

Sports -Circulars

2018-19



G-22/2018-19/ 159

Date:-02/11/2018

To,
Principal

**SUB:- ALL INDIA INTER UNIVERSITY MALLAKHAMB TOURNAMENT &
UNIVERSITY MALLAKHAMB COACHING CAMP, 2018-19.**


Dear Sir / Madam ,

This is to inform you that the following students have been selected to participate in the All India Inter University Mallakhamb Coaching Camp at Churchgate Campus from November 10 to November 13, 2018 . The outstation students will stay at the Churchgate Campus Hostel and local students will come from home.

The selected students will then participate in the All India Inter University Mallakhamb Tournament at Panjab University, Chandigarh from November 17 to 19, 2018. List of students are herewith enclosed.

Thanking You .

Yours faithfully,


Dr. Nitin Anantulkar,

Assistant Director of Physical Education, (Addl. Charge)

REC'D	13/11/18.....
ALL	509.....
FILE

To
Anantulkar
18/11/2018

ALL INDIA INTER UNIVERSITY MALLAKHAMB TOURNAMENT, 2018-19

List of Students

- | | |
|---------------------|-----------------------------------|
| 1. Pratiksha More | - BCA College, Satara |
| 2. Rutuja Barge | - BCA College, Satara |
| 3. Ashwini Naik | - SVT College, Juhu |
| 4. Bhavika Waghela | - MNW College, Vile - Parle |
| ✓ 5. Aditi Rai | - MNW College, Vile - Parle |
| ✓ 6. Sofiyana Makwa | - MNW College, Vile - Parle |
| 7. Divya Sharma | - MNW College, Vile - Parle |
| 8. Hemangi Sawant | - Arts & Comm College, Churchgate |
| 9. Roshni Ingle | - Arts & Comm College, Churchgate |
| 10. Pooja Sutar | - Arts & Comm College, Churchgate |

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 400 020.

G-22/2018-2019/159

Date: - 02/11/2018

To,
The Principal

SUB : University Mallakhamb Coaching Camp at Churchgate Campus and
All India Inter University Mallakhamb Championship at Chandigarh, 2018-19

Dear Sir / Madam,

The Dept. of Physical Education is pleased to inform you that your college student
_____ has been selected to attend the University Mallakhamb

Coaching Camp at Churchgate Campus from November 10, 2018.

The Students will have to report on November 10, 2018 by 10.00 am to the Churchgate Campus.

Those students, who will be selected to represent the University Mallakhamb Team, will proceed for the
All India Inter University Mallakhamb Championship which commences from November 17 to 19,
2018 at Championship and those students not selected will be sent home.

You are requested to kindly permit her to participate and fill in the Permission Certificate and
handover the same to the Dept. of Physical Education. All T. A. / D. A. expenses will be looked after by
the Dept. of Physical Education. Local students will attend the camp from home.

Thanking you,

College Seal

Signature of Principal

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 20.

G-22/2018-19/159

Date : 02/11/2018

Dear Student,

I am glad to inform you that you have been selected for the University Coaching Camp in the game of Mallakhamb to be held at Churchgate Campus from November 10, 2018, prior to the All India Inter University Mallakhamb Championship which is scheduled at Chandigarh from November 17 to November 19, 2018. The final selection of the team will be held during the Coaching Camp.

You are requested to report for the Camp by morning on November 10, 2018 further you are requested to bring the following things with you without fail.

1. Complete bedding
2. Identity Card
3. 2 passport size photo
4. Proper playing kit
5. Glass & Spoon & Water bottle.
6. Special Medicines (if any) as advised by your Dr.
7. Toiletry
8. 10th, 12th & TY Passing Cer.
9. Medical Certificate
10. Aadhar Card
11. Birthday Proof

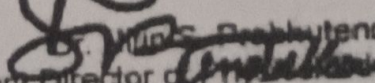
Kindly note the following points:

1. You have to go in your proper kit when you go for practice for playing the tournament irrespective of whether you get the chance to play or not.
2. You have to behave sportingly and encourage your team mates.
3. You have to obey the instructions given by the Team Manager, Coach and Captain on and off the field
4. You have to adjust with the food and other facilities provided.
5. No player will stay back for any reason.
6. You have to bear all expenses. if you want to go shopping and sight seeing.

Kindly inform your parents that if you are selected in the University Team, you will be leaving directly from the camp to participate at the All India Inter University Mallakhamb Championship at Chandigarh from November 17 to November 19, 2018. Those students not selected, will be sent back home. Complete travelling and lodging / boarding will be borne by the University.

Thanking you,

Yours faithfully,


Dr. Minis. Babhutendolkar,
Assistant Director of Physical Education, (Addl. Charge)

To Contact:-

Ms. Beena Pandya
Sports Coordinator, Dep. of Phy. Edu.
Mob :- 9920691954

NB : Kindly get this letter along with you when you come to the camp

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 20.

G-22/2018-19/ 257

Date : 21/02/2019

Dear Student,

I am glad to inform you that you have been selected for the University Coaching Camp in the game of Taekwondo to be held at Churchgate Campus from March 05, 2019 prior to the All India Inter University Taekwondo Championship which is scheduled at Rohtak from March 14 to 17, 2019. The final selection of the team will be held during the Coaching Camp.

You are requested to report for the Camp by Morning - 11.00 am on March 05, 2019 further you are requested to bring the following things with you without fail.

- | | | |
|---|----------------------------------|-------------------------|
| 1. Complete bedding | 5. Glass & Spoon & Water bottle. | 09. Aadhar Card |
| 2. Identity Card | 6. Special Medicines (if any) | 10. Birthday Proof |
| 3. 2 passport size photo | as advised by your Dr. | 11. Medical Certificate |
| 4. Proper playing kit | 7. Toiletry | |
| 8. 10 th Passing Certificate, 12 th & TY Mark sheet | | |

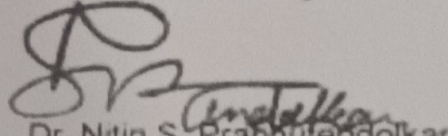
Kindly note the following points:

1. You have to go in your proper kit when you go for practice for playing the tournament irrespective of whether you get the chance to play or not.
2. You have to behave sportingly and encourage your team mates.
3. You have to obey the instructions given by the Team Manager, Coach and Captain on and off the field.
4. You have to adjust with the food and other facilities provided.
5. No player will stay back for any reason.
6. You have to bear all expenses, if you want to go shopping and sight seeing.

Kindly inform your parents that if you are selected in the University Team, you will be leaving directly from the camp to participate at the All India Inter University Taekwondo Championship at Rohtak from March 14 to 17, 2019. Those students not selected, will be sent back home. Complete travelling and lodging / boarding will be borne by the University.

Thanking you,

Yours faithfully,


Dr. Nitin S. Prabhutendolkar,

Assistant Director of Physical Education, (Addl. Charge)

To Contact:-

Ms. Beena Pandya
Sports Coordinator, Dep. of Phy. Edu
Mob - 9920691954

NB : Kindly get this letter along with you when you come to the camp

ALL INDIA INTER UNIVERSITY TAEKWONDO TOURNAMENT, 2018-19

List of Students

- | | |
|------------------------|----------------------------------|
| 1. Anita Hirve | - S. M. Desai College, Kolhapur |
| 2. Divya Thange | - MMP Shah College, Matunga |
| 3. Vaishnavi Ghogale | - MNW College, Vile - Parle |
| 4. Sofiyana Makwana | - MNW College, Vile - Parle |
| 5. Sonal Kanade | - Arts & Comm. College, Pune |
| 6. Ruchika Bhave | - Arts & Comm. College, Pune |
| 7. Rupali Kalokhe | - C. B. Shah College, Sangli |
| 8. Aditi Panchshikhare | - P. N. Doshi College, Ghatkopar |

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharshi Karve Vidyavihar,
1, Nathibai Theckersey Road,
Mumbai-400 020.



श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ
शारीरिक शिक्षण विभाग
भारत रत्न पद्मिनी कर्वे विद्याविहार
१, नाथीबाई ठाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-22/2018-19/ 257

Date:-21/02/2019

To,
Principal

**SUB:- ALL INDIA INTER UNIVERSITY TAEKWONDO TOURNAMENT &
UNIVERSITY TAEKWONDO COACHING CAMP, 2018-19.**

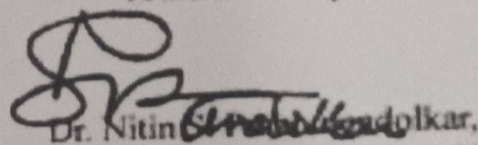
Dear Sir / Madam,

This is to inform you that the following students have been selected to participate in the All India Inter University Taekwondo Coaching Camp at Churchgate Campus from March 05, 2019 to March 11, 2019. The outstation students will stay at the Churchgate Campus and local students will come from home.

The selected students will then participate in the All India Inter University Taekwondo Tournament at Maharshi Dayanand University, Rohtak from March 14 to 17, 2019. List of students are herewith enclosed.

Thanking You .

Yours faithfully,


Dr. Nitin Anandolkar,

Assistant Director of Physical Education, (Addl. Charge)

*Kalyans sir
for
22/2/19*

RECEIVED ON...22/2/2019...
ATTEN TO727.....
FILE.....

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 400 020.

G 22/2018-2019/257

Date: - 21/ 02/ 2019

To,
The Principal

SUB : University Taekwondo Coaching Camp at Churchgate Campus and
All India Inter University Taekwondo Championship at Rohtak, 2018-19

Dear Sir / Madam,

The Dept. of Physical Education is pleased to inform you that your college student _____
_____ has been selected to attend the University Taekwondo
Coaching Camp at Churchgate Campus from March 05, 2019.

Students will have to report on March 05, 2019 by Morning - 11.00 am to the Churchgate
Campus.

Those students, who will be selected to represent the University Taekwondo Team, will proceed for
the All India Inter University Taekwondo Championship which commences from March 14 to 17, 2019
at Rohtak and those students not selected will be sent home.

You are requested to kindly permit her to participate and fill in the Permission Certificate and
handover the same to the Dept. of Physical Education. All T. A. / D. A. expenses will be looked after by
the Dept. of Physical Education. Local students will attend the camp from home.

Thanking you,

College Seal

Signature of Principal

Date :- _____

PERMISSION CERTIFICATE

I, (Name of parent) _____

hereby permit my daughter / ward _____

studying in (Name of College) _____ (class) _____

to participate in the **UNIVERSITY TAEKWONDO COACHING CAMP** to be held at **CHURCHGATE CAMPUS** from **MARCH 05, 2019 to MARCH 11, 2019** and if selected in the University team , she will accompany the team to participate at the **ALL INDIA INTER UNIVERSITY TAEKWONDO CHAMPIONSHIP AT ROHTAK** from **MARCH 14 TO 17, 2019**.

I will not hold the SNTD Women's University, Department of Physical Education responsible in case of any eventuality that may occur.

Signature of Student

Signature of Parent / Guardian

Name of Parent :- _____

Address (Res.) :- _____

Mob No :- _____

Res. No :- _____

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 400 020.

G-22/2018-2019/224

Date: - 30/ 01/ 2019

To,
The Principal

**SUB : University Krida (Ashwamedh) Coaching Camp at Churchgate, Juhu & Sangli
Campus and 22nd Maharashtra State Inter
University Krida (Ashwamedh) Sports Meet At University of Mumbai, Mumbai**

Dear Sir / Madam,

The Dept. of Physical Education is pleased to inform you that your college students _____
_____ has been selected to attend the University Ashwamedh
Coaching Camp at Churchgate & Juhu Campus from Feb. 6 to 13, 2019 & University Ashwamedh
Coaching Camp at Sangli Campus from Feb. 04 to 12, 2019 .

Students will have to report on Feb. 06, 2019 by Morning to the Churchgate & Juhu Campus &
Feb. 04, 2019 by Morning to the Sangli Campus. Those students, who will be selected to represent the
University Ashwamedh Team, will proceed for the Maharashtra State Inter University Krida
(Ashwamedh) Sports Meet which commences from Feb. 13 to 18, 2019 at University of Mumbai,
Mumbai and those students not selected will be sent home.

You are requested to kindly permit her to participate and fill in the Permission Certificate
and handover the same to the Dept. of Physical Education. All T. A. / D. A. expenses will be looked after
by the Dept. of Physical Education. Local students will attend the camp from home.

Thanking you,

College Seal

Signature of Principal

Date :- _____

PERMISSION CERTIFICATE

I, (Name of parent) _____
hereby permit my daughter / ward _____
studying in (Name of College) _____ (class) _____
to participate in the KRIDA (ASHWAMEDH) SPORTS BASKETBALL, KABADDI, KHO-
KHO COACHING CAMP to be held at CHURCHGATE & JUHU CAMPUS from FEB. 06
to FEB. 13, 2019 & VOLLEYBALL, ATHLETICS COACHING CAMP to be held at
SANGLI CAMPUS from FEB. 04 to FEB. 12, 2019 and if selected in the University team ,
she will accompany the team to participate at the 22nd MAHARASHTRA STATE INTER
UNIVERSITY KRIDA (ASHWAMEDH) SPORTS MEET at UNIVERSITY OF
MUMBAI, MUMBAI from FEB. 13 to FEB. 18, 2019.

I will not hold the SNDT Women's University, Department of Physical Education responsible in
case of any eventuality that may occur.

