

Students & Sports Activity Centre

Courses Offered

Sr No	Code	COURSE NAME	Coordinator
1	SAC101	Students Activity and Sports	NAGRALE P. S. & SIMON ROBIN

Faculties of Students & Sports Activity Centre

Name: Dr. Prashant S. Nagrale
Post: Lecturer-Physical Education
Date of birth: 30th September 1970
Date of Joining: 26th August 2006
Date of Retirement: 2035
Address: Shanti Kunj Nivas Appartment, 3rd Floor ,
Ring Road Trimurti Nagar. Nagpur 22
Educational Qualification: M.Com. , M. P. Ed., NET, Ph.D.
Professional Qualification: NSNIS- Certificate Course in Cricket
Specialization: Cricket
Participation: Kabaddi - Intercollegiate tournaments, District and Open National
Hockey- Inter Collegiate & Inter Directorate Tournaments
Contact No.: 8275872225



Name: Dr. Robin F. Simon
Post: Lecturer-Physical Education
Date of birth: 4th February 1971
Date of Joining: 17th May 2006
Date of Retirement: 2036
Address: Flat No. 106 Shiv Residency Barde Lay out Nagpur-440013



Educational Qualification: B. Sc., M. P. Ed., NET, Ph.D.

Specialization: Badminton

Participation: Represented Nagpur University in West Zone Inter University Tournament, Represented Nagpur District in State level Tournaments

Contact No.: 9422124434

Variety of programmes conducted by faculties of Physical Education

Programmes	Detail	Remarks
SASC 101- Audit Course	As mentioned in Course offered for 1 st year B.Tech./B.Arch. for the year 2013-14	Compulsory for First Year UG students
Physical Efficiency Test	Level 1: <ul style="list-style-type: none">• 12 Minute Run or walk: Test of VO2 Max• 100 meter Run: Test of Speed• Sit and Reach Test: Test of Flexibility of hip joint and Hamstring Muscle• One Minute Sit up test: Test of Abdominal strength• Push ups: Test of Shoulder strength – Endurance Level 2: <ul style="list-style-type: none">• 800 meter Run: Test of Endurance• Shuttle Run: Test of Coordinative ability• Standing Broad Jump: Test of Explosive strength• One Minute Sit up test: Test of Abdominal strength• Sit and Reach Test: Test of Flexibility of hip joint and Hamstring Muscle	Physical fitness of every first year student is examined by conducting compulsory physical efficiency tests. Students are free to take part in higher level of Physical Efficiency Test which is competitive in nature
Medical Examination	Compulsory Medical examination is also conducted for every first year student in coordination with the Medical Officer	This activity is helpful in knowing the health problems of the students before hand, so that accordingly the students are advised the suitable physical fitness program
Sports medicine Research Lab	Physiological parameters to be tested: BMI, Total Body Fat analysis, Visceral Fat, Biological Age, Basal Metabolic Rate, Calorie consumption, Resting Respiratory Rate, Resting Pulse Rate, Abdominal Strength, Exercise Heart Rate, Leg strength, Back strength, Cardiovascular fitness	Physiological parameters related with physical fitness of staff and students are also examined through Sports Medicine Lab equipments
Fitness program	Weight management program	Students are suggested appropriate physical fitness program according to their Physical

	Fitness program for strength, Endurance, Flexibility, Coordinative ability and Speed Conditioning and Training program for Institute Team	Efficiency Test Score by the faculties of physical education. Overweight and underweight students are also given appropriate weight gain and weight loss programs by the faculties of physical education
Intramural	<p style="text-align: center;">Odd Sem:</p> Football, Volleyball, Throw ball, Table Tennis, Chess and Badminton <p style="text-align: center;">Even Sem:</p> Kabaddi, Kho-Kho, Basketball Cricket and Lawn Tennis.	Students are provided proper platform by engaging them in round the year intramural competitions, which help them in shaping up their personality
League Tournament	Cricket, Volleyball, Football, Basketball and Chess	various sports league tournaments are coordinated for the students where they form various teams among themselves and play friendly matches among themselves during their leisure time
Coaching Camp	Basketball, Chess, Kabaddi, Kho-Kho, Football, Table Tennis and Volleyball	Coaching camps for various sports are organized for selected teams
Health Talks	<ul style="list-style-type: none"> • Components of Health • Factors determining health • Effects of exercise on various Physiological systems • Postural deformities • Talks on wellness • Benefits of physical activities in day to day life 	Regular talks are organized for the students on health benefits of physical activities. Faculties of physical education is planning to organize the first aid training camp for every first year student
AIU/All India Inter NIT / Local Tournament	Central Zone/ All India Inter University tournaments, All India Inter NIT Tournaments Local tournaments "Krik Mania"	Students are provided various level of competitive platform for exhibiting their talents. The inter collegiate invitational Cricket Tournament –Krik- Mania Tournament is being organized since past 17 years

Achievements of VNIT in Various Tournaments:

Sr. No.	Game	Organized by	Duration	Performance	Remark
			2009-10		
	Football	VNIT-Sports Fest	23 rd to 25 th January 2010	Winner	
	Table Tennis(M)			Winner	
	Cricket			Winner	
			2010-11		
	Cricket			Runner up	
	Football			Runner up	

Volleyball

Runner up

		VNIT-Sports Fest	21 st to 23 rd of January 2011		
	Table Tennis(M)			Runner up	
	Table Tennis(W)			Winner	
	Badminton(M)			Runner up	
	Badminton(W)			Winner	
	Basketball(M)	Winner			
			2011-12		
	Football	VNIT-Sports Fest	20 th to 22 nd of January 2012	Winner	
	Table Tennis(M)			Winner	
	Basketball(M)			Winner	
	Chess			Runner up	
	Table Tennis (W)	Udghosh 2011-12 IIT Kanpur	22 nd to 24 th of September 2011	Runner up	
	The Football (M)	IGNIS 2011-12 NIT Surat	from 22 nd to 25 th of March 2012	Winner	
	Basketball (M)		Runner up		
	Badminton (W)		Runner up		
			2012-13		
	Kabaddi(M)	NIT Trichi	2 nd Feb to 5 th Feb'2013	Third Place	
	Table Tennis(M)			Third Place	
	Kho-Kho(M)	NIT surat	1 st to 3 rd of March 2013	Winner	Mr. Ravi Kumar best player of the tournament
	Badminton(W)			Winner	Miss Aditit Pandit best player of the tournament
	Basketball(M)	Dr. Punjabrao Deshmukh Sports Festival		Winner	
	Volleyball (M & W)	NIT Warangal	3 rd to 5 th of January 2014	Girls- 3 rd Position	Paramveer Kang was awarded with best player of the tournament
	Kho-Kho (M)	NIT Surathal	9 th to 12 th January 2014	Winner	Jagdish Patil got the best All Rounder of the tournament award
	Athletics	NIT Trichi	9 th to 12 th of February 2014	Bronze Medal-5000 Mtr. Women 4 X 400 Mtr.Relay-	Ravi Kumar got the Bronze Madhuri Meshram, Alvira Shaikh, Pallavi Vijay Wanshi and Shrutika

				Silver Medal	Singh got the Silver Medal
	Badminton (M &W)			Boys S/F	
	Basketball (M&W)			Women –S/F	
	Chess (M&W)			Men- Runner Up Women-Third Place	Sudeep Jha got the First Board Prize Kalyani Jagtap got the first Board Prize
	Kabaddi (M)			S/F	

Photo Gallery:



