
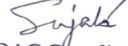



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**दयानन्द आर्य कन्या महाविद्यालय**  
 आर्य विद्या सभा द्वारा संचालित  
 (Regd. under Societies Act. XXI)  
 जरीपटका, नागपुर ४४००१४.



## Brief Report

### Brief Report of Project / Field/ Internship Work (1.3.3)

Name of the Project Undertaken	Significance of Sports Women's	
Academic Session	2019-20	
Organizing Department/ Committee	<b>Physical Education</b>	
Total Number of Students Participated in the Project	20	
Brief Report	<p>The Project entitled “<b>Significance of Sports Women's</b>” was undertaken by the Department of <b>Physical Education</b> during the session of 2019-20 under the guidance of Internal Quality Assurance Cell of the Institution. <b>Total 20</b> students participated in the project activity and successfully completed the project. The completion certificate has been given to the students. All students found it very interesting to learn through the experiential learning. They enjoyed the project work.</p>	
Criterion :1	Metric no-1.3.3	
Signature of Co-Ordinator	Signature & Stamp of IQAC Co-Ordinator	Signature of & Stamp of Principal
	 <b>IQAC Coordinator</b> Dayanand Arya Kanya Mahavidyalaya Jaripatka, Nagpur	 <b>Principal</b> Dayanand Arya Kanya Mahavidyalaya Jaripatka, Nagpur

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## Students Information

S.N.	Name of Student	Program	Class
1	Khushi Turukmane	Significance of Sports Women's	BCOM III
2	Somya Sharma	Significance of Sports Women's	BCOM III
3	Mitali Dhanwate	Significance of Sports Women's	BCOM III
4	Aayushi Atkar	Significance of Sports Women's	BCOM III
5	Anjali Aherwar	Significance of Sports Women's	BCOM III
6	Kashish Sahare	Significance of Sports Women's	BCOM III
7	Aachal Yadav	Significance of Sports Women's	BCOM III
8	Akshaya Deware	Significance of Sports Women's	B COM III
9	Amanpreet Kaur	Significance of Sports Women's	B COM III
10	Janshi Raut	Significance of Sports Women's	B COM III
11	Khushi Tabhane	Significance of Sports Women's	B COM III
12	Komal Chouhan	Significance of Sports Women's	B COM III
13	Nitu Bramhe	Significance of Sports Women's	B COM III
14	Prema Khubchandani	Significance of Sports Women's	B COM III
15	Sakshi Kolhatkar	Significance of Sports Women's	B COM III
16	Tamanna Rangari	Significance of Sports Women's	B COM III
17	Akanksha Dohare	Significance of Sports Women's	B COM III
18	Giraja Dhakate	Significance of Sports Women's	B COM III
19	Shruti Bodele	Significance of Sports Women's	B COM III
20	Shaisha Ali	Significance of Sports Women's	B COM III



**Front Page of Project**

# **Significance Of Sports Women's**

## **Women's Contribution to Physical Education and Sports”**

- ▶ **Definition of Physical Education**
- ▶ **Physical Education is a course taught in school, college that focuses on developing Physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. kids also develop skills necessary to participate in a wide**

range of activities, such as Soccer, Basketball, Volleyball, or Swimming.

## **What Is Women's Day & Why Do WE Celebrate It?**

Celebrated on March 8 every year, International Women's Day is a dedicated to honoring the achievements of women throughout history and all across the globe, and is typically a day for women from all different backgrounds and cultures to band together to fight for gender parity and women's rights.

## **Why Is National Women's Day Important?**

▶ International Women's Day is a global day celebrating the social, economic, Sports, Cultural and Political achievements of women. The Day also

marks a call to action for  
accelerate

▶ ting gender parity.



### *Greatest Sports Achievements by* Indian

women Sania Mirza is an Indian professional tennis player. A former doubles world No. 1, she has won six Grand Slam titles in her career. From 2003 until her retirement from singles in 2013, she was ranked by the Women's Tennis Association as India's No. 1s  
Sania Mirza began playing tennis at the age of six, turning professional in 2003. She was trained by her father. Mirza won 10 singles and 13 doubles

titles as a junior player. She won the 2003 Wimbledon Championships Girls' Doubles title, partnering Alisa Kleybanova.

Tournament: Australian Open, French Open, H...

Born: 15 November 1986, Mumbai

Profession: Tennis player Sport: Tennis

## *PV Sindhu Badminton*



**NEW DELHI:** A momentous gold at the world championships more than made up for P V Sindhu's otherwise ordinary run in the circuit, while teenager Lakshya Sen ensured that Indian men's badminton had a strong future to look forward to in a mixed bag that was 2019.

After two silvers and two bronze medals, Sindhu finally fetched India its first-ever World Championships gold in the sport but spent rest of the year struggling for form.

Inconsistent world-conqueror PV Sindhu, fast-rising Lakshya steer Indian badminton in 2019

After two silvers and two bronze medals, Sindhu finally fetched India its first-ever World Championships gold in the sport but spent rest of the year struggling for form.

Published: 23rd December 2019 Updated: 30th December 2019

*Weight Lifting Karanam*

*Malleswari*



- ▶ [Karman Malleswari](#) -
- ▶ At the 2000 Sydney Olympics, Malleswari lifted 110 kg in the "snatch" and 130 kg in the "clean and jerk" categories for a total of 240 kg. She won the bronze medal and became the first Indian woman to win an Olympic medal. She is also the first and only Indian woman weightlifter to win an Olympic medal.

## *Kavita Raut MARATHON EVENT*



**Kavita Raut, 31:** Kavita Raut, who hails from Nashik, holds the current national record for 10 km road running with a



timing of 34:32. She also holds the current national record with a timing of 1:12:50 seconds in the half marathon event. She will join the likes of OP Jaisha and Sudha Singh in the woman's marathon event at Rio 2016 Olympics. She has also won the bronze medal in 10,000 meters race at the 2010 Commonwealth Games and became the first Indian woman athlete to spot a medal at the Commonwealth Games. She also won silver medal in the 10,000 meter event at the Asian Games back in 2010. She has been a very consistent performer for India since her young age and will make the Indian marathon contingent strong. She is a recipient of Arjuna Award and Suvarna Ratna Awards in Sports Category. She is currently employed with Oil and Natural Gas Corporation (ONGC). She is married to Mahesh Tungar, who is a mechanical engineer at Maharashtra Power Generation Company in Nashik.

**Event-** Marathon (women)

## **Sakshi Malik wrestler**



Sakshi Malik is an Indian freestyle wrestler. At the 2016 Summer Olympics, she won the bronze medal in the 58 kg category, becoming the first Indian female wrestler to win a medal at the Olympics.



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**ARYA VIDYA SABHA'S**

**DAYANAND ARYA KANYA  
MAHAVIDYALAYA**

**Jaripatka, Nagpur.**

**'Skill Development Course'**

**Organised By**

**Department of Home Economics**

**CERTIFICATE**

This is to certify that Ku. Khushi Turukmane

Student Of **B COM III** participated in "**SKILL Development**

**Short - Term Certificate Course**" from 2019 to Nov 2020.



**Co-Ordinator**

**Principal Dr.Meena Balpande  
Anilkumar**

**Dept. of Physical Education  
DAKM, Nagpur**

  
Principal  
Dayanand Arya Kanya Mahavidyalaya  
Jaripatka, Nagpur

**Dr.Shradha**

**DAKM, Nagpur**