Signature of Student

Signature of Parent / Guardian

Name of Parent :- _____

Address (Res.):- _____

Mob No :- _____

Res. No :- _____

ATHLETICS

<u>NAME</u>	<u>COLLEG</u>
1) Shweta Hakke	H. Sci. College, Matunga (100, 200, 400, Long Jump, 4 x 100 R, 4 x 400 R)
2) Rekha Rangatte	C.B. Shah College, Sangli (800, 1500, 5000, 4 x 400 R)
3) Kajal Pathan	C.B. Shah College, Sangli (200, 4 x 100 R)
4) Sonali Helvi	BCA College, Satara (100, Long Jump, Triple Jump, Shot Put, 4 x 100 R)
5) Safiya Makwa	MNW College, Vile - Parle (400, 800, 4 x 400 R)
6) Chitra Mane	BCA College, Satara (1500, 5000)
7) Shruti Hadpad	C.B. Shah College, Sangli (Javlin, Discuss Throw)
8) Sangita Babar	R. M. Patil College, Akhuj (Discuss Throw)
9) Nikita Salyam	C.B. Shah College, Sangli (Triple & Long Jump)
10) Prghya Gavali	Arts & Comm. Pune (800, 1500, 5000)
11) Priya Kanojia	M. D. Shah College, Malad (Shot Put, Javlin Throw)
12) Sangita Thapa	MNW College, Vile - Parle (100, 200, 4 x 100 R)
13) Pratiksha Dapal	BCA College, Satara (5000)

KHO KHO

COLLEGE

<u>NAME</u>	
1) Sweta Patil	Arts. & Comm. Churchgate
2) Swapnali Kaneri	-do-
3) Sweta Kumbhar	-do-
4) Ruscha Namule	-do-
5) Priyanka Sakunde	-do-
6) Kiren Jadhav	BCA College, Satara
7) Ragini Chavan	-do-
8) Rupali Chalke	-do-
9) Megha Waghmode	-do-
10) Vedika Chopade	Shriram College, Puniv
11) Pratiksha Nivngune	-do-
12) Rupali Gund	Arts. & Comm. Pune
13) Komal Limbhore	-do-
14) Niketa Patil	M.D.Shah College, Malad
15) Komal Bansode	UMIT College, Juhu
	R. M. Patil College, Akluj

KABADDI

COLLEGE

<u>NAME</u>	
1) Farjin Sayyad	SMRK College, Nasik
2) Swati Hakke	C. B. Shah College, Sangli
3) Mitali Kadam	MMP Shah College, Matunga
4) Pranita Hutnkar	-do-
5) Priti Vishwakarma	M. D. Shah College, Malad
6) Priya Kanojiya	-do-
7) Sangita Mali	S. M. Desai College, Kolhapur
8) Sanchita Bhosale	-do-
9) Sonali Helvi	BCA College, Satara
10) Pranjali Bhosale	-do-
11) Pranali Ambekar	Arts & Comm. College, Pune
12) Neta Shelke	-do-
13) Diksha Jori	-do-
14) Pratiksha Nivangune	-do-
15) Swati Khandare	-do-
16) Dipti Dighe	-do-
17) Aishwarya Dorle	-do-

Krida(Ashwamedh)Sports Camps, 2018-19

Following are the list of students selected for Krida Ashwamedh Camps to participate in the 22nd Maharashtra State Level Inter University Krida(Ashwamedh) Sports Meet - 2018

VOLLEYBALL

<u>NAME</u>	<u>COLLEGE</u>
1) Megha Hudid	C.B.Shah Sangli
2) Neha Shinde	-do-
3) Tejashree Patil	-do-
4) Shraddha Jadhav	-do-
5) Renuka Desai	-do-
6) Dhanshree Patil	-do-
7) Pooja Kumavat	-do-
8) Jasmin Shaikh	-do-
9) Kavita Telgaon	-do-
10) Hetvi Shah	-do-
11) Pinki Singh	SVT College, Juhu
12) Tanvi Thakur	-do-
13) Kirti Thakur	SOFT College, Pune
14) Kajal Hakke	UMIT College, Juhu
15) Nilam Bari	-do-
	ADPM's College, Jalgaon

BASKETBALL

<u>NAME</u>	<u>COLLEGE</u>
1. Vaishali Jain	SOFT College, Pune
2. Neeraja Shioore	-do-
3. Jui Mitskari	-do-
4. Roshani Yadav	-do-
5. Divyanka Akre	UMIT College, Juhu
6. Hemaxee Narodia	-do-
7. Nupur Nimbekar	-do-
8. Rujuta Sahastrabudhe	SVT College, Juhu
9. Neha Rokade	-do-
10. Sadiya Mukhdoomi	-do-
11. Jasleen Gadhok	SMRK College Nasik
12. Sakshi Khadiwal	Home Sci. College, Pune
13. Riya Mehta	-do-
14. Gauri Naik	Arts & Comm. College, Churchgate
15. Riddhi Jabare	-do-

The list of names (gamewise) is enclosed herewith. Sports Teachers are requested to inform the following details to the students:-

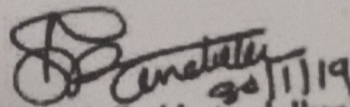
- 1) The students should report to the Basketball, Kabaddi, & Kho-Kho Camp on February 06, 2019- Morning at Juhu & Churchgate Campus & Volleyball, Athletics camp report on February 04, 2019 - Morning at Sangli Campus.
- 2) Take all the details of the students and mail the same to Sports Department.
- 3) Students should bring 2 photographs and send the same to Sports Department.
- 4) Xerox the Risk Certificates and hand over to the students for parents consent .
- 5) Kindly arrange the Camp travel plan of the students
- 6) Report all the information telephonically to the Sports Department.
- 7) The Students are requested to bring the copy of X passing certificate & XII marksheet & Aadhar Card.

Kindly permit your students to attend the Camps, please provide them duty leave. The University teams will be selected during the camp. The teams will participate at the 22nd Maharashtra State Inter University Krida (Ashwamedh) Sports Meet on February 13, 2019 at University of Mumbai, Mumbai from February 13, to February 18, 2019. Please inform all the selected students to attend the camps

Looking forward to your kind help and cooperation.

Thanking you,

Yours faithfully,



Dr. Nitin S. Prabhutendolkar
Assistant Director of Phy. Edn. (Addl Charge)

S.N.D.T. WOMEN'S UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION
SR. INTER COLLEGIATE ESSAY COMPETITION
2018-19

Date : August 10 , 2018
Time : 2.00 pm
Venue : Women's College of Arts, Comm & Home Sci.
Jalgaon
Students : 2 students per College
Time limit : 1 ½ HOURS
Topic : (Any One)

1. Good and efficient Sports leaders is the need of the hour
2. Importance of regular fitness' skill
Skill practice and time
management towards success in sports
3. Sports performance reaching
global heights in India

Language : English / Hindi / Marathi / Gujarati

Phone : 2203 1879 Ext: 261
Fax No : 022-2201 8226
Direct : 022 2200 7027
Email : physicaledu@sndt.ac.in



S.N.D.T. WOMEN'S UNIVERSITY

Department of Physical Education
Churchgate, Mumbai 400 020

RECEIVED ON	18/7/18
ATTEN	195
FILE	

Date:-13/07/2018

G-22/2018-19/62

To,
The Principals/Directors/Heads
of all Colleges
SNDT Women's University, Mumbai.

SUB:- UNIVERSITY YOGA & CHESS COACHING CAMP - JULY 2018.

Dear Sir / Madam,

The Yoga & Chess Coaching Camp will be held at the Churchgate Campus from July 16 to 21, 2018 from 10.30 am onwards. Only Sr. College 6 students have to take part in the Yoga Camp & 4 Students have to take part in the Chess Camp.

It is compulsory for the students who have participated in the Inter Collegiate Tournaments to attend the Camp. All the students have to incur their own travel expenses & the University will look after the lodging, boarding & training expenses. Students have to bring their sports kit, toiletry items, etc. The outstation students have to arrive on July 15, 2018 by evening and leave on July 21, 2018 evening.

Looking forward to your 6 students participating in the Yoga Coaching Camp & 4 students participating in the Chess Coaching Camp.

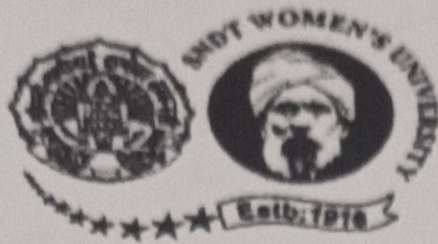
Thanking You,

Yours faithfully,

-sd/-

Dr. Nitin S. Prabhutendolkar
Assistant Director of Phy. Edn. (Addl Charge)

Handwritten signature and date:
14.7.2018
Kalyan



**SNDT WOMEN'S UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION
SPORTS TRAINING CAMP
BADMINTON COURT, CHURCHGATE CAMPUS
JULY 16 to 21, 2018.**

NAME: _____

COLLEGE / DEPARTMENT : _____

CLASS: _____

DATE OF BIRTH: _____

TEL NO: Mobile: _____ (R) _____

Student Signature

**Principal Signature with stamp
& College Seal**

DECLARATION

I hereby permit my student/ward _____ to participate in the
SNDT SPORTS TRAINING CAMP at Churchgate Campus from July 16 to 21, 2018 and
will not hold the SNDT Women's University, Department of Physical Education,
responsible in case of any eventuality that may occur during the travel or at the Camp.

SIGNATURE OF PARENT / GUARDIAN

DATE:- _____

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharshi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. डाकरसी महिला विद्यापीठ
शासिक शिक्षण विभाग
भारत रत्न महर्षी कर्वे विद्याविहार
१, नाथीबाई डाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22-2200 7027 (D). +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-18B /2018-19/259

Date :- 22nd February 2019

To,
Principals / Directors / HOD's
Colleges and Departments
Conducted and Affiliated to
S.N.D.T. Women's University,
Mumbai - 400020

SUB :- SNTD MINITHON ROAD RACE - 2019
(For all students & staff to participate)
THEME "RUN FOR FITNESS"

Dear Sir/Madam,

The Department of Physical Education/ Student Development Department will be conducting the **SNTD MINITHON ROAD RACE** on March 10, 2019 from 7.00 am to 9.30 am at the SNTD Juhu Campus for the Jr. & Sr. College students of the Conducted & Affiliated Colleges, P.G. Departments and staff.

Enclosed herewith are the details of the same alongwith the entry form to be filled-in and sent to the Department of Physical Education by March 05, 2019. The Meeting of the Physical Education Teachers will be held on March 07, 2019 at 2.00 pm at the **Juhu Campus**. Kindly send your Sports Teachers and Teachers-in-charge of Sports to attend the Meeting along with the entries to discuss on the route plan and other details.

Looking forward to maximum students & staff participating in large members.

Thanking you,

Yours faithfully,

(Dr. Nitin S. Prabhutendolkar)
Assistant Director of Phy.Edn (Addl Charge)

Kalyan sir/
Atole sir

23/2/19.

RECEIVED ON...	23/2/2019
AT...	729
FILE...	

SNDT MINITHON ROAD RACE - 2019

DETAILS

Date:- March 10, 2019

Time:- 7.00 to 9.30 am

Reporting :- 6.30 am on Ground

Place:- SNDT Juhu Campus (start & finish)

Minithon Run:- From SNDT Juhu Ground, Campus area, Relief Road, Daulat Nagar Bus Depot & back to Juhu Campus

Groups :- Group - 1 XI std } (5 kms) (To wear white colour T-shirt)
XII std }

Group - 2 F.Y.students } (5 kms) (To wear red colour T-shirt)
S.Y.students }
T.Y.students }

Group - 3 P.G students (5 kms) (To wear black colour T-shirt)
(Part I + II)

Group - 4 Teaching & Non Teaching Female staff - (2 kms) (To wear blue colour T-shirt)

Group - 5 Teaching & Non Teaching Male staff - (2 kms) (To wear blue colour T-shirt)

Prizes :- Merit Certificates & Prizes to the Best 05 participants & Certificates to the students that complete the Road Race.

Last date to submit entry forms :- March 05, 2019

Meeting of Teachers :- March 07, 2019 at 2.00 pm at SNDT Sports Office, Juhu Campus. Chest Nos. will be provided at the meeting

(Please note that chest numbers have to be given to each participant, hence all entry forms have to be given to the Department of Physical Education latest by March 05, 2019.)

SNDT WOMEN'S UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION / STUDENT DEVELOPMENT

SNDT MINITHON ROAD RACE- 2019

SNDT Juhu Campus Playground
March 10, 2019, 7.00 am

ENTRY FORM

GROUP NO: _____

CLASS : _____

COLLEGE : _____

SR. NO.	NAME OF THE STUDENTS	SR. NO.	NAME OF THE STUDENTS
1		26	
2		27	
3		28	
4		29	
5		30	
6		31	
7		32	
8		33	
9		34	
10		35	
11		36	
12		37	
13		38	
14		39	
15		40	
16		41	
17		42	
18		43	
19		44	
20		45	
21		46	
22		47	
23		48	
24		49	
25		50	

Sports Teacher /
Teacher-in-charge of Sports

Principal

Dated > _____

Department of
Physical Education

Bharat Ratna Maharshi Karve Vidyavihar
1, N. Thackersey Road,
Mumbai 400 020



SNDT Women's University
श्रीमती मा. दा. ठाकरसी महिला विद्यापीठ

G-3A/2018-19/66

Date: 20/07/2018

The Principals/Directors/Heads of
all Colleges/Departments conducted
and affiliated to the
SNDT Women's University,
Mumbai.

Address of Host College:
Women's College of Arts, Comm &
Home Science, Jalgaon
adpmwcjal@gmail.com

Sports Teacher:

- Dr. Satish Jadhav
: (M) 9823126761

**SUB.: SR. INTER COLLEGIATE CHESS, CARROM, YOGA, THROWBALL TUG-OF-
WAR & ESSAY COMPETITIONS, 2018 - 2019.**

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you
that Women's College of Arts Comm. & Home Science, Jalgaon will be conducting the **Sr.
Inter Collegiate Chess, Carrom, Yoga, Throwball, Tug-of-War & Essay Competitions for
the year 2018-2019 on August 10-11, 2018 at the Jalgaon Campus**

Following are the details of the tournaments

Sr. No.	Game	Date
1.	Arrival of outstation teams at Jalgaon College	August 9, 2018 by evening 5.00 pm
2.	Opening Ceremony	August 10, 2018 - 9.00 am
3.	I.C. Chess, Carrom, Yoga, Throwball Tug-of-war & Essay Competitions	August 10 - 11, 2018 10.00 am onwards
4.	Closing Ceremony	August 11, 2018 - 12.00 noon
5.	Departure of teams	August 11, 2018- 3.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, Fees
Receipt and 12th Marksheet the same may please be filled in and sent to the host College
and a copy of the same to the University Department of Physical Education, Mumbai. Last
date of sending the entries is August 2, 2018. Kindly make Xerox copies of the forms for
different games. Colleges are requested to submit their Annual Sports Fees and Krida
Mahotsav (Ashwamedh) Fee for the year 2018-19 without fail.

The Team Managers should hand over the Form 'C', Identity Cards, Fees
Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are
requested to provide information about the number of students, coaches (male and female),
team managers (male and female) and date and time of arrival, well in advance, so that
necessary arrangements could be made in advance. A Meeting to draw out the fixtures
will be held on August 9, 2018 at 6.30 pm at the Women's College of Arts, Comm. &
Home Science, Jalgaon. Besides sending your entry, you are requested to kindly telephone
the Department of Sports and the host college about your participation.

RECEIVED ON 24/7/18

212

FILE

AGD
24/7/18
Ravindra Sir

Kindly note the following

- 1) Chess-Individual and Team Championship - 2 to 4 players
- 2) Carrom - Team Championship - 2 players
- 3) Yogasana- Individual and Team Championship -1 to 6 players
- 4) Throwball - Team Championship - 12 players (9+3)
- 5) Tug-of-War - 8+1 players - Total Weight - 480 kgs
- 6) Essay - Individual Championship - 2 players

Last year's Winner, Runner-up and Third Place Teams are requested to send the Shields / Trophies, properly polished and engraved to the Department of Physical Education immediately

Kindly keep the following points in mind -

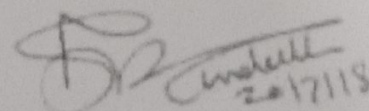
- 1) All the outstation participating teams are requested to come on August 9, 2018 evening to Jalgaon College and leave on August 11, 2018 evening
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T. A. / D.A. forms, along with list of names of students with signature, within a month's time to the Sports Office.
- 3) Teams cannot claim for local journey allowance prior and after main train/bus journey
- 4) Teams should come in proper uniform, socks & shoes, college placard and college flag for the Tournaments. The flag size should be 1 / 1 ½ mtr
- 5) Teams should report for the tournaments half an hour before schedule time.
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult
- 7) Team Managers should bring enough money as no snacks will be given to the participants
- 8) No beds nor bedding will be provided to any one. You are requested to bear up with the accommodation provided at Campus
- 9) A payment of Rs. 150/- per day per person x 2 days have to be given to the host College
- 10) Kindly send your entry forms in time
- 11) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
- 12) Merit Certificate to the Winners of best 4 Placings and Participating Certificates to the other players will be awarded.
- 13) The decision of the judges will be final.

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsory attend the Camps

Kindly acknowledge the receipt of this letter

Thanking you

Yours faithfully,



Dr. Nitin S. Prabhutendolkar,
Assistant Director of Physical Education, (Addl. Charge)

S.N.D.T WOMEN'S UNIVERSITY
SR. INTER COLLEGIATE YOGASANA COMPETITION

Syllabus, Rules & Regulations for Inter Collegiate / Inter University Yoga Championship

Part A (Compulsory Yogic Exercises for Women) (1 min)

1) ASANAS

Sarvangasana

Paschimottanasana

Dhanurasana

Karna Pidasana

2) Surya Namashkar (in Twelve counts)

3) Shat Kriyas

Jal Neti or Sutra Neti/ Rubber Neti

Shit Karam Kapalbhati (Jal Kapalbhati)

(water intake through mouth and out through nostrils)

Part B (Optional Yogic Exercise – Select any three respectively) (30 sec)

1. Vatayanasana

2. Purna Bhujangasana

3. Purna Matasyendrasana

4. Ekapad Shirasasana

5. Ardha Badh Padmotanasana

6. Kurmasana

7. Natrajasana

8. Rajkapaotasana

1. Inter Collegiate Yoga Championship shall be held for girls separately in the asanas and kriyas (Exercises).
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five participants will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position
 - I. One round of Surya Namaskar (in twelve count)
 - II. One minute for each compulsory asana
 - III. 30 Seconds for each Optional asanas
 - IV. Within two minutes each for Sutraneiti/ Rubbneti, Jalneti and Jal Kapalbhati.

4. Yogic Exercise of Part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

5. Marks for Part A and Part B are as follows:

- a) Surya Namaskar - 10 marks
- b) Four compulsory Asanas - 40 marks
- c) Two Shat Kriyas - 20 marks

Part B: Three Optional Asanas - 30 marks
Total 100 marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section.

7. The sequence of participating teams shall be drawn by the organizing College

8. Dress : The Women competitors will wear the following dresses in their College colour
Short and sports shirts / Gymnastics costume

9. The judge will be free to move around in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.

10. The efficiency of the Yogic exercise will be Judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained therein.

11. All the participating Colleges will be submitting the list of their competitors (not more than six in each section) along with the list of yogic exercise of their choice in the meeting.

Note

1. The word "Exercise" appearing in the rules means "kriyas, Yogic asana and Surya Namaskar."

2. The detail of asanas are given in the book "light of Yoga" by B.K.S. Iyanger.

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharsi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती वा. दा. टाकरसी महिला विद्यापीठ

भारतीय शिक्का विभाग

भारत रत्न महर्षी कर्वे विद्याविहार

१, नाथीबाई टाकरसी मार्ग,

मुंबई-४०००१०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-22/2018-19/ 146

Date:-23/10/2018

To,
Principal

**SUB:- WEST ZONE INTER UNIVERSITY TABLE -TENNIS TOURNAMENT &
UNIVERSITY TABLE -TENNIS COACHING CAMP, 2018-19.**

Dear Sir / Madam ,

This is to inform you that the following students have been selected to participate in the West Zone Inter University Table - Tennis Coaching Camp at Churchgate Campus from October 27 to November 03, 2018 . The outstation students will stay at the Churchgate Campus hostel and local students will come from home.

The selected students will then participate in the West Zone Inter University Table - Tennis Tournament at Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon from November 13 to 16, 2018. List of students are herewith enclosed.

Thanking You ,

RECEIVED ON... 25/10/18.....

ATTN: 485

FILE.....

Yours faithfully,

Dr. Nitin S. Prabhutendolkar,
Assistant Director of Physical Education, (Addl. Charge)

TO
Principal
MSB
23/10/18

WEST ZONE INTER UNIVERSITY TABLE - TENNIS TOURNAMENT, 2018-19

List of Students

1. Rucha Ambike
2. Maitri Pokar
3. Vriti Raja
4. Sneha Kamble
5. Aneeraj
6. Aishwarya Belekar

- SOFT College, Pune
- SVT College, Juhu
- MNW College, Vile - Parle
- Arts & Comm. College, Churchgate
- L.T. College of Nursing, Churchgate
- UMIT College, Juhu

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 20.

Date : 23/10/2018

G-22/2018-19/ 148

Dear Student,

I am glad to inform you that you have been selected for the University Coaching Camp in the game of Table - Tennis to be held at Churchgate Campus from Octo. 27, 2018, prior to the West Zone Inter University Table - Tennis Championship which is scheduled at Jalgaon from November 13 to November 16, 2018. The final selection of the team will be held during the Coaching Camp.

You are requested to report for the Camp by morning on October 27, 2018 further you are requested to bring the following things with you without fail.

1. Complete bedding
2. Identity Card
3. 2 passport size photo
4. Proper playing kit
5. Glass & Spoon & Water bottle.
6. Special Medicines (if any) as advised by your Dr.
7. Toiletry
8. 10th, 12th & TY Mark sheet
9. Medical Certificate
10. Aadhar Card
11. Birthday Proof

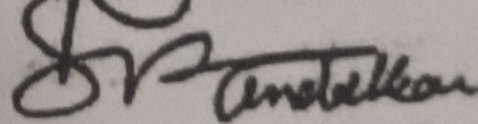
Kindly note the following points:

1. You have to go in your proper kit when you go for practice for playing the tournament irrespective of whether you get the chance to play or not.
2. You have to behave sportingly and encourage your team mates.
3. You have to obey the instructions given by the Team Manager, Coach and Captain on and off the field.
4. You have to adjust with the food and other facilities provided.
5. No player will stay back for any reason.
6. You have to bear all expenses, if you want to go shopping and sight seeing.

Kindly inform your parents that if you are selected in the University Team, you will be leaving directly from the camp to participate at the West Zone Inter University Table - Tennis Championship at Jalgaon from November 13 to November 16, 2018. Those students not selected, will be sent back home. Complete travelling and lodging / boarding will be borne by the University.

Thanking you,

Yours faithfully,



Dr. Nitin S. Prabhutendolkar,
Assistant Director of Physical Education, (Addl.-Charge)

To Contact:-

Ms. Beena Pandya
Sports Coordinator, Dep. of Phy. Edu.
Mob :- 9920691954

NB : Kindly get this letter along with you when you come to the camp

Date :- _____

PERMISSION CERTIFICATE

I, (Name of parent) _____

hereby permit my daughter / ward _____

studying in (Name of College) _____ (class) _____

to participate in the **UNIVERSITY TABLE - TENNIS COACHING CAMP** to be held at **CHURCHGATE CAMPUS** from **OCTO. 27 to NOV. 3, 2018** and if selected in the University team, she will accompany the team to participate at the **WEST ZONE INTER UNIVERSITY TABLE - TENNIS CHAMPIONSHIP AT JALGAON** from **NOVEMBER 13 TO NOVEMBER 16, 2018.**

I will not hold the SNTD Women's University, Department of Physical Education responsible in case of any eventuality that may occur.

Signature of Student

Signature of Parent / Guardian

Name of Parent :- _____

Address (Res.) :- _____

Mob No :- _____

Res. No :- _____

DEPARTMENT OF PHYSICAL EDUCATION
S. N. D. T. WOMEN'S UNIVERSITY
MUMBAI - 400 020.

G-22/2018-2019/ 146

Date: - 23/10/2018

To,
The Principal

SUB : University Table - Tennis Coaching Camp at Churchgate Campus and
West Zone Inter University Table - Tennis Championship at Jalgaon, 2018-19

Dear Sir / Madam,

The Dept. of Physical Education is pleased to inform you that your college student _____
_____ has been selected to attend the University Table - Tennis
Coaching Camp at Churchgate Campus from October 27, 2018.

Outstations Students will have to report on October 26, 2018 by evening to the Churchgate
Campus. Those students, who will be selected to represent the University Table - Tennis Team, will
proceed for the West Zone Inter University Table - Tennis Championship which commences from
November 13 to November 16, 2018 at Jalgaon and those students not selected will be sent home.

You are requested to kindly permit her to participate and fill in the Permission Certificate and
handover the same to the Dept. of Physical Education. All T. A. / D. A. expenses will be looked after by
the Dept. of Physical Education. Local students will attend the camp from home.

Thanking you,

College Seal

Signature of Principal

PARLE MAHOTSAV

President - ADV. PARAG ALAVANI, President Vile Parle Cultural Centre
Amber Palace, Chittranjan Road, Vile Parle (E), Mumbai - 400 057.
Phone: 2613 6513 / 2617 7125 • Email: vileparleculturalcentre@gmail.com
Please Visit on facebook - Parle Mahotsav • www.parlemahotsav.com

PARLE MAHOTSAV

To,

Date: 4th December, 2018

RECEIVED ON	6/12/18
ATTN	562
FILE	

Dear Madam/Sir,

Greetings and good wishes from Vile Parle Cultural Centre.

At the outset let me introduce our organization as a registered NGO, established in 1999 specifically for social and cultural initiatives, upliftment of poor, unorganized sector labours & women empowerment. One among such various initiatives is Parle Mahotsav which is a Mumbai city level talent search competition wherein more than 60 thousand participants including many budding sportsman and artists of various age groups compete hard in 33 different events. More than 6000 prizes including 350 First prizes are awarded to the winners in mahotsav.

Every year, 'Parle Mahotsav' ends on a bright note, with the good wishes and performances from highly appreciated artists and film personalities. Many a famous guests from film and television industries as well as performing artists made their presence obvious to share the golden moments followed by mentoring and blessings.

we take great pride in Inviting your institution to be a part of our **19th Parle Mahotsav CM Chashak** which commences on 22nd December 2018.

Details of our comprehensive event list enclosed herewith, we are sure that you and your students would be keen to participate and showcase your talent in all the events.

