</b>         | <b>Member</b>   |
| <b>Student Representative</b> | <b>Member</b>   |

## Sports Achievement and Participations:

Due to Covid-19 Pandemic situation Sports Tournament were not organized by University of Mumbai.

## **NATIONAL WEBINAR ON HEALTH AND LIFESTYLE MANAGEMENT**

### **ORGANIZED NATIONAL WEBINAR ON HEALTH AND LIFESTYLE MANAGEMENT**

Organized National Webinar on Health and life style Management organized by department of Sports and IQAC, A.S.P. College, Devrukh dated 9<sup>th</sup> March 2022, Dr. Suman Pandey Mahadevan, Assistant Professor, Department of Physical Education, SPPU, Pune was Resource Person.

Number of Beneficiaries- 207

Organized a District level Badminton Tournament in association with Badminton Association of Sanghmeshwar Talukha, Devrukh (BAST) and A.S.P. College, Devrukh during 22 April 2022.

Number of Beneficiaries- 158



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Nya.TATYASAHEB ATHALYE ARTS, Ved. S.R. SAPRE COMMERCE &  
Vid. DADASAHEB PITRE SCIENCE COLLEGE, DEVRUKH. (Autonomous)

**National Webinar on**

# **HEALTH AND LIFE STYLE MANAGEMENT**



**Resource Person: Dr. Suman Pandey Mahadevan**  
Asst. Professor, Dept.of Physical Education, SPPU, Pune.

**Organized by Department of Sports and IQAC**

**Date: 09<sup>th</sup> March, 2022**  
**Time: 12.00 pm to 01:30pm**  
**Via Google Meet**

## About Institute and Purpose of Seminar

Devrukh Shikshan Prasarak Mandal's, Athalye-Sapre-Pitre College, Devrukh, established in the year 1972, is one of the premier colleges in Ratnagiri district permanently affiliated to University of Mumbai and is recognized by UGC under 2(f) 12(B). The college was granted autonomy by the UGC and University of Mumbai w.e.f. 2019-20. Ours is the first college in the Konkan region to be bestowed upon this honour. College was accredited with A grade by NAAC. The college is recipient of Mumbai University Best College Award in the year 2009-10.

The purpose of above seminar is to cover health and life style management related skills.

## About Resource Person



A qualified Education professional with more than 15 years of experience in Education, Physical Education and Sports environments. Her specialized areas are Human Anatomy, Exercise Physiology, Health Education, Fitness Management., Sports Coaching & Training, Life skills, Inclusive Physical Education and Physical Literacy.

At present she is Faculty in the Department of Physical Education, Savitribai Phule Pune University (Formerly University of Pune) and teaches postgraduate students and guide PhD students. She is also the Chairman of Board of Studies for Physical Education Teacher Education, Savitribai Phule Pune University, Member, BoS (Academic Council), Savitribai Phule Pune University, Member, University Board of Sports & Physical education. She has been a Meritorious Student throughout and won Gold Medal and Silver medal in Master and Bachelor degrees respectively (Lakshmi Bai National Institute of Physical Education, Gwalior, M.P). She also bagged the Best Outgoing Student Award.

**Registration is FREE !!!**

**Google Meet link:** <https://meet.google.com/bpn-afsq-nys>

**Registration Link:** <https://forms.gle/ZvSXAtzMCy3VD3fXA>

**WhatsApp Group Link:** <https://chat.whatsapp.com/I9Nm3cvTlmi1tlgf9XAYq6>

### **Patron**

Hon. Sadanandji M. Bhagwat, President, Devrukh Shikshan Prasarak Mandal

### **Convenor**

Dr. Narendra P. Tendolkar, Principal, A.S.P. College Devrukh

### **Organizing Secretary**

Dr. Amit S. Varale, Gymkhana Chairman, Mobile: 9702975004

### **IQAC Coordinator**

Dr. Pratap V. Naikwade

### **Organizing Committee**

Mr. Vikas P. Shrangare, Member

Mr. C. N. Hiremath, Member

Ms. Piya P. More, Member

Mr. Shubham S. Daphale, Member

Dr. Rahul V. Thoke, Member

Mr. Sudip N. Kambli, Member

Ms. Hemangi S. Agare, Member



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Devrukh, Tal.- Sangameshwar, Dist.- Ratnagiri- 415 804 (Affiliated to University of Mumbai)

**National Webinar on**  
**Health and Lifestyle Management**

**PROGRAMME SCHEDULE**

**Wednesday, 09 March 2022**

- 12:00 – 12:05 pm **Welcome Remark**  
Dr. Amit Varale  
Gymkhana Chairman, ASP College, Devrukh
- 12:05 – 12:10 pm **Inauguration**  
Dr. Narendra Tendolkar,  
Hon. Principal, ASP College, Devrukh
- 12:10 – 12:15 pm **Introduction of Resource Person**  
Dr. Rahul Thoke  
Head, Dept. of Economics, ASP College, Devrukh
- 12:15–1.15 pm **Talk**  
Dr. Suman Pandey Mahadevan  
Asst. Prof., Department of Physical Education, SPPU, Pune
1. 15-1.25 **Interaction with Participants**
- 1:25 – 1:30 pm **Vote of Thanks**  
Mr. Channayya Hiremath,  
Head, Dept. of Mathematics, ASP College, Devrukh