



C. P. & Berar Education Society's College, Nagpur
Department of Physical Education & Sports
SESSION 2024-25

Name of Activity: - National Sports Day 2024

Brief Report

**Intramural Sports Competition Inaugurated on the eve of
National Sports Day.**

On the Eve of "National Sports Day" C.P. & Berar E.S College organized a 3 Days Intramural Sports Competition from 28th Aug to 30th Aug 2024. The Chief Guest was Dr Amit Samarth Renowned International Ultra Cyclist. Dr. Arvind Joshi, Principal, Dr. J.K Mahajan Vice – Principal C.P & Berar College, were also present at the Inaugural Ceremony.

In his Speech, Dr. Arvind Joshi emphasizes the importance of Sports and urges students to participate in this Intramural Sports Competition. He assured that such types of Intramural Competition will be organized in the Future so that students will get a platform to showcase their sporting talents.

In his address Dr. Amit Samarth remembered in his early days how he started participating in marathon running and shifted to Cycling. The journey from 200 k.m races to winning the Red Bull Trans-Siberian Extreme race in 2018 a 9,100 km race which he completed in a record 25 days. In his motivational speech he asked students to work hard in your life you may choose any field hardware is required to be successful. he shared his experiences, challenges he faced during many races like Race Across America, 5000 k.m, Race Across India 3651 K.m, Golden Quadrilateral Highway of India a 6000 k.m race. he later added that scientific training help him achieve his goals.

A large number of Students, Teachers were present in the opening ceremony Dr. Nishant Tipte, HOD Physical Education & Sports, C.P & Berar E.S College, DR Arvind Sovani CC Incharge, Dr. Vinod Dongarwar IQAC Coordinator has Supported, and Dr. Priti Meshram has done a comparison of the programme.

Letter from Government

सुजाता चतुर्वेदी, सा.प्र.से.
सचिव
Sujata Chaturvedi, IAS
Secretary



भारत सरकार
खेल विभाग
बुना कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

DO No.: 20-4/SAI/FIT INDIA/2024

Dated: 08th August, 2024

Dear Sanjay,

I am writing to you with reference to the nationwide celebration of the National Sports Day (NSD). As you may already be aware, NSD is celebrated every year on 29th August, to commemorate the birth anniversary of Hockey Legend Major Dhyan Chand. Every year, we celebrate NSD as a befitting tribute to our sports icons for their contribution to bringing laurels to the country on the international stage. Since the last few years, the occasion of NSD and its run-up has been effectively utilized to make our citizens participate in sports-related activities and to instil a strong sports and fitness culture in the country.

2. With this background and to emulate the success of previous editions of NSD, it has been planned to celebrate NSD 2024 with a series of pan-India sports events and other engagement activities between 26th and 31st August 2024.

3. To make the National Sports Day Celebration a huge success, may I request you issue necessary directions to colleges, universities, higher education institutions under your purview and to the State/UTs Higher Education departments to encourage them to organize sporting and fitness activities on any suitable day between 26th to 31st August, 2024.

4. A suggestive SoP for the celebration is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility may contact the FIT India Mission (08069169910, contact.fitindia@gov.in). It is also requested to share the details of a nodal officer to coordinate with regarding this initiative on the above-mentioned email ID.

I shall be grateful for your support in this regard.

Best wishes,

Yours Sincerely,
[Signature]
(Sujata Chaturvedi)

Encl.: As above

Shri K Sanjay Murthy, IAS
Secretary,
Department of Higher Education
127-C, Shastrri Bhawan, New Delhi

कमरा नं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001 दूरभाष : 011-23388623
Room No. 3, 'C' Wing, Shastrri Bhawan, New Delhi-110001 Tel: 23388623
फैक्स / Fax: 011-23388758, ई-मेल / E-mail : secy-sports@nic.in

SOP for National Sports Day (NSD) 2024 celebrations-

1. Organize any sporting event like athletics, contemporary sports, indigenous sports, etc. as deemed fit as per age groups on any one (01) day between 26th August to 31st August 2024.

2. Salient features of the event:

- Week-long celebration with the organisation being free to choose the actual day of sporting events.
- Based on groups format instead of individual players to bring spirit of bonding, unity and inclusiveness.
- Competition may be based on a team-based point system where every member of team earns points for the teams irrespective of position in competition
- Acknowledging the local sports icons at the event in the celebrations.
- Staff to preferably come to workplace in sports attire. Sample t-shirt designs will be shared along with NSD branding.