With Best Regards,

Parag Alavani

Adv. Parag Alavani, MLA Vileparle Assembly,
(President - Vile Parle Cultural Centre)
9820350544

To: Pooj. Manisha / Mrs. /
Rakshita
Here
8/12/2018

PARLE MAHOTSAV

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharshi Karve Vidyavihar,
1, Nathubai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. टाकरसी पद्मिना विद्यापीठ

शास्त्रीक शिक्षण विभाग
भारत रत्न महर्षी कर्वे विद्याविहार
१, नाथुबाई ठाकरसेय रोड,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G- 9/2018-2019/224

January 30, 2019

To,
The Principal,

SUB : KRIDA (ASHWAMEDH) SPORTS COACHING CAMPS, 2018-19
& 22nd MAHARASHTRA STATE INTER UNIVERSITY
KRIDA (ASHWAMEDH) SPORTS MEET AT MUMBAI, 2018-19

Dear Sir/Madam,

The 22nd Maharashtra State Inter University Krida (Ashwamedh) Sports Meet will be held at the University of Mumbai, Mumbai from February 13 to February 18, 2019. The following sports students have been selected for the Krida (Ashwamedh) Sports Coaching Camps, 2018-19. Mentioned below are the details:

<u>Sr.No.</u>	<u>Game</u>	<u>Venue</u>	<u>Dates</u>	<u>Reporting to Camp</u>
1)	Basketball	Juhu Campus	Feb. 06 to Feb. 13, 2019	Feb. 06, 2019 Morning
2)	Kabaddi	Churchgate Campus	-do-	-do-
3)	Kho Kho	Juhu Campus	-do-	-do-
4)	Volleyball	Sangli Campus	Feb.04 to Feb.12, 2019	Feb. 04, 2019 Morning
5)	Athletics	Sangli Campus	-do-	-do-

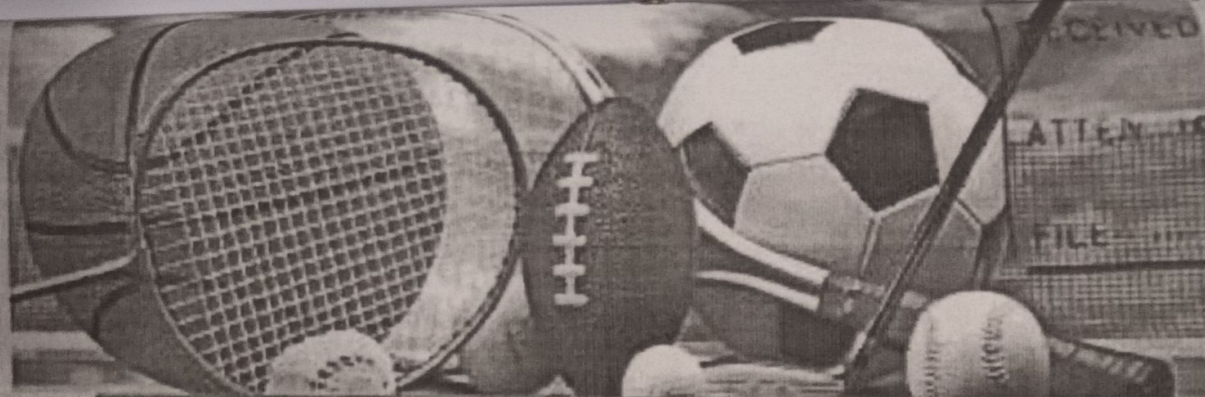
RECEIVED ON... 31/1/2019...

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To
batyayan

HSK
31/1/2019



RECEIVED ON 14/02/2020
ATTEN TO 771
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SMES
SMT. MANIBEN M P SHAH
WOMEN'S COLLEGE OF
ARTS AND COMMERCE
(AUTONOMOUS)
NAAC RE-ACCREDITED B++
UGC HONOUR: COLLEGE WITH
POTENTIAL FOR EXCELLENCE

Under the Auspices of
S.N.D.T Women's University
Department of Sports and Physical
Education

Organizes

A two day Seminar on

'Physical Fitness:
Connecting Mind and
Body

On 28th & 29th February, 2020

Kalyan Sr
2020
12/02/2020

ABOUT SNT WOMEN'S UNIVERSITY

SNT Women's University is committed to the cause of women's empowerment through access to higher education, through relevant courses in the formal and non-formal streams. The Department of Physical Education, SNT Women's University works towards fitness activities for various stakeholders including, the students of the University and Colleges, working youth and homemakers with the ultimate goal of 3 fold development of the individual (mind-body-spirit) through participation in the sports activities and pursuit of sports excellence.

Registration:

Log on to www.mmpshah.in for online registration or email on vpkamat3015@gmail.com reshmasmurall@gmail.com

Fees:

Students: Rs 500
Academics &
Professionals: Rs 1000

Payment: Online

Bank Details:
Bank Name: Andhra Bank
Account No: 036410011011676
Branch: Matunga
IFSC Code: ANDB0000364

Contact:

Vaishnavi Karnat- 9969738700
Reshma Murall- 8879456951

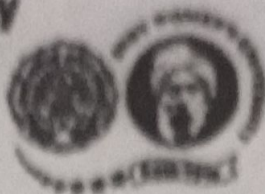
Venue:

Visanji Ravji Auditorium,
Smt. Maniben M.P Shah Women's College,
Smt. Parmeshwari Devi Gorbandas Garodia
Educational Complex,
33B, R.A. Kidwai Road,
Matunga, Mumbai - 400014

Kavita
Katyayan

S.N.D.T. Women's University
Department of Physical Education

Bharati Ratna Maharshi Karve Vidyapeeth,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती मा. दा. डाक्टरजी महिमा विद्यापीठ
भारतीय शिस्त विभाग
पत्र सं. ७७७७
१, नथीबाई ठाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-22/2018-19/275

Date:-26/03/2019

To,
The Principals/Directors/Heads
of all Colleges/Departments conducted
and affiliated to the
SNDT Women's University, Mumbai.

SUB:- UNIVERSITY SUMMER VACATION COACHING CAMP - 2019

Dear Sir / Madam,

The Summer Vacation Volleyball / Baseball / Kabaddi / Kho - Kho Coaching Camp will be held at the Sangli Campus from May 05 to May 16, 2019 from 7.30 to 10.30 am & 4.30 to 6.30 pm daily and Basketball / Yoga / Chess / Fencing Coaching Camp will be held at the Churchgate Campus from May 02 to May 10, 2019 from 8.00 am to 12.00 noon daily. Only the promoted students of XII , I & II have to take part in the Summer Vacation Camp. Kindly send the University Camp players for the advance Coaching only.

All the students have to incur their own travel expenses & the University will look after the lodging, boarding & training expenses. Students have to bring their sports kit , toiletry items, etc . The outstation students have to arrive on May 05 , 2019 morning and leave on May 16, 2019 evening. Kindly send the filled-in forms latest by April 26, 2019.

Looking forward to your students participating in the Volleyball & Baseball Coaching Camp.

Thanking You,

Yours faithfully,

Dr. Nitin S. Prabha Tendolkar

Assistant Director of Phy. Edn. (Addl Charge)

To
Ravindra Sir
Kopar
28-3-19

RECEIVED ON..... 28/3/19
797

Wushu Association Mumbai Dist. (Regd.)

Affiliated to All Maharashtra Wushu Association
Member : Wushu Association of India, Indian Olympic Association
International Wushu Federation, Wushu Federation of Asia
Recognised by : Dept. of Human Resources Development, Govt. of India,
Maharashtra Olympic Association

Mahesh Sangle
President

Sandeep Shelar
General Secretary
NIS Coach

To,
The Principal
Maniben + Namvati
women's College Vile parle (W).

Date:

Sub: 27th Senior National Wushu Championship 2017-18.

Respected Sir/ Madam,

With great pleasure we inform you that,

Mr./Miss./Mrs. Sakshi Shetty Has been selected for the 27th Senior National Wushu Championship 2018 which will be held at Assam Regimental Centre, Happy Valley, Shillong, Meghalaya. from 10th October to 15th October 2018.

Following charges will be included:

- | | |
|------------------|----------------------|
| 1. Entry Fee | 2. ID Fee |
| 3. Food | 4. Traveling Charges |
| 5. Accommodation | 6. Tracksuit |

Total Amount : Rs. 8500/-

Waiting for your favorable response.

Thanking you.

Yours faithfully

REC: 9/10/2018
ATT: 431
FILE



For WUSHU ASSOCIATION MUMBAI DISTRICT

Sandeep Shelar
General Secretary

To

Maniben + Namvati

Pl. File
She will pay on
her own
5/10/2018

2019-20

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharsi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020



श्रीमती ना. दा. टाकरसी महिला विद्यापीठ

शास्रिक शिक्षण विभाग

भारत रत्न मास्ती करे विद्याविहार
१, नाथिबाई टाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-22/2019-20/ 263

Date:-20/02/2020

To,
Principal

**SUB:- ALL INDIA INTER UNIVERSITY TAEKWONDO TOURNAMENT &
UNIVERSITY TAEKWONDO COACHING CAMP, 2019-20.**

Dear Sir / Madam,

This is to inform you that the following students have been selected to participate in the All India Inter University Taekwondo Coaching Camp at Churchgate Campus from March 02, 2020 to March 07, 2020. The outstation students will stay at the Churchgate Campus and local students will come from home.

The selected students will then participate in the All India Inter University Taekwondo Tournament at Punjabi University, Patiala from March 10 to 13, 2020. List of students are herewith enclosed.

Thanking You .

Yours faithfully,

Shraddha A. Naik (PhD)
Director of Sports & Physical Education

G-3A/2019-20/48

Date :- 15th July 2019

To,
Principal
Maniben Nanawati Women's College,
Vallabhbai Road,
Vile Parle (West),
Mumbai - 400 056

SUB :- ANNUAL PRIZE DISTRIBUTION PROGRAMME

Dear Sir / Madam ,

The Department of Physical Education will be conducting the Annual Sports Prize Distribution Programme in collaboration with the Sports Teachers Meeting on July 18, 2019 at the Maharshi Karve Seminar Hall (Basement), Churchgate Campus.

Your College will be receiving the following award :-

- 1) Overall Best (Jr.) Inter Collegiate Team - II Place
- 2) Special Award to Talented Student (Sr.)
 - a) Vaishnavi Ghogale - Taekwondo

Kindly send your Sports Teacher along with your sports student for the Meeting and to receive the awards.

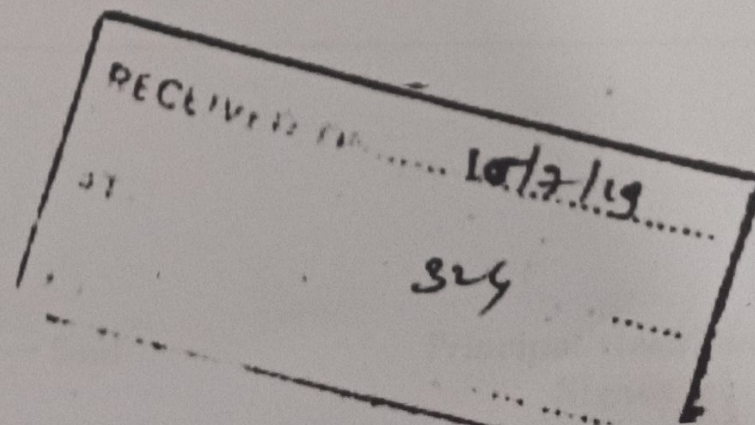
Thanking You,

Yours faithfully,

-sd/-

Dr. Nitin S. Prabhutendolkar
Assistant Director of Phy. Edu. (Addl Charge)

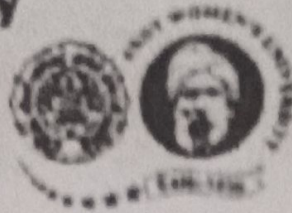
*Ravindra Kalyan
Atale*



S.N.D.T. Women's University

Department of Physical Education

(Bharati) Ratna Maharshi Karve Vidyapeeth,
1, Nathubai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. टाकरसी महिला विद्यापीठ
शारीरिक शिक्षण विभाग

भारती रातना महाश्री कार्वे विद्यापीठ
१, नाथुबाई टाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22-2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email - physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-18B/2019-20/43

Date : 26th June 2019

To,
Principals / Directors / HOD's
Colleges and Departments
Conducted and Affiliated to
S.N.D.T. Women's University
Mumbai - 400020

RECEIVED ON... 28/6/2019
ATTEN TO... 253
FILE.....

SUB: - ANNUAL MEETING CUM ORIENTATION OF SPORTS TEACHERS & TEACHERS IN CHARGE OF SPORTS, 2019-20. PRIZE DISTRIBUTION PROGRAMME

Dear Sir/Madam,

I am happy to inform you that the **ANNUAL MEETING CUM ORIENTATION OF THE SPORTS TEACHERS/ TEACHERS- IN- CHARGE OF SPORTS**, will be held on **July 17, 2019 from 9.00 a.m.** onwards at the Maharshi Karve Seminar Hall (Basement), Churchgate Campus. The entire sports programme for the year 2019-20 will be discussed, along with other important topics on sports participation. The Prize Distribution Program for the year 2018-19 will be held at 12.30 noon.

Kindly note the following:-

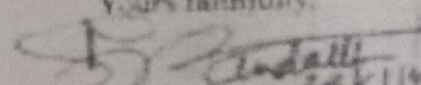
1. Outstation Colleges are requested to attend One sports teacher/teacher-in-charge of sports for the Meeting.
2. Local Colleges must attend Sports teachers/ teachers-in-charge of Sports (Jr. & Sr.) for the Meeting.
3. The outstation teachers are requested to arrive at Churchgate Campus on July 17, 2019 by morning and leave after the Meeting.
4. **The Meeting cum Orientation is compulsory for all Sports Teachers and Teachers in charge of Sports to attend.**
5. Teachers are requested to hand over the Jr. & Sr. Inter-Collegiate Rotating Trophies / Shields of 2018-19 back to the Sports Office at the Meeting (I, II & III Position).
6. All correspondence will be send by email snft_sports@yahoo.co.in / physicaledu@sndt.ac.in
7. Kindly provide us your College e-mail id and Fax Nos. for quick communication.
8. Kindly send the details of your students who have participated at the District, State & National Level competitions held for the year 2018-2019 for the purpose of selecting the best outstanding student, latest by **July 03, 2019**. After the said date the application will not be considered.

