

SHRI NARSING ART'S & COMMERCE COLLEGE
AKOT, DIST AKOLA

(Website – www.nacc.ac.in)

Certificate Course

***Certification Course in Importance
of Sport in Student Life***

(Academic Year 2021-22)

SHRI NARSING ART'S & COMMERCE COLLEGE AKOT, DIST- AKOLA

(Add On Course in Importance of Sport in Student Life)

Time-Table

2021-22

Sr.No	Date	Time	Unit
01	01/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - I
02	03/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - I
03	04/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - I
04	05/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - II
05	06/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - II
06	07/01/2022	1.30 to 2.30 2.30 to 3.30	Unit- II
07	08/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - III
08	10/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - III
09	11/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - III
10	12/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - IV
11	13/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - IV
12	14/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - IV
13	15/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - V
14	16/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - V
15	17/01/2022	1.30 to 2.30 2.30 to 3.30	Unit - V



Pradeep
Offl. Principal
Shri Narsing College
(Art. & Com.) AKOT

SHRI NARSING ART'S & COMMERCE COLLEGE AKOT, DIST AKOLA

Syllabus for the Certificate Course in Importance of Sport in Student Life

(Duration – 30 Hours)

(Total Marks – 100)

Unit I- Weight Lifting

(20 Marks)

1) Snatch

2) Jurk

2) Unit II- Power Lifting

(20 Marks)

1) Squat

2) Bench Press

3) Dead left

3) Unit III- Wrestling

(20 Marks)

1) Putthi

2) Bangle

3) Dhak

4) Unit IV- Judo

(20 Marks)

1) Hariegoshi.

2) Weachmata

3) Haraigoshi

5) Unit V- Kho-Kho

(20 Marks)

1) Running Skill

2) Chasing Skill



Pallu
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(Art. & Com.) AKOT

SHRI NARSING ARTS & COMM. COLLEGE AKOT DIST AKOLA

Add on Course

Dept. of Physical Education

Daily Attendance (2021 - 2022)

Date

Sr.No.	Name of Students	Class	Singnature
1	Ajani Dinesh Patel	B.A.I	A.D. Patel.
2	Aachal ganesh Kale	B.A.I	A. G. Kale.
3	Aditya Ashok Kulalkar	B.A.I	A.Kulalkar
4	Bharti Raju Gawai	B.A.I	B. R. Gawai
5	Aishwarya Kisan Bodkhe	B.A.I	A. Bodkhe
6	Arti Dnyaneshar Gawai	B.A.I	A. Gawai
7	Bharti Sunil Bhosale	B.A.I	B. Bhosale
8	Arti Mulidhar Raut	B.A.II	A. Raut
9	Shruti Ganesh Gawande	B.A.II	S. G. Gawande
10	Shubhangi Rajesh Tayade	B.A.II	S. Tayade
11	Satish Dadarao Wankhade	B.A.II	S. Wankhade
12	Sakshi Dilip Kolhe	B.A.II	S. D. Kolhe
13	Snehal Mahadevrao Mende	B.A.II	S. Mende
14	Aachal Prakash Nare	B.A.III	A. Nare
15	Roshani Dnyandeorao Nitone	B.A.III	R. Nitone
16	Jaya Baliram Awandkar	B.A.III	J. Awandkar
17	Gayatri Prakash Bpche	B.A.III	G. Bpche
18	Vijaya Baliram Awandkar	B.A.III	V. Awandkar
19	Sujata Pramod Aware	B.A.III	S. Aware
20	Monika Vishnu Rajruru	B.A.III	M. Rajruru



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4	Bharti Raju Gawai	B.A.I	B.R. Gawai
5	Aishwarya Kisan Bodkhe	B.A.I	A. K. Bodkhe
6	Arti Dnyaneshar Gawai	B.A.I	A. D. Gawai
7	Bharti Sunil Bhosale	B.A.I	B. S. Bhosale
8	Arti Mulidhar Raut	B.A.II	Arti M. Raut
9	Shruti Ganesh Gawande	B.A.II	Shruti G. G.
10	Shubhangi Rajesh Tayade	B.A.II	S. R. Tayade
11	Satish Dadarao Wankhade	B.A.II	Satish D. Wankhade
12	Sakshi Dilip Kolhe	B.A.II	Sakshi D. Kolhe
13	Snehal Mahadevrao Mende	B.A.II	S. M. Mende
14	Aachal Prakash Nare	B.A.III	A. P. Nare
15	Roshani Dnyandeorao Nitone	B.A.III	R. D. Nitone
16	Jaya Baliram Awandkar	B.A.III	J. B. Awandkar
17	Gayatri Prakash Bpche	B.A.III	V. B. Awandkar
18	Vijaya Baliram Awandkar	B.A.III	V. B. Awandkar
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	8	Arti Mulidhar Raut	B.A.II	A. M. Raut
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	13	Snehal Mahadevrao Mende	B.A.II	Sakshi
	14	Aachal Prakash Nare	B.A.III	Snehal
	15	Roshani Dnyandeorao Nitone	B.A.III	Aachal
	16	Jaya Baliram Awandkar	B.A.III	Roshani
	17	Gayatri Prakash Bpche	B.A.III	Jaya
	18	Vijaya Baliram Awandkar	B.A.III	G. Vijaya
	19	Sujata Pramod Aware	B.A.III	Sujata
	20	Monika Vishnu Rajruru	B.A.III	Monika



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Basu
Offi. Principal
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(Art. & Com.) Akola
Principal

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7	Bharti Sunil Bhosale	B.A.I	भारती.सु. भोसले
8	Arti Mulidhar Raut	B.A.II	A. M. Raut
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10	Shubhangi Rajesh Tayade	B.A.II	S. Tayade
11	Satish Dadarao Wankhade	B.A.II	Satish
12	Sakshi Dilip Kolhe	B.A.II	Sakshi Kolhe
13	Snehal Mahadevrao Mende	B.A.II	S. Mende
14	Aachal Prakash Nare	B.A.III	आचल नरे
15	Roshani Dnyandeorao Nitone	B.A.III	रोशनी नितोने
16	Jaya Baliram Awandkar	B.A.III	J. B. Awandkar
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4	Bharti Raju Gawai	B.A.I	<i>(Signature)</i>
5	Aishwarya Kisan Bodkhe	B.A.I	<i>(Signature)</i>
6	Arti Dnyaneshar Gawai	B.A.I	A. Gaware
7	Bharti Sunil Bhosale	B.A.I	Bharti. Bhosale
8	Arti Mulidhar Raut	B.A.II	Arti. Raut
9	Shruti Ganesh Gawande	B.A.II	<i>(Signature)</i>
10	Shubhangi Rajesh Tayade	B.A.II	Shubha
11	Satish Dadarao Wankhade	B.A.II	<i>(Signature)</i>
12	Sakshi Dilip Kolhe	B.A.II	Sakshi. Kolhe
13	Snehal Mahadevrao Mende	B.A.II	S. Mende
14	Aachal Prakash Nare	B.A.III	<i>(Signature)</i>
15	Roshani Dnyandeorao Nitone	B.A.III	Roshni Niton
16	Jaya Baliram Awandkar	B.A.III	<i>(Signature)</i>
17	Gayatri Prakash Bpche	B.A.III	<i>(Signature)</i>
18	Vijaya Baliram Awandkar	B.A.III	<i>(Signature)</i>
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