3. Standard format of the event to be:

- Each organization to be divided into two, four or six teams depending on the number of participations maintaining gender equality.
- Medal tally for each team to be maintained. Highest points team will win Major Dhyan Chand Trophy.
- Organizations are at liberty to choose games for competition from any popular sports of the locality and availability of Infrastructure.
- Name of teams can be based on freedom fighters or prominent sportspersons of the country.

The list of suggested competitive and fun games is-

S.No.	Outdoor Activities	Indoor Activities	Fun Activities
1	Walk/Race	Badminton	Lemon Race/ Sack Race
2	Volleyball	Chess	Rope Jumping
3	Hockey (Penalty Shootout)	Basketball (3v3)	Kho-Kho
4	Futsal/Mini Football (3 vs 3)	Table Tennis	Lagori & Langadi
5	Tennis Ball Cricket	Tug of War	Plank Challenge

*Office will be at liberty to choose games for competition from any popular sports of the locality and availability of Infrastructure.

4. The stakeholders are requested to visit https://drive.google.com/drive/folders/1thgTxydnX0VfjjaLrS2DmaEle2LHHh_e?usp=sharing and view the videos on health and nutrition as a part of celebration of NSD.

5. **Fit India pledge:** All the stakeholders may be asked to organise a FIT India Fitness pledge event where organisations may take the FIT India Fitness pledge.

6. **Pre-event promotion:** Ensure pre-event promotion of the event to be organised from 21st August 2024 onwards followed by post event posts on social media.

7. The organizing department to release a press note two (02) days prior to the event informing about the event and schedule of activities.

8. Organizers to register their event on Fit India portal (<https://fitindia.gov.in>) or Fit India Mobile App and upload details of participation, pictures & videos of the event.

9. Promote National Sports Day on their social media channels with #Sports4Unity and #NationalSportsDay through creatives, videos, write-ups, pictures of the events.

10. Adequate publicity for the program through social media, TV/Newspaper, etc.

11. Google Drive Link for branding design is- https://drive.google.com/drive/folders/1thgTxydnX0VfjjaLrS2DmaEle2LHHh_e?usp=sharing

Fit India Pledge

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी

Permission Letter

To,
The Principal,
C.P. & Berar Education Society's College,
Nagpur.
Subject: - Permission to Conduct National Sports Day 2024.

Respected Sir,

Department of Physical Education & Sports is planning to Conduct National Sports Day 2024 by Organizing Inter Class various competition from 28.08.2024 to 30.08.2024 at college premises. Budgets for the same has been attached herewith please sanction the same. It is therefore kind request to you to please grant permission for the National Sports Day 2024.

Thanking you

Yours faithfully



Dr. Nishant Tipte
Department of Physical Education & Sports
C.P. & Berar E. S. College
Nagpur

Permitted
22/9/20/08/24

Student Notice

C. P. & Berar Education Society's College

Tulsibagh, Mahal, Nagpur

Department of Physical Education & Sports

Students Notice

All students of C.P. & Berar Education Society's College are informed that National Sports Day is conducted by Organizing Intramural competition (Tug of War, Chess, Lemon Race, Rope Jumping & Lagori) from 28.08.2024 to 30.08.2024 at college premises. All the students have to register for the said Intramural. for more Information Contact Dr. Nishant Tipte, HoD, Department of Physical Education & Sports.

Date: - 20.08.2024




Principal
C.P. & Berar Education Society's College
Nagpur

Registration Link:- <https://forms.gle/ZnueHtX6CPKYHgQ78>

Photographs



Principal Dr. Arvind Joshi, Chief Guest Dr. Amit Samarth
Renowned International Ultra Cyclist with other Dignitaries
at Prize Distribution Ceremony

C.P. & Berar Education Society's College
Tulsibagh, Mahal, Nagpur

Celebrates
National Sports Day

Organises **2024**

Intramural Sports Competition
Tug of War | Chess | Lemon Race
Rope Jumping | Lagori

From 28th Aug to 30th Aug, 2024
For registration click on link
<https://forms.gle/ZnueHIX6CPKYHgQ78>

Dr. Arvind Joshi Principal C.P. & Berar E.S. College	Dr. J.K.Mahajan Vice - Principal C.P. & Berar E.S. College
---	---

For more information
Dr. Arvind Sovani HoD Eng. Dept.
Co- Curricular In-Charge
Dr. Nishant Tiple HoD Sports Department
9371170089