The Teachers are requested to inform the Department of Physical Education telephonically about their arrival latest by July 05, 2019. Kindly arrive at the venue by 9.30 a.m. sharp.

Thanking you,

Katyayani Alale
28-6-19

Yours faithfully,


26/6/19

Dr. Niran S. Prabhutendolkar
Assistant Director of Phy. Edn. (Addl Charge)



MANIBEN NANAVATI WOMEN'S COLLEGE

(Affiliated to S.H.D.T. Women's University)

Conducted by : SHREE CHANDULAL NANAVATI WOMEN'S INSTITUTE & GIRLS' HIGH SCHOOL
Valebbhai Road, Vile Parle (West), Mumbai-400 056.

Tel.: 2612 8840, Telefax : 91-22-2617 6196

E-mail : mnwcollege@hotmail.com • Website : www.mnw-sndt.org, www.mnw-sndt.com

AAC Reaccredited 'A' grade
Chairman Mg Committee
Dr. Himadri S. Nanavati

Principal
Dr. (Mrs.) Rajshree Trivedi

MNWC/2019-20/490

13-09-2019

To
The Station Master
Vile Parle, Mumbai

Respected Sir,

I want to inform you that following students and teacher are going for Inter collegiate Sports Competitions from 17 to 19 Sep 2019 at RKBKAK College, Nasik.

Therefore, I request you to kindly provide railway concession for the same. List of the students and teacher is here with-

1. Vaishnavi Ghogale- 18 Y
2. Sonal Ravariya- 20
3. Aditi Rai- 18
4. Saylee Wadler- 17
5. Sofiya Makwa- 19
6. Rishika Singh- 18
7. Arti Gupta- 21
8. Alina Shaikh- 17
9. Deeba Khan- 20
10. Gurpreet Kaur Kalsi- 17
11. Sangita Thapa- 21
12. Kavya Tevar- 18
13. Nikita Butiya- 17
14. Khatija Shaikh- 17
15. Simran Negi- 18
16. Muskan Khoja- 19
17. Saloni Dhanani- 18
18. Anjali Madhavi- 18
19. Ms. Sharon Sameul- 25

Thanking you.

Your's faithfully

Principal

S.N.D.T. Women's University
Department of Physical Education

Shri. Balu Maharshi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. डाकरसी यद्विना विद्यापीठ

शास्त्रीय शिक्षण विभाग

भारत स्न यद्विनी कर्णे विद्याविहार

१, नाथीबाई डाकरसी मार्ग,

मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-19A/2019-2020/59

Date: 15/07/2019

To,
The Principals / Directors / Heads
of all Conducted & Affiliated
Colleges & Departments to the
S.N.D.T Women's University,
Mumbai.

RECEIVED ON... 22/8/2019...
ATTEN TO... 417...
FILE.....

SUB: JR., SR. COLLEGES & P. G. DEPARTMENTS ANNUAL SPORTS FEE / KRIDA MAHOTSAV (ASHWAMEDH) FEE 2014- 2015

Dear Sir / Madam,

This is to inform you that the Jr., Sr. Colleges & P. G. Departments Annual Sports Fee and Krida Mahotsav (Ashwamedh) Fee of the Department of Physical Education for the year 2019 - 2020, has to be submitted to the University. Please note that it is mandatory for all the Colleges, and University Departments (Certificate Diploma, Junior Colleges, Senior Colleges and Post Graduate Departments) and all the new colleges to submit the sports fees. You are requested to kindly collect the sports fees from the students at the time of admission.

Following are the details:-

1 SR. COLLEGE ANNUAL SPORTS FEE :

Rs.150/- per student as per the Academic Council resolution passed at its Meeting held on May 16, 2019.

2 SR. COLLEGE KRIDA MAHOTSAV (ASHWAMEDH) FEE :

Rs. 30/- per student as per the Meeting of the Advisory Board of Ashwamedh held at Raj Bhavan on July 1,2008.

Kalyansil
for
22/8/19

3. JR. COLLEGE ANNUAL SPORTS FEE:

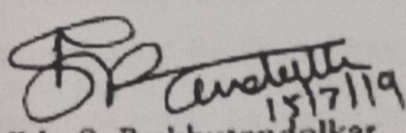
- (a) Annual Sports fee : Re. 1/- per student
- (b) Games Entry Fee (gamewise): The colleges cannot participate without submission of the Games Entry Fee.

Rs. 250/- per game	:	Basketball, Volleyball, Kabaddi, Badminton, Kho-Kho, Yoga, Chess, Road Race, Rope Mallkhamb, Table Tennis, <u>Boxing</u> , <u>Tackwondo</u> , <u>Tug-of-war</u> .	250 x 7 = 1750
Rs. 100/- per event	:	Essay, Elocution, Quiz	100 x 3 = 300
Rs. 500/-	:	Athletics, <u>Cricket</u> , Softball.	500 = 500
			2550

After submitting the above fees directly to the University kindly fill in the enclosed format and send to the Department of Physical Education as information.

Thanking you.

Yours faithfully,



Dr. Nitin S. Prabhutendolkar
Assistant Director of Phy. Edn (Addl Charge)

N.D.T. Women's University
Department of Physical Education

Bharati Ratra Maharshi Karve Vidyavihal,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. डा. टाकरसी महिना विद्यापीठ
भारतीयिक शिक्षण विभाग
भारत एवं महर्षी कर्वे विद्याविहार
१, नाथीबाई टाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-18B /2019-20/252

Date :- 01 February 2020

To,
Principals / Directors / HOD's
Colleges and Departments
Conducted and Affiliated to
S.N.D.T. Women's University,
Mumbai - 400020

RECEIVED ON... 3/2/2020
ATTEN TO... 753
FILE.....

**SUB :- SNDT MINITHON ROAD RACE FOR 2ND FEBRUARY 2020 POSTPONED TO
9TH FEBRUARY 2020.**

Dear Sir/Madam,

Hello,

We regret to inform you that due to some unavoidable condition, the Minithon road race scheduled for 2nd February is postponed to 9th February 2020, Sunday.

Kindly cooperate and inform all the concerned about the change in date. We extend apologies for the inconvenience caused. We appreciate your interest and enthusiasm to participate in the event.

Looking forward to your participation in the road race on 9th February 20.

Thank you,

Yours faithfully,

Shradha A. Naik (PhD)
Director of Sports & Physical Education

Canta / Prerna

BB

1/02/2020

S.N.D.T. Women's University
Department of Physical Education

General Balha Maharshi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. डाकरसी पट्टिना विद्यापीठ

भाषीक शिक्षण विभाग

प्रातः १२००
१, नाथीबाई ठाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email > physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-18B /2019-20/236

Date :- 07th January 2020

To,
Principals / Directors / HOD's
Colleges and Departments
Conducted and Affiliated to
S.N.D.T. Women's University ,
Mumbai - 400020

RECEIVED ON..... 22/1/2020
ATTEN TO..... 710
FILE.....

SUB :- SNDT MINITHON ROAD RACE - 2019 - 20
(For all students & staff to participate)
THEME "RUN FOR FITNESS"

Dear Sir/Madam,

The Department of Physical Education will be conducting the **SNDT MINITHON ROAD RACE** on February 02, 2020 from 7.00 am to 10.30 am at the SNDT Juhu Campus for the Jr. & Sr. College students of the Conducted & Affiliated Colleges, P.G. Departments and staff.

Enclosed herewith are the details of the same alongwith the entry form to be filled-in and sent to the Department of Physical Education by January 27, 2020. The Meeting of the Physical Education Teachers will be held on January 29, 2020 at 2.00 pm at the **Juhu Campus**. Kindly send your Sports Teachers and Teachers-in-charge of Sports to attend the Meeting along with the entries to discuss on the route plan and other details. The entry fee of Rs. 15/- per participate will be charged & will have to be paid along with entry.

Looking forward to maximum students & staff participating in large members.

Thanking you,

Canta / Prerna
Prerna
21/01/2020

Yours faithfully,

Shraddha A. Naik
07/01/2020

Shraddha A. Naik (PhD)
Director of Sports & Physical Education

SNDT MINITHON ROAD RACE - 2019

DETAILS

Date:- February 02, 2020

Time:- 7.00 to 10.30 am

Reporting :- 6.30 am on Ground

Place:- SNDT Juhu Campus (start & finish)

Minithon Run:- From SNDT Juhu Ground, Campus area, Relief Road, Daulat Nagar Bus Depot & back to Juhu Campus

Groups :- Group - 1 XI std } (5 kms) (To wear white colour T-shirt)
XII std }

Group - 2 FY students } (5 kms) (To wear red colour T-shirt)
S.Y. students }
T.Y. students }

Group - 3 P.G students (5 kms) (To wear black colour T-shirt)
(Part I + II)

Group - 4 Teaching & Non Teaching Female staff - (2 kms) (To wear blue colour T-shirt)

Group - 5 Teaching & Non Teaching Male staff - (2 kms) (To wear blue colour T-shirt)

Group - 6 NCC - (5 kms) (To wear NCC Uniform)

Prizes :- Merit Certificates & Prizes to the Best 05 participants & Certificates to the students that complete the Road Race.

Entry fee :- Rs. 15/- must be paid as the entry fee along with entry form.

Last date to submit entry forms :- January 27, 2020

Meeting of Teachers :- January 29, 2020 at 2.00 pm at SNDT Sports Office, Juhu Campus. Chest Nos. will be provided at the meeting

(Please note that chest numbers have to be given to each participant, hence all entry forms must be given to the Department of Physical Education latest by January 27, 2020.)

SNDT WOMEN'S UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION / STUDENT DEVELOPMENT

SNDT MINITHON ROAD RACE- 2019-20

SNDT Juhu Campus Playground

ENTRY FORM

GROUP NO: _____

CLASS : _____

COLLEGE : _____

SR. NO.	NAME OF THE STUDENTS	SR. NO.	NAME OF THE STUDENTS
1		26	
2		27	
3		28	
4		29	
5		30	
6		31	
7		32	
8		33	
9		34	
10		35	
11		36	
12		37	
13		38	
14		39	
15		40	
16		41	
17		42	
18		43	
19		44	
20		45	
21		46	
22		47	
23		48	
24		49	
25		50	

Total Participates = _____

Total entry fee = _____

 Sports Teacher /
 Teacher-in-charge of Sports

 Principal

Dated :- _____

(Kindly fill-in separate sheets for separate groups)



ABOUT US

Smt. M. M. P Shah Women's College of Arts and Commerce is one of the 7 colleges managed by Seva Mandal Education Society. The motto of the Institution is Empowerment of Women through Quality Education to make them Competent, Self-reliant and Responsible Homemakers, Professionals and Citizens. The college has completed its third NAAC Cycle and recently obtained Autonomy from UGC which has been implemented from June 2019. Apart from the various courses offered in the college, the Department of Psychology offers an Under Graduate in Psychology and Post Graduate Program in Counselling Psychology as well as a one year Post Graduate Diploma in Sports

Themes

Session 1: Understanding and Embracing the Athletic Lifestyle

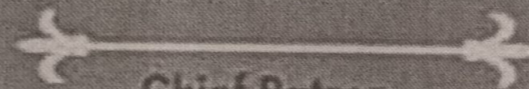
Session 2: Performance Enhancing Nutrition and Dietary Supplements

Session 3: Understanding Coach Athlete Relationship

Session 4: Interview with the Coach-Athlete duo

Session 5: Fitness and Injury Free Sports

Session 6: Dynamics of Motivation in Sports and Physical Activity



Chief Patron

Prof Shashikala Wanjari

Vice Chancellor
SNDT Women's University

Conveners

Dr Shradha Naik

Director, Sports and Physical Education
SNDT Women's University

OUR SEMINAR

The aim of the seminar is to understand and examine Sports Performance through the lens of the 'Mind- Body Connection'. Sports performance is a complex blend of neuromuscular, musculoskeletal, psychological and environmental factors. It is essential to connect these factors and focus on them individually and in unison which results in superior performance.

In this seminar we intend to enlighten the athletes and trainers on this interaction between psychological and physical factors of performance. This understanding shall also help in designing measures for promoting psychological wellbeing and care of athletes and coaches. With the help of these practical solutions and simple tools, one shall be equipped to enhance their potential in the field of sports. The seminar will be an interesting program of interactive sessions and hands-on activities by eminent Speakers.

Organising Secretaries

Ms Reshma Murali

Coordinator, MA

Ms Vaishnavi Kamat

Assistant Professor,

Dept. of Psychology

S.N.D.T. Women's University
Department of
Students' Development

1st Floor, Above Patkar Hall,
1, Nathibai Thackersey Road,
MUMBAI-400 020.



