

लेवा एज्युकेशनल युनियन संचलित  
**डॉ. अण्णासाहेब जी. डी. बेंडाळे**  
**महिला महाविद्यालय, जळगाव**  
संलग्न : कवयित्री बहिणाबाई चौधरी  
उत्तर महाराष्ट्र विद्यापीठ, जळगाव (महाराष्ट्र)  
नेक पुनर्मूल्यांकित 'अ' श्रेणी (३.१२ सी जी पी.ए.)  
(तिसरी फेरी), आय.एस.ओ. ९००१:२०१५ मानांकित



Estd. : 1984

Lewa Educational Union's  
**Dr. Annasaheb G. D. Bendale**  
**Mahila Mahavidyalaya, Jalgaon**  
Affiliated to Kavayitri Bahinabai Chaudhari  
North Maharashtra University Jalgaon (M.S.)  
NAAC Re-Accredited 'A' Grade (3.12 CGPA) (3<sup>rd</sup> Cycle),  
ISO 9001: 2015 Certified

**Prof. Gauri M. Rane**  
(M.Sc.Ph.D.)  
Principal

### Report of Activity

- ❖ Name of the Programme : Basketball Game Fitness & Exercise workshop
- ❖ Date of the Programme : 7/03/2024
- ❖ Venue of the Programme : College Campus
- ❖ Number of Participants : 17 Students
- ❖ Brief summary of the programme:

Department of Physical Education & Sports organized the workshop on Basketball Game Fitness & Exercise on 7/03/2024 from 10 am to 5 pm. Gulabshaha Ansari (Mumbai), Ani Paul(Nagpur) Shalaka Jamadar (Kolhapur) guided how to play Basketball Game Fitness & Exercise effectively. She talked about the fundamental skills like Cardio Training, Strength Training, Agility Drills, Shooting and Ball Handling Stretching and Recovery Team Coordination, effectively and defensive techniques. She gave valuable information to Players for improving overall fitness and basketball practice matches to enhance players performance. She discussed defensive strategies and improving overall Basketball IQ.



**Dr Anita Kolhe**  
**Director of Physical**  
**Education & Sports**



**Dr Annasaheb.G.D.Bendale Mahila Mahavidyalay, Jalgaon**  
**Department of Physical Education & Sports**  
**Basketball Game Fitness & Exercise workshop**  
**Gulbshaha Ansari(Mumbai), Ani Paul (Nagpur), Shalaka Jamdar (Kolhapur)**  
**7- March-2024**

Sr No	Player Name	Class	Sign
1	Suhani Pramod Patole	FYBcom	
2	Nikita Bandu Pawar	FYBA	N. P. P.
3	Manasi Santosh Parbhane	FYBCA	Manasi Parbhane
4	Dipali Sanjay Aswar	FYBA	D. S. Aswar
5	Chetana Sanjay Patil	FYB	C. S. Patil
6	Bhagyshri Kautik Chaudhari	TYBcom	
7	Divya Samadhan Deshmukh	TYBCA	DD
8	Divya Ramchandra Patil	TYBCA	D. R. Patil
9	Bhavna Punjoo Patil	TYBCA	
10	Dipali Namdev Patil	TYBcom	D. Patil
11	Khushi Dinesh Shriwastav	FYBA	
12	Sarala Ravindra Aswar	TYBA	Sarala Aswar
13	Rohini Vikas Sutar	FYBA	Rohini Sutar
14	Bhagyshri Kautik Chaudhari	TYBcom	
15	Divya Samadhan Deshmukh	TYBCA	D. S. S.
16	Divya Ramchandra Patil	TYBCA	
17	Bhavna Punjoo Patil	TYBCA	B. P. Patil

  
**Dr Anita Kolhe**  
**Director**  
**Physical Education & Sports**