Students Participating in Intramural Games

Students List

B. Com. Registration.

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class			Tournament		
Dated 28.08.2024 to 30.08.2024					
Sr. No.	Name of Student	Class	Roll No.	Mob No.	Signature
1	Tan P. Gope	B.com I		8669527214	Tan P.
2	Dyush R. Birgizwar	B.com I		9209285840	Dyush R.
3	Hiranshu S. Badwe	B.com I		810614438	Hiranshu S.
4	Ankush K. Karkate	B.com I		8830163496	Ankush K.
5	Vaibhav N. Bodekar	B.com I		776053168	Vaibhav N.
6	Abhisha A. Fulwadi	B.com I		932718256	Abhisha A.
7	Bhishik G. Nandaniwar	B.com I		7558641785	Bhishik G.
8	Kaustubh R. Gupta	B.com I		930776914	Kaustubh R.
9	Vinay D. Hirankar	B.com I		93731324	Vinay D.
10	Shubham P. Suresh	B.com I		752236110	Shubham P.
11	Abhishek A. Vankar	B.com I		8830315130	Abhishek A.
12	Aswin M. Khilkar	B.com I		8202361145	Aswin M.
13	Ayush P. Nethi	B.com I		9689474651	Ayush P.
14	Prasad D. Halpe	B.com I		7821025340	Prasad D.
15	Demansing C. Potte	B.com I		7769854931	Demansing C.
16	Rajish C. Potte	B.com I		8767715447	Rajish C.
17	Hrudod. S. Dandimoham	B.com I		740978110	Hrudod. S.
18	Aditya A. Adikane	B.com I	5220	9359372153	Aditya A.
19	Abhishek P. Nandaniwar	B.com I	5448	7720851553	Abhishek P.
20	Kunal Y. Parate	B.com I	5447	9264967565	Kunal Y.

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class			Tournament		
Dated 28.08.2024 to 30.08.2024					
Sr. No.	Name of Student	Class	Roll No.	Mob No.	Signature
1	Jashita P. Balpande	B.com I	5602	7798880904	Jashita P.
2	Payal S. Pawarikar	B.com I	5405	9960071739	Payal S.
3	Pratiksha V. Dhurve	B.com I	5430	7249582534	Pratiksha V.
4	Garvi D. Nimbure	B.com I	6217	8055384287	Garvi D.
5	Purva A. Bhirkare	B.com I	5432	9699680562	Purva A.
6	Anu N. Jain	B.com I		9356267969	Anu N.
7	Akash T. Kaware	B.com I	5682	8605092403	Akash T.
8	Maroti A. Thakare	B.com I	5204	8766817491	Maroti A.
9	Lokesh B. Umekar	B.com I	6219	902122128	Lokesh B.
10	Arshad S. Mujibkare	B.com I	5634	8669338439	Arshad S.
11	Abhishek H. Pawarikar	B.com I		922033243	Abhishek H.
12	Megha S. Balpande	B.com I	5638	7875260632	Megha S.
13	Pratiksha G. Gadhare	B.com I		9284542483	Pratiksha G.
14	Neeshali Fulwadi	B.com I		8208284325	Neeshali F.
15	Nandini Dhokne	B.com I		8999421273	Nandini D.
16	Tina A. Manohare	B.com I		7670815098	Tina A.
17	Nidhi G. Amarte	B.com I		9309963904	Nidhi G.
18	Naman R. Mohale	B.com I		7620539304	Naman R.
19	Abhishek L. Pawarikar	B.com I		7430438220	Abhishek L.
20	Dhruv K. Parate	B.com I		7350845021	Dhruv K.



National Sports Day					
Intramural Sports Competition 2024					
Inter-Class			Tournament		
Dated 28.08.2024 to 30.08.2024					
Sr. No.	Name of Student	Class	Roll No.	Mob No.	Signature
1	Ashwini Anand Meshram	B.com I	5424	9579860827	Ashwini A.
2	Chhaya Anand Pawarikar	B.com I	5659	8881125993	Chhaya A.
3	Shital Manoj Borkhede	B.com I	5652	80724923869	Shital M.
4	Kashish Anand Suresh	B.com I	5656	9322401371	Kashish A.
5	Kajal Shivakant Sen	B.com I	5449	911968295	Kajal S.
6	Pragyasree H. Deshpande	B.com I	5604	724969205	Pragyasree H.
7	Shrawalika V. Khairte	B.com I	5452	7020745847	Shrawalika V.
8	Mayuri D. Pusam	B.com I	5478	9529205117	Mayuri D.
9	Shraddha P. Dhore	B.com I	5466	9359875246	Shraddha P.
10	Kashish H. Chhate	B.com I	5632	9209457797	Kashish H.
11	Rajal R. Chute	B.com I	5637	9256494095	Rajal R.
12	Neelshree R. Jayase	B.com I		9359564415	Neelshree R.
13	Megha K. Munderkar	B.com I		8764086725	Megha K.
14	Kalyani D. Sawarkar	B.com I		976999185	Kalyani D.
15	Pooja M. Chumkare	B.com I	5684	7066752288	Pooja M.
16	Divya B. Parar	B.com I	5620	9096496415	Divya B.
17	AKshita Kale	B.com I	5446	8983426687	AKshita K.
18	Nikita N. Dhakate	B.com I	5640	8208850605	Nikita N.
19	Neeta S. Kalgali	B.com I		9295733918	Neeta S.
20	Seloni S. Hudkari	B.com I		8799879980	Seloni S.