श्रीमती ना. दा. टाकरसी महिला विद्यापीठ
विद्यार्थी विकास विभाग
पहिला वरना, पाटकर हॉल बिल्डिंग,
१, नाथीबाई टाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : 2203 1879 Ext. 260 • Direct : 022-2207 2209 / 2201 8893 Uni. Fax : 9122-22018226 S:NDT
Email id :- dsw@sndt.ac.in/nss@sndt.ac.in • Web : www.sndt.ac.in

June 27, 2019

Ref No.DSD-2019-207

To,
The Principal/HOD/Director
All the conducted & Affiliated Colleges/Departments/Institutions
SNDT Women's University
Mumbai

SUB : SNDT LEADERSHIP TRAINING CAMP FOR LEADERS AT Shantiwan-Nere, Panvel
2019-20

Dear Sir/Madam,

This is to inform you that the Department of Students' Development, SNDT Women's University will be organise Leadership Training Camp at Balwanraji Mehta Panchayatraj Jugruti Kendra Shantiwan-Nere, Panvel on August 1-3, 2019. Colleges/ Departments are requested to select one best student leader having fluency in English, Hindi & Marathi to attend the Camp, so that they can be motivated & transformed into better leaders of tomorrow.

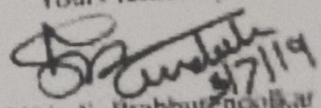
Kindly send the name of one student leader, latest by July 20, 2019 to the Department of Students' Development.

The Mumbai students have to attend the meeting of July 29, 2019 at 2.00 pm at Department of Students' Development Office, Churchgate Campus. All details will be provided at the Meeting. Outstation students will come directly to Churchgate Hostel on July 31, 2019 by 8.00 p.m. Travel fare (to & fro) will have to be borne by the Colleges.

Enclosed herewith is the form to be duly filled in by the College / Department and send to the Department of Students' Development latest by July 20, 2019.

Thanking you,

Yours faithfully,


Dr. Nitin S. Prabhudesai
Dean of Student's (Addl. Charge)

NOTE :- Per head Rs.1000/- (One Thousand Only) will be borne as a camp charges by the students. It includes Lodging, Boarding & Travel expenses.

Contact:
Mr. Visnu Prabhudesai
Secretary
Kushnag Nirvaran Samiti
Shantiwan, Panvel, Nere,
Dist - Raigad - 410 206.
Tel - 9324503020 / 2141238070

Mr. Sanjay Gulkumbkar
Co-ordinator, B.M.P.J.C
Kushnag Nirvaran Samiti
Shantiwan, Panvel, Nere,
Dist - Raigad - 410 206.
Tel - 9833947040 / 2143238070

RECEIVED

9/7/19

ATTENTION

299

FILE



**SNT WOMEN'S UNIVERSITY
DEPARTMENT OF STUDENTS' DEVELOPMENT
LEADERSHIP TRAINING CAMP
SHANTIWAN, NERE, PANVEL
AUGUST 1 to 3, 2019.**

NAME: _____

COLLEGE / DEPARTMENT: _____

CLASS: _____

DATE OF BIRTH: _____

TEL NO: Mobile: _____ (R) _____

Student Signature

Principal Signature with stamp
& College Seal

DECLARATION

I hereby permit my student/ward _____ to participate in the SNT LEADERSHIP TRAINING CAMP at Balwantrai Mehta Panchayatraj Jagruti Kendra Shantiwan-Nere, Panvel from August 1 to 3, 2019 and will not hold the SNT Women's University, Department of Students' Development, responsible in case of any eventuality that may occur during the travel or at the Camp.

DATE:- _____

**SIGNATURE
OF PARENT / GUARDIAN**

SPORTS FEE FORM

To,
The Asst. Director, Sports
Dept. Of Physical Education,
S.N.D.T. Women's University
1, Nathibai Thackersey Road,
Churchgate, Mumbai-400 020

Sub: SUBMISSION OF ANNUAL SPORTS FEE FOR THE YEAR 2019-2020,
SB - 1389101071417- The Finance & Account Officer (Canara Bank)

Dear Madam,

The following Annual Sports fees have been paid via banking online payment gateway process dated _____

The particulars are as under:

SENIOR COLLEGE: (Certificate, Diploma, Under Graduate, Post Graduate)

NEFT / RTGS	Academic Year	Total No. of Students	Annual Sports Fee (Total No of students x Rs.150/-)	Ashwamedh Sports Fee (Total No of students x Rs.30/-)
1)				
2)				

JUNIOR COLLEGE: (XI & XII)

NEFT / RTGS	Academic Year	Total No. of students	Annual Sports Fee Re.1 /- per student	Sports Entry Fee (as per participation in games)
1)				

Dated:

College Name :

College Seal

Principal/Head/Director
Signature



MANIBEN NANAVATI WOMEN'S COLLEGE

(Affiliated to S.N.D.T. Women's University)

Conducted by : SHREE CHANDULAL NANAVATI WOMEN'S INSTITUTE & GIRLS' HIGH SCHOOL,
Vatambhohai Road, Vile Parle (West), Mumbai-400 056.

Tel: 2612 8840, Telefax : 91-22-2617 8196

E-mail : mnecollege@hotmail.com • Website : www.mnwc-sndt.org, www.mnwc-sndt.com

AAC Reaccredited 'A' grade

Chairman Mg. Committee
Dr. Himadri S. Nanavati

Principal
Dr. (Mrs.) Rajshree Trivedi

MNWC/2019-20/728

04-12-2019

To.

Mr. Rahil Dhruva
Prop. Marcos Quay,
Vile Parle (W), Mumbai.

Subject: Requirement of Sports Ground on 7th Dec for Annual Sports Day

Dear Sir,

I am very happy to inform you that our MNWC senior college and TCLV Junior college are organizing one day Annual Sports Day on 7th Dec 2019. We are going to take following sports games on that day-

- 1) Shot put throw
- 2) Throw Ball
- 3) Teen Payachi Langadi
- 4) Long Jump
- 5) Skipping rope race
- 6) 100 Mtr running
- 7) 200 Mtr running
- 8) Dhakalgadi

For this purpose we require sports ground on 7th Dec from 08:00 am to 17:00 pm. I request you to kindly provide sports ground on 7th Dec 2019 as required.

Thank you.

Regards,

(Dr. Rajshree Trivedi)

Principal

G-3A/2019-20/111

Date 14/10/2019

The Principals/Directors/Heads of
all Colleges/Departments conducted
and affiliated to the
SNDT Women's University,
Mumbai

Address of Host College:
SNDT Women's University,
Department of Physical Education
Churchgate - 20

Sports Co-ordinator:
Mis. Beena Pandya
(M) 9920691954

SUB.: SR. INTER COLLEGIATE BADMINTON & BOXING COMPETITIONS, 2019 - 2020.

Dear Sir/Madam

The University Department of Physical Education is pleased to inform you that we will be conducting the Sr. Inter Collegiate Badminton & Boxing Competitions for the year 2019-2020 on November 15-16, 2019 at the Churchgate Campus.

Following are the details of the tournaments.

Sr. No.	Game	Date
1	Arrival of outstation teams at Churchgate Campus	: November 14, 2019 by evening 07 00 pm
2	Opening Ceremony	: November 15, 2019 - 08 30am
3	I C. Badminton & Boxing	: November 30, 2019 - 9.30 onwards
4	Closing Ceremony	: November 16, 2019 - 12 00 pm
5	Departure of teams	: November, 16, 2019- 3.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, Fees Receipt and 12th Marksheet the same may please be filled in and sent to the host College and a copy of the same to the University Department of Physical Education; Mumbai. Last date of sending the entries is October 18, 2019. Kindly make Xerox copies of the forms for different games. Colleges are requested to submit their Annual Sports Fees and Krida Mahotsav (Ashwamedh) Fee for the year 2019-20 without fail.

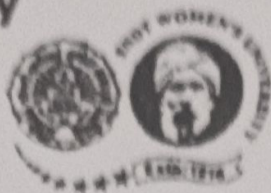
The Team Managers should hand over the Form 'C', Identity Cards, Fees Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are requested to provide information about the number of students, coaches (male and female), team managers (male and female) and date and time of arrival, well in advance, so that necessary arrangements could be made in advance.

Kalyanansir
For
D/looky

RECEIVED ON.....16/10/2019.
ATTEN TO.....544.....
FILE.....

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharshi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ
शारीरिक शिक्षण विभाग

भारत रत्न महर्षी कर्वे विद्याविहार
१, नाथीबाई ठाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

Kindly note the following

- 1) Badminton - Individual and Team Championship - 2 to 4 players
- 2) Boxing - per 1 students weight category

Last year's Winner, Runner-up and Third Place Teams are requested to send the Shields / Trophies properly polished and engraved to the Department of Physical Education immediately

Kindly keep the following points in mind -

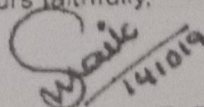
- 1) All the outstation participating teams are requested to come on November 14, 2019 evening to Churchgate Campus and leave on November 16, 2019 evening
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T. A. / D.A. forms, along with list of names of students with signature within a month's time to the Sports Office
- 3) Teams cannot claim for local journey allowance prior and after main train/bus journey
- 4) Teams should come in proper uniform socks & shoes, college placard and college flag for the Tournaments. The flag size should be 1 / 1 ½ mtr
- 5) Teams should report for the tournaments half an hour before schedule time
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
- 7) Team Managers should bring enough money as no snacks will be given to the participants.
- 8) No beds nor bedding will be provided to any one. You are requested to bear up with the accommodation provided at Campus
- 9) Kindly send your entry forms in time
- 10) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter-University Tournaments
- 11) Merit Certificate to the Winners of best 4 Placings and Participating Certificates to the other players will be awarded
- 12) The decision of the judges will be final

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsory attend the Camps

Kindly acknowledge the receipt of this letter.

Thanking you.

Yours faithfully,


14/10/19

Shraddha A. Naik (PhD)
Director of Sports & Physical Education

G-3A/2019-20/68

Date: 07/08/2019

The Principals/Directors/Heads of all Colleges/Departments conducted and affiliated to the SNTD Women's University, Mumbai.

Address of Host College:
SNTD Women's University,
Department of Physical Education,
Churchgate - 20

Sports Co-ordinator:
Mis. Beena Pandya
(M) 9920691954

SUB.: SR. INTER COLLEGIATE CHESS, YOGA & Rope Mallkhamb COMPETITIONS, 2019 - 2020.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that we will be conducting the Sr. Inter Collegiate Chess, Yoga, & Rope Mallkhamb Competitions for the year 2019-2020 on August 29-30, 2019 at the Churchgate Campus.

Following are the details of the tournaments.

Sr. No.	Game	Date
1.	Arrival of outstation teams at Churchgate Campus	: August 29, 2019 by Morning 10.00 am
2.	Opening Ceremony	: August 29, 2019 - 2.00 pm
3.	I.C. Chess, Yoga, & Rope Mallkhamb	: August 29 - 30, 2019 3.00 pm onwards
4.	Closing Ceremony	: August 30, 2019 - 02.00 pm
5.	Departure of teams	: August 30, 2019- 3.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet. Fees Receipt and 12th Marksheet the same may please be filled in and sent to the host College and a copy of the same to the University Department of Physical Education, Mumbai. Last date of sending the entries is August 23, 2019. Kindly make Xerox copies of the forms for different games. Colleges are requested to submit their Annual Sports Fees and Krida Mahotsav (Ashwamedh) Fee for the year 2019-20 without fail.

The Team Managers should hand over the Form 'C', Identity Cards, Fees Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are requested to provide information about the number of students, coaches (male and female), team managers (male and female) and date and time of arrival, well in advance, so that necessary arrangements could be made in advance.

RECEIVED ON..... 9/8/2019.....
ATTEN TO..... 376.....
FILE.....

Handwritten notes:
Apolesis
Kor
8/8/19

S.D.T. Women's University
Department of Physical Education

Bharati Ratna Maharshi Karve Vidyavihar,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. दा. डाकरसी महिना विद्यापीठ
सांख्यिक शिक्षण विभाग
भारत रत्न महर्षी कर्वे विद्याविहार
१, नाथीबाई ठाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

Kindly note the following

- 1) Chess-Individual and Team Championship - 2 to 4 players
- 2) Yogasana- Individual and Team Championship -1 to 6 players

Last year's Winner, Runner-up and Third Place Teams are requested to send the Shields / Trophies, properly polished and engraved to the Department of Physical Education immediately

Kindly keep the following points in mind :-

- 1) All the outstation participating teams are requested to come on August 29, 2019 morning to Churchgate Campus and leave on August 30, 2019 evening.
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T. A. / D.A. forms, along with list of names of students with signature within a month's time to the Sports Office.
- 3) Teams cannot claim for local journey allowance prior and after main train/bus journey.
- 4) Teams should come in proper uniform, socks & shoes, college placard and college flag for the Tournaments. The flag size should be 1 / 1 ½ mtr.
- 5) Teams should report for the tournaments half an hour before schedule time.
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
- 7) Team Managers should bring enough money as no snacks will be given to the participants.
- 8) No beds nor bedding will be provided to any one. You are requested to bear up with the accommodation provided at Campus.
- 9) Kindly send your entry forms in time.
- 10) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
- 11) Merit Certificate to the Winners of best 4 Placings and Participating Certificates to the other players will be awarded.
- 12) The decision of the judges will be final.

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsory attend the Camps.

Kindly acknowledge the receipt of this letter.