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class			Tournament		
Dated 28.08.2024 to 30.08.2024					
Sr. No.	Name of Student	Class	Roll No.	Mob No.	Signature
1	Hemish R. Bharti	E	6218	9579178585	Hemish R.
2	Pranshu D. Khedari	M	5623	800753467	Pranshu D.
3	Rishabh T. Karkari	M	5633	937089408	Rishabh T.
4	Shikanta P. Pawarikar	M	5630	7378677418	Shikanta P.
5	Niraj M. Kale	E	6216	739783248	Niraj M.
6	Niraj S. Sonkaware	E	6214	7264925676	Niraj S.
7	Akshay G. Wakajite	M	5626	866976629	Akshay G.
8	Pravin N. Wakodkar	M	5613	8446303791	Pravin N.
9	Indrajit B. Ghutake	M	5627	7887714878	Indrajit B.
10	Bhishik S. Hivare	M	5609	9768877679	Bhishik S.
11	Jash Pawarikar	E	5655	9172130339	Jash P.
12	Jash Mazarkar	E	6210	7218619557	Jash M.
13	Abhishek Borkar	E	6227	808029566	Abhishek B.
14	Nisha R. Vankar	M	5677	9579112008	Nisha R.
15	Meenal Jain	E	5429	845960746	Meenal J.
16	Mudassar Ichun Appalichan	E	6206	7558754099	Mudassar I.
17	Eshwar Lonare	M		844685137	Eshwar L.
18	Manthan Pawarikar	A E	5409	735017582	Manthan P.
19	Jay Pawarikar	A E	5440	8320937298	Jay P.
20	Garvav V. Khobrayade	A E	5434	957921694	Garvav V.


Off. Principal
C. P. & Barar E.S. College
Naggur

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class		Tournament			
Dated 28.08.2024 to 30.08.2024					
Sr. No	Name of Student	Class	Roll No.	Mob No.	Signature
1	Rasika D. Bulhule	E	5408	9693615190	Rasika
2	Tanya L. Mangrholkar	E		7196594422	Tanya
3	Vaibhavi A. Keshave	M		7498837555	Vaibhavi
4	Rachika N. Chakale	E	5413	9764065329	Rachika
5	Darshita S. Rajaj	E	5453	9284457099	Darshita
6	Anushika S. Bajaj	E	5414	7588886540	Anushika
7	Shriavan A. Pattinwar	E	5407	9763307033	Shriavan
8	Shalish S. Tiwari	E	5403	9529879928	Shalish
9	Zalak R. Chauriya	E	5412	7020479754	Zalak
10	Vidhi S. Chauriya	E	5410	8329855686	Vidhi
11	Durga Nakhmare	E		8788456764	Durga
12	Daksh R. Kunte			9881338184	Daksh
13	Vaishali D. Kelkar	A	5416	860196737	Vaishali
14	Manali D. Kataro			7385377418	Manali
15	Komal J. Meshram			9096356572	Komal
16	Tanisha H. Mazi			8669866492	Tanisha
17	Rajnamini R. Patil			9055859254	Rajnamini
18	Pranjali R. Chauriya	M	5450	8738791667	Pranjali
19	Ganesh P. Channe	Eng M	5605	801058807	Ganesh
20	HARSHI L. SONKAR	Eng-M		9112720253	Harshi

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class		Tournament			
Dated 28.08.2024					
Sr. No	Name of Student	Class	Roll No.	Mob No.	Signature
1	Kamakshi Kharwadkar	F		8023611861	Kamakshi
2	Aashtha D. Zade	E		8799815648	Aashtha
3	Piyush C. Sonkware	E/A	5404	7559104314	Piyush
4	Om S. Peshmakh	E/A	5611	9373664060	Om
5	MIRTI KUMAR MABHARE	M	5431	8857811910	MIRTI
6	Ritvik Ritesh Kumbhar	M		8094487098	Ritvik
7	Rajisha Lavman Kumbhar	M		9503279467	Rajisha
8	Mayuko B. Chaturvedi	M		8421437758	Mayuko
9	Aryan R. Kumbhare	E	5625	7722070893	Aryan
10	Tejash V. Kharwadkar	E	5671	9637165714	Tejash
11	Anjali M. Makase	M	5700	9921337703	Anjali
12	Sujal S. Nagdi	M	5705	7249410898	Sujal
13	Chushan R. Bapat	M	5444	8446017608	Chushan
14	Shubham M. Jain	M		806895931	Shubham
15	Abhay G. Wadhvani	M		902187553	Abhay
16	Mapati S. Bhatnagar	M		9356781017	Mapati
17	Sonal V. Dulave	M		7775025371	Sonal
18	Shubham P. Jayswal	E	5427	735026110	Shubham
19	Yash R. Kunte	M	5897	9490070691	Yash
20	Nilekshi L. Meshram	M	5622	9146907920	Nilekshi