Thanking you,

Yours faithfully,

Dr. Nitin S. Prabhulendekar,
Assistant Director of Physical Education, (Addl. Charge)

S.N.D.T WOMEN'S UNIVERSITY
SB, INTER COLLEGIATE YOGASANA COMPETITION

Syllabus, Rules & Regulations for Inter Collegiate / Inter University Yoga Championship

Part A (Compulsory Yogic Exercises for Women) (1 min)

1) ASANAS

Sarvangasana

Paschimottasana

Dhanurasana

Karna Pidasana

2) Surya Namashkar (in Twelve counts)

3) Shat Kriyas

Jal Neti or Sutra Neti/ Rubber Neti

Shit Karam Kapalbhati (Jal Kapalbhati)

(water intake through mouth and out through nostrils)

Part B (Optional Yogic Exercise – Select any three respectively) (30 sec)

1. Vatayanasana

2. Purna Bhujangasana

3. Purna Matasyendrasana

4. Ekapad Shirasasana

5. Ardha Badh Padmotanasana

6. Kurmasana

7. Natrajasana

8. Rajkapotasana

1. Inter Collegiate Yoga Championship shall be held for girls separately in the asanas and kriyas (Exercises).
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five participants will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.
 - I. One round of Surya Namaskar (in twelve count)
 - II. One minute for each compulsory asana
 - III. 30 Seconds for each Optional asanas
 - IV. Within two minutes each for Sutraneiti/ Rubhneti, Jalneti and Jal Kapalbhati.

4. Yogic Exercise of Part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

5. Marks for Part A and Part B are as follows:

a) Surya Namaskar - 10 marks

b) Four compulsory Asanas - 40 marks

c) Two Shat Kriyas - 20 marks

Part B: Three Optional Asanas - 30 marks

Total 100 marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section .

7. The sequence of participating teams shall be drawn by the organizing College

8. Dress : The Women competitors will wear the following dresses in their College colour
Short and sports shirts / Gymnastics costume

9. The judge will be free to move around in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.

10. The efficiency of the Yogic exercise will be Judged on the basis of degree of flexibility required in each exercise , duration of retention of the position, calmness and final position maintained therein.

11. All the participating Colleges will be submitting the list of their competitors (not more than six in each section) along with the list of yogic exercise of their choice in the meeting .

Note

1. The word "Exercise" appearing in the rules means "kriyas, Yogic asana and Surya Namaskar."

2. The detail of asanas are given in the book "light of Yoga" by B.K.S. Iyanger.



MANIBEN NANAVATI WOMEN'S COLLEGE

BEST COLLEGE 2018-2019 Awarded by SNDT Women's University, Mumbai

(Affiliated to S.N.D.T. Women's University)

Conducted by : SHREE CHANDULAL NANAVATI WOMEN'S INSTITUTE & GIRLS' HIGH SCHOOL
Vallabhbai Road, Vile Parle (West), Mumbai-400 056

Tel.: 2612 8840, Telefax : 91-22-2617 8196

E-mail : mnwcollege@hotmail.com • Website : www.mnwc-sndt.org

UAC Reaccredited 'A' grade
Governing Body
Chairman Mg. Committee
S. Himadri S. Nanavati

Principal
Dr. (Mrs.) Rajshree Trivedi

Date :

Date: 03/10/2019

MINWC/2019-20/571

The Head inspector,
Juhu Police station
V M Road, Yamuna Nagar,
Nehru Nagar, Vile Parle West
Juhu, Mumbai, 400056.

Subject: Letter of request to permit a Walkathon on October 10 2019

Respected Sir,

This is to inform you that the M.A Psychology students of ManibenNanavati Women's College, for the occasion of World's Mental Health Day, would like to host a walkathon from our college to Tulip star at Juhu on **October 10 2019 from 8:30 a.m. to 10:45 a.m.**

Mental health is a very important topic, the awareness of which is very important for both the youth and the adults. The walkathon will comprise of the students of our college and faculty in raising awareness on this very important topic using slogans and posters as well as providing any information with regard to mental health and suicide prevention.

This walkathon will be very helpful for our future generation in combatting negative mental health and helping others for the same. It would be of great help if you could permit us for this event and be a part of this noble cause and provide required support for the same.

Looking forward to a positive response soon.

Thanking You,

Yours Sincerely,

Principal

Dr. (Mrs). Rajshree P. Trivedi
Principal

Maniben Nanavati Women's College,
Vile Parle (West), Mumbai - 400 056.

2021-22

LIST OF STUDENTS 2021-22

- 1) Nikita Butjya - MNW College, Vile-Parle
- 2) Pallavi Kalkutgi - C. B. shah College, Sangli
- 3) Shivani Bhilare - SNDT Arts & Comm. College Pune
- 4) Sakshi Jadhav - SNDT Arts & Comm. College Pune
- 5) Shruti Shirke - MNW College, Vile-Parle
- 6) Tanvi Loke - MNW College, Vile-Parle
- 7) Alisha Manswri - MNW College, Vile-Parle
- 8) SIMRAN Negi - MNW College, Vile-Parle
- 9) Akshata Ghadge - SNDT Arts & Comm. College Churchgate

S.N.D.T. Women's University
Department of Physical Education

Dhansu Ramo Maharshi Kerve Vidyalaya,
1, Nethuram Therasany Road,
Mumbai-400 020.



श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ

शासिक शिक्षण विभाग

धनुस राम मारशी कर्वे विद्यालय
१, नेथुराम ठाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email - physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

G-8 B/ 2021-22/9

Date :- 11/04/2022

To
Principal

RECEIVED ON... 13/4/22
ATTEN TO... 43
FILE.....

SUB :- Khelo India University Games at Jain University, Bangalore.

Dear Sir/Madam,

I am happy to inform you that our University stood 5th Position in All India Inter University Mallachamb Tournament & Selected for Khelo India University Games at Jain University, Bangalore from April 23 to 27, 2022. If any Students have Exam Please Consider & arrange for Re-Exam. Students Name are as follows

Students Name	Name of the College
1. Musaan Navulk Kapadia	SVT College, Juhu
2. Siddhi Janardhan Ambre	Arts. & Comm. College, Churchgate
3. Akshata Rajendra Surve	Arts. & Comm. College, Churchgate
4. Bhoomi Chaman Bhalerao	MNW College, College, Vile-Parle
5. Barkha Vijay Sinha	MNW College, College, Vile-Parle
6. Nidhi Ramashare Yadav	MNW College, College, Vile-Parle

Thanking You

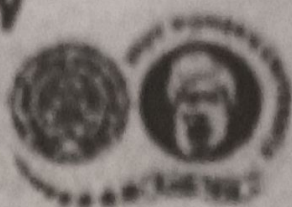
Yours faithfully

[Signature]
12/4/22
Dr. Subhash Waghmare
Director of Sports & Physical Education (Addl. Charge)

Ramadan
Ran
13/4/2022
RSM
11/4/22

N.D.T. Women's University
Department of Physical Education

Special Post: Mahatma Kave Vidyapeeth,
1, Nehru Park, Thakursey Road,
Mumbai-400 030



श्रीमती वा. दा. डाकरती महिला विद्यापीठ
शारीरिक शिक्षण विभाग
महानगर मुंबई येथील
१, नेहरु पार्क, ठाकरसे रोड,
मुंबई-४०००३०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1281
Email - physicaledu@ndt.ac.in • Website : www.ndt.ac.in/students.htm

G-3A2021-2281

Date: 08/02/2022

The Principals/Directors/Heads of
all Colleges/Departments conducted
and affiliated to the
SNDT Women's University
Mumbai.

Address of Host College:
SNDT Women's University,
Department of Physical
Education,
Churchgate - 20

Sports Co-ordinator:
Ms. Geena Pandya
(M) 9820091954

SUB - SR. COLLEGE TAEKWONDO & POOMSAA SELECTION TRAIL, 2021 - 2022.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that we will be conducting the **Senior College Taekwondo & Poomsaa Selection Trail for the year 2021-2022** on February 18, 2022 at the Churchgate Campus at Badminton Court Time - 11:00 am. Onward per College per Weight Category only 1 students allowed to take part in selection Trail. Bring own Equipment for Trail.

*Raindraam
Rm
11/2/2022*

Yours faithfully,

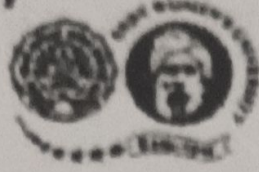
Dr. Shubhash Waghmare
Director of Sports & Physical Education (Addl. Charge)

*Rm
8/2/22*

RECEIVED ON..... 12/2/2022
ATTEN TO..... 417
FILE.....

S.T. Women's University
Department of Physical Education

Ratna Maharsi Karve Vidyavihar,
1, Jashwanth Trackersey Road,
Mumbai-400 030.



श्रीमती मा. दा. टाकरती महिला विद्यापीठ
भारतीय शिक्का विभाग
महाराष्ट्र शासकीय शिक्का विभाग
१, जशवंत टाकरसी रोड,
मुंबई-४०००३०.

Telephone : +91-22- 2200 7027 (D). +91-22-2203 1879 Ext. 1261
Email :- physicaledu@snt.ac.in • Website : www.snt.ac.in/students.htm

Date 14/02/2022

G-3A/2021-22/86

The Principals/Directors/Heads of
all Colleges/Departments conducted
and affiliated to the
SNT Women's University
Mumbai

Address of Host College:
SNT Women's University
Department of Physical
Education
Churchgate - 20

Sports Co-ordinator
Mrs. Beena Randa
(M) 9920891254

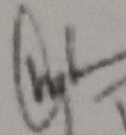
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425
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SUB: SR. COLLEGE HANDBALL SELECTION TRAIL, 2021 - 2022.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that we will be conducting the **Senior College Handball Selection Trail for the year 2021-2022** on February 25, 2022 at the C. B. Shah College, Sangli Time - 10.00 am. Onward University Coaching Camp to be held at Sangli College from 28/02/2022 to 04/03/2022. Those who selected for team she will accompany the team to participate at the West Zone Inter University Handball Tournament from March 08 to 12, 2022 at IIS University Jaipur. Those students not selected will be sent back home.

Yours faithfully,


14/2/22

Dr. Shubhash Waghmare
Director of Sports & Physical Education (Addl. Charge)

Randam
15/2/2022

BSM
14/2/22

G-3A/2022-23/129

Date : 28/10/2022

The Principals/ Directors/Heads of
All college / Departments conducted
And affiliated to the SNDT Women's
University

Address of Host College :
Principal
S.N.D.T Arts & Commerce College
for Womens

Maharshi Karve Vidyavihar,

Karve Road, Pune - 411038 Tel : 020 - 25431153

collegepune@sndt.ac.in

Sports In- Charge:

Ms. Radhika Raut

Sports Teacher

(M) 09764294060

radhikaraut13@gmail.com

RECEIVED ON.....11/11/2022.....

ATTEN TO410.....

FILE.....

SUB: SR. INTER COLLEGIATE BADMINTON, TABLE TENIS, WRESTLING & TAECKWONDO 2022-23.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that S.N.D.T Arts & Commerce College for Women's Pune will be conducting the Sr. Inter Collegiate Badminton, Table Tennis, Wrestling & Taekwondo Competitions for the year 2022-23 on Nov 15 & 16, 2022. Following are the details of the tournaments.

Sr. No.	Game	" Date "
1	Arrival of outstation teams at Campus	: November 14 th , 2022 at 07.00 pm
2	Opening Ceremony	: November 15 th , 2022 at 10.00 am
3	I.C Badminton, Table Tennis, Wrestling & Taekwondo Competition	: November 15 th , 2022 at 10.30 am Onward
4	Closing Ceremony	: November 16 th , 2022 at 12.00 pm
5	Departure of teams	: November 16 th , 2022 at 04.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, the same may be please be filled it and bring the original form to competition venue. Last date of sending the entries is November 1st, 2022. Kindly make Xerox copies of the forms for different games.

The Team Managers should hand over the Form 'C', Identity Cards, Fees Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are requested to provide information about the number of students, coaches (male and female) team managers (male and female) and date and time of arrival, well in advance, so that necessary arrangements could be made in advance. A Meeting to draw out the fixtures will be held on November 15th, 2022 at 7.30 am at the College Campus. Besides sending your entry, you are requested to kindly telephone the Department of Sports and the host college about your participation.

Kindly note the following :

- 1) Badminton - 04 players
- 2) Table Tennis - 04 players
- 3) Taekwondo - 08 players

Radhika Raut
31/10/2022

Wrestling - 08 players

Last year's Winner, Runner-up and Third Place Teams are requested to send the Medals / Trophies, properly polished and engraved to the Department of Physical Education immediately.

Kindly keep the following points in mind:-

- 1) All the outstation participating teams are requested to come on November 14th, 2022 morning and leave on November 16th, 2022 evening.
 - 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T.A. / D.A forms along with list of names of students with signature, within a month's time to the Sports Office.
 - 3) Teams cannot claim for local journey allowance prior and after main train/ bus journey.
 - 4) Teams should come in proper uniform, socks & shoes, college placard add college flag for the Tournaments. The flag size should be 1×1 ½mtr.
 - 5) Teams should report for the tournaments half an hour before schedule time.
 - 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
 - 7) Team Managers should bring enough money as no snacks will be given to the participants
 - 8) A payment of Rs.250/- per day per person × 2 days have to be given to the host Colleges of Mess Charges. A payment of Rs. 100/- per person for 2 days have to be given to the host College as a accommodation Charges.
 - 9) No beds nor bedding will be provided to anyone. You are requested to bear up with the accommodation provided at Campus.
 - 10) Kindly send your entry forms in time.
 - 11) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
 - 12) Merit Certificate to the Winners of best 4 Placing and Participating Certificate to the other players will be awarded.
 - 13) The decision of the judges will be final.
- Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching camps and the selected players have to compulsory attended the Campus.

Kindly acknowledge the receipt of this letter.

Thanking you.