Dt. - 28/08/2024

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class		Tournament			
Dated 28.08.2024 to 30.08.2024					
Sr. No	Name of Student	Class	Roll No.	Mob No.	Signature
1	Sujal P. Bawade	BA I*	1678	9325899629	Sujal
2	Tusha G. Hanskar	B.A I	1648	9404705568	Tusha
3	Aditya A. Khardekar	B.A I*	1611	8421805898	Aditya
4	Abhilasha D. Rewatkar	B.A I	1601	8600755286	Abhilasha
5	Tejaswini G. Bawankule	B.A I*	1631	951899379	Tejaswini
6	Dipali V. Bhoysar	B.A I*	1660	9373888607	Dipali
7	Smriti R. Patil	B.A I*	1610	9052339002	Smriti
8	Riya D. Nibse	B.A I*	1607	9284080371	Riya
9	Prachi N. Karkhade	B.A I*	1677	7410533772	Prachi
10	Aditya H. Sheikh	B.A I*	1663	9561656707	Aditya
11	Shruti R. Mansulkar	B.A I*	1690	9022956508	Shruti
12	Priyanka R. Inwate	B.A I*	1627	7620476589	Priyanka
13	Siddhi R. Chavhan	B.A I*	1631	8766444846	Siddhi
14	Snehal R. Kumbre	B.A I*	1629	8010719839	Snehal
15	Neeta S. Korgali	B.A I*	1643	827573918	Neeta
16	Jyoti B. Bisen	B.A I*	1685	8962626122	Jyoti
17	Vanshika N. Kute	B.A I*	1809	9021449619	Vanshika
18	Pallavi S. Pawar	B.A I*	1614	876140027	Pallavi
19	Rakesh R. Thakare	B.A I*	1661	8421642041	Rakesh
20	Rohit S. Pawar	B.A I*	1618	9130665609	Rohit

Dt. - 28/08/2024

National Sports Day					
Intramural Sports Competition 2024					
Inter-Class		Tournament			
Dated 28.08.2024 to 30.08.2024					
Sr. No	Name of Student	Class	Roll No.	Mob No.	Signature
1	Ritik G. Bhasale	B.A I*	1613	9067197797	Ritik
2	Saurabh K. Nirkar	B.A I*	1636	8459786734	Saurabh
3	Sandesh G. Sondawale	B.A I*	1693	920892685	Sandesh
4	Anurag P. Paudyal	B.A I*	1612	8766566680	Anurag
5	Tushar R. Tekam	B.A I*	1617	7796610604	Tushar
6	Manishan Chavhan	B.A I*	1636	9325756553	Manishan
7	Saurabh Khobrayade	B.A I*	1603	8329935522	Saurabh
8	Aditya R. Chavhan	B.A I*	1605	8168048409	Aditya
9	Gomant Praji Nagde	B.A I*	1665	8275762682	Gomant
10	Randwal Jyotirmati	B.A I*	1659	8668096843	Randwal
11	Rakesh P. Patil	B.A I*	1639	9699548044	R.P. Patil
12	Chetan Ratilam Pharme	B.A I*	1638	8999113682	C.R. Pharme
13	Pravara Pundarik Pharme	B.A I*	1608	9356368751	P.P. Pharme
14	Pankaj Shubhash Chavhan	B.A I*	1699	7378615342	P.S. Chavhan
15	Avinash Lakhma Takade	B.A I*	1645	9404617541	Avinash
16	Parash Pathan	B.A I*	1658	9420578072	Parash
17	Chaitanya Rajwar	B.A I*	1616	8260058248	Chaitanya
18	Sonal C. Dhavade	B.A I*	1664	7378714914	Sonal
19	Parvin G. Mallikar	B.A I*	1626	8239974720	Parvin
20	Shruti Y. Thakare	B.A I*	2627	950399980	S.Thakare




Off. Principal
C. P. & Barar E.S. College
Naggur