Yours faithfully,

sd/-

Dr. Subhash Waghmare
Director of Sports & Physical Education. (Addl. Charge)

SR. INTER COLLEGIATE TAECKWONDO COMPETITIONENTRY FORM

Name of the College : _____

Sr.No	Weight Category	Name of the Students
1	Not exceeding 46 Kg	
2	Over 46 & not exceeding 49 Kg	
3	Over 49 & not exceeding 53 Kg	
4	Over 53 & not exceeding 57 Kg	
5	Over 57 & not exceeding 62 Kg	
6	Over 62 & not exceeding 67 Kg	
7	Over 67 & not exceeding 73 Kg	
8	Over 73 Kg	

Note :-

One player for one weight category only

(Teachers Signature)_____
(Signature of Principal)

2022-23

S.N.D.T. Women's University
Department of Physical Education

Bharat Ratna Maharshi Karve Vidyavihal,
1, Nathibal Thackersey Road,
Mumbai - 400 020



श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ
भारत रत्न महर्षी कर्वे विद्याविहाय

श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ
शारीरिक शिक्षण विभाग

भारत रत्न महर्षी कर्वे विद्याविहाय
१, नाथीबाई ठाकरसी मार्ग,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22-2203 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/students.htm

RECEIVED ON.....10/2/2023

ATTEN TO.....585

FILE.....

Date :- 08/02/2023

G- 28 2022-23 242

To,
Principal

SUB:- SPORTS ADVENTURE CAMP RATNAGIRI,
FEBRUARY 28 TO MARCH 2, 2023

Dear Sir / Madam

The Department of Physical Education will be conducting the Sports Adventure Camp 2023 at Ratnagiri on February 28 to March 2, 2023 in collaboration with MKSSSS's BCA College Ratnagiri.

The interested students are requested to join the Sports Adventure Camp on a payment of Rs. 1,500/- per person which includes lodging, boarding, adventure, travel (to & fro), prizes & certificates. Kindly fill in the forms and send the same by February 14, 2023. Mumbai students are requested to attend the Meeting on February 17, 2023 at 12.00 am at Churchgate Campus.

Thanking You,

Yours faithfully,

Sd/-

Rajinder Singh
R/S
9/2/23

Dr. Vilas Nandavadekar
Director of Sports & Physical Education. (Addl. Charge)

**SPORTS ADVENTURE CAMP
RATNAGIRI
February 28 to March 2, 2023**

PARTICIPATION FORM

Name: _____
Class: _____
College: _____
Res. Address: _____

Res. Tel.: _____ (M) _____
Father's Name: _____
Mother's Name: _____
Date of Birth : _____ Fee : Rs. 1,500/-

Student Signature

Principal Signature

DECLARATION FORM

I hereby permit my daughter _____
to participate in the **Sports Adventure Camp** at Ratnagiri from **February 28**
to March 2, 2023. I shall not hold the SNDT Women's University, Department of
Physical Education, responsible in case of any eventuality that may occur.

Parent Signature

Date:- _____

S.N.D.T. Women's University
Department of Physical Education

Chanel Ruina, Maharashtra Karve Vidyapeeth,
1, Nathibai Thackersey Road,
Mumbai-400 020.



श्रीमती ना. बा. टाकरसी महिला विद्यापीठ
शारीरिक शिक्षण विभाग

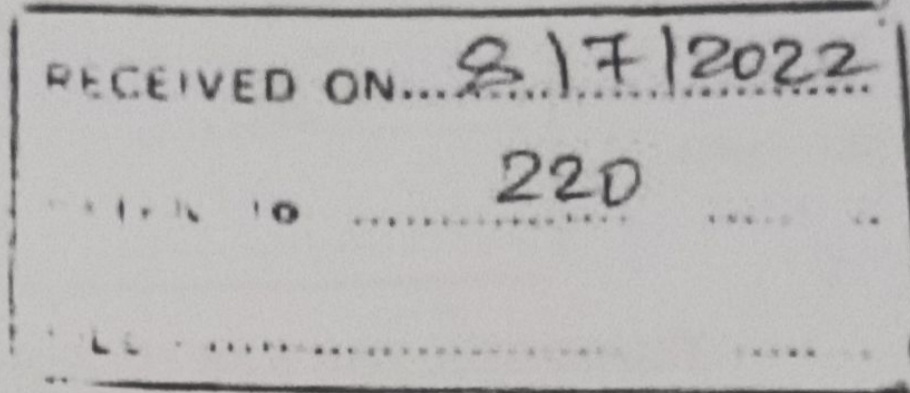
चानेल रुना मराठी कॉलेज विद्यापीठ
१, नाथीबाई ठाकरसी रोड,
मुंबई-४०००२०.

Telephone : +91-22- 2200 7027 (D), +91-22- 2200 1879 Ext. 1261
Email :- physicaledu@sndt.ac.in • Website : www.sndt.ac.in/vaidartha.htm

G-34/2022-23/ 35

Date :- 1st July 2022

To,
Principal
T.C.L.V Women's College,
Vallabhnagar Road,
Vile Parle (West),
Mumbai - 400 056



SUB : ANNUAL PRIZE DISTRIBUTION PROGRAMME, 2019-20 & 2021-22

Dear Sir / Madam,

The Department of Physical Education will be conducting the Annual Sports Prize Distribution Programme in collaboration with the Sports Teachers Meeting on July 07, 2022 at the Committee Room, Churchgate Campus.

Your College will be receiving the following award :-

- 1) Overall Best (Sr.) Inter Collegiate Team – III Place 2019-20
- 2) Participate in Khelo India Inter University Tournament 2021-22
 - a) Bhoomi Bhatnagar
 - b) Barkha Sinha
 - c) Nidhi Yadav

Kindly send your Sports Teachers attend for the Meeting and 3 students to receive the award.

Thanking You,

Yours faithfully,

Randerson
12/06
8/7/2022

Dr. Subhash Waghmare
Director of Sports & Physical Education (A.S.S) Charge

RECEIVED ON... 25/11/2022
 ATTN TO 489
 FILE.....

Date : 25/11/2022

G-3A/2022-23/157

The Principals/ Directors/Heads of
 All college / Departments conducted
 And affiliated to the SNTD Women's
 University

Address of Host College :
 SNTD Women's University
 Department of Physical Education
Sports Co-ordinator:
 Mis. Beena Pandya
 (M) 9920691954

SUB: SR. INTER COLLEGIATE CHESS, YOGA, FENCING 2022-23.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that Department of Sports & Physical Education will be conducting the Sr .Inter Collegiate Chess, Yoga, Fencing Competitions for the year 2022-23 on December 11th, 2022.
 Following are the details of the tournaments.

Sr. No.	Game	" Date"
1	Arrival of outstation teams at Campus	: December 10 th , 2022 at 05.00 pm
2	Opening Ceremony	: December 11 th , 2022 at 08.00 am
3	I.C Chess, Yoga, Fencing, Competition	: December 11th, 2022 at 8.15 am Onward
4	Closing Ceremony	: December 11th, 2022 at 04.30 pm
5	Departure of teams	: December 11th, 2022 at 05.30 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, the same may be please be filled it and December 05th ,2022. Kindly make Xerox copies of the forms for different games.

The Team Managers should hand over the Form 'C', Identity Cards, Fees Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are requested to provide information about the number of students, coaches (male and female) team managers (male and female) and date and time of arrival, well in advance, so that necessary arrangements could be made in advance.

Kindly note the following :

- 1) Chess - 06 players
- 2) Yoga - 06 players
- 3) Fencing - 02 players Each Event

Last year's Winner, Runner-up and Third Place Teams are requested to send the Shields /Trophies, properly polished and engraved to the Department of Physical Education immediately.

Kindly keep the following points in mind:-

- 1) All the outstation participating teams are requested to come on December 10th, 2022 Event and leave on December 11th, 2022 evening.
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T.A. / D.A forms along with list of names of students with signature, within a month's time to the Sports Office.
- 3) Teams cannot claim for local journey allowance prior and after main train/ bus journey.
- 4) Teams should come in proper uniform, socks & shoes, college placard add college flag for the Tournaments. The flag size should be $1 \times 1 \frac{1}{2}$ mtr.
- 5) Teams should report for the tournaments half an hour before schedule time.
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
- 7) Team Managers should bring enough money as no snacks will be given to the participants
- 8) A payment of Rs.250/- per day per person \times 2 days have to be given to the to the host Colleges of Mess Charges.
- 9) No beds nor bedding will be provided to anyone. You are requested to bear up with the accommodation provided at Campus.
- 10) Kindly send your entry forms in time.
- 11) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
- 12) Merit Certificate to the Winners of best 4 Placing and Participating Certificate to the other players will be awarded.
- 13) The decision of the judges will be final

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsary attended the Campus.

Kindly acknowledge the receipt of this letter.

Thanking you.

Yours faithfully,

Sd/-

Dr. Subhash Waghmare
Director of Sports & Physical Education. (Addl. Charge)

RECEIVED ON..	14/9/2022
ATTEN TO.....	337
FILE.....	

G-3A/2022-23/ 75
 The Principals/ Directors/Heads of
 All college / Departments conducted
 And affiliated to the SNTD Women's
 University

Date : 08/09/2022
 Address of Host College :

Principal
 Smt. Sushiladevi Malharrao Desai
 Kanya Mahavidyalaya Peth Vadgaon
 Dist. Kolhapur - 416112
 Tel No. 0230 - 2471589
 Email Id : smdkanya@gmail.com
 Sports In-Charge :
 Mr. Pritish Patil
 (M) 09049127778

SUB: SR. INTER COLLEGIATE VOLLEYBALL, KHO-KHO, HANDBALL, TUG OF WAR, KABADDI, BASKETBALL, ATHLEHCS MEET & ROAD RACE 2022-23.

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you that Smt. S.M.Desai Kanya Mahavidyala, Peth Vadgaon Kolhapur will be conducting the SR. Inter Collegiate Volleyball, Kho-Kho, Handball, Tug of War, Kabaddi, Basketball, Athletics Meet Competitions for the year 2022-23 on Oct. 08-09-10-11, 2022.

Following are the details of the tournaments.

Sr. No.	Game	" Date"
1	Arrival of outstation teams at Campus	: October 08 th , 2022 by Morning 10.00 am
2	Opening Ceremony	: October 08 th , 2022 - 3.30 pm
3	I.C Volleyball, Kho-Kho, Handball, Tug of War, Kabaddi, Athletics, Basketball, Road Race Competition.	: October 08-09-10-11, 2022 4.30 pm onward
4	Closing Ceremony	: October 11 th , 2022 - 2.30 pm
5	Departure of teams	: October 11 th , 2022 - 5.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, the same may be please be filled it and sent to the host College and a copy of the same to the University Department of Physical Education, Mumbai. Last date of sending the entries is September 26th, 2022. Kindly make Xerox copies of the forms for different games. Colleges are requested to submit their Annual Sports Fees and Krida Mahotsav (Ashwamedh) Fee for the year 2022-23 without fail.

*Ramdas
 For
 13/9/2022*

The Team Managers should hand over the Form 'C', Identity Cards, Fees Receipt, 12th Marksheet and Flags to the Organising Secretary on arrival. You are requested to provide information about the number of students, coaches (male and female) team managers (male and female) and date and time of arrival, well in advance, so that necessary arrangements could be made in advance. A Meeting to draw out the fixtures will be held on October 8th, 2022 at 11.30 am at the College Campus. Besides sending your entry, you are requested to kindly telephone the Department of Sports and the host college about your participation.

Kindly note the following :

- 1) Volleyball – 12 players
- 2) Kho-Kho - 12 players
- 3) Kabaddi – 12 players
- 4) Basketball – 8 to 12 players
- 5) Handball - 8 to 12 players
- 6) Tug of War – 9 players
- 7) Athletics – Each Athletes can take part in 4 Events + Relays and in each Event should have 2 Athletes + One Reserve only.

Last years Winner, Runner-up and Third Place Teams are requested to send the Shields /Trophies, properly polished and engraved to the Department of Physical Education immediately.

Kindly keep the following points in mind :-

- 1) All the outstation participating teams are requested to come on October 8th, 2022 morning and leave on October 11th 2022 evening.
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T.A. / D.A forms along with list of names of students with signature, within a month's time to the Sports Office.
- 3) Teams cannot claim for local journey allowance prior and after main train/ bus journey.
- 4) Teams should come in proper uniform, socks & shoes, college placard add college flag for the Tournaments. The flag size should be 1×1 ½mtr.
- 5) Teams should report for the tournaments half an hour before schedule time.
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
- 7) Team Managers should bring enough money as no snacks will be given to the participants
- 8) A payment of Rs.150/- per day per person × 3 days have to be given to the to the host Colleges of Mess Charges. (Revised amount will be circulated soon)
- 9) A payment of Rs. 100/- per day per person for 3 days have to be given to the host College as a accommodation Charges.
- 10) No beds nor bedding will be provided to anyone. You are requested to bear up with the accommodation provided at Campus.

- 11) Kindly send your entry forms in time.
- 12) As per AIU rules, only students who are less than 25 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
- 13) Merit Certificate to the Winners of best 4 Placing and Participating Certificate to the other players will be awarded.
- 14) The decision of the judges will be final.
- 15) Please fill in the consolidated form attached herewith for Athletics correctly, without any mistakes. The Athletic meet participants require to be placed into heats, hence colleges are requested to please send their consolidated entry form to Sports Office, Churchgate Campus as per the deadline i.e **September 26th, 2022**.
- 16) At the Opening Ceremony, flag hoisting and March Past will be held. Hence please get your College flag and come properly dressed in your sports uniforms with socks and shoes.
- 17) Participants must bring 8 safety pins with them for pinning of Chest Nos.
- 18) A deposit of Rs. 200/- will be charged from each college for the Chest Nos.

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsorily attend the Campus.

Kindly acknowledge the receipt of this letter.

Thanking you.

Yours faithfully,

Sd/-

Dr. Subhash Waghmare
Director of Sports & Physical Education. (Addl. Charge)