



GONDWANA UNIVERSITY, GADCHIROLI

(Established by Government of Maharashtra Notification No. MISC -(2007/(322/07) UNI -4 Dated 27th Sept. 2011 & presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No. VI of 2017)

OFFICE OF THE PHYSICAL EDUCATION & SPORTS

Dr. Anita M. Lokhande (Director)
Mo.9420511560
directorsportsgondwanauni@gmail.com

MIDC Road, Complex, GADCHIROLI - 442 605 (M.S)
☎ 07132-223104/ 223109 Fax : 07132-223104
registrar.gondwanauniversity@gmail.com

No. Phy. Edu./ 57 / 2019-20

Date:- 20 / 06 / 2019

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

Subject :- Regarding Entries of Sports and Games ,in Inter Collegiate Tournament / Competition 2019 - 2020.

R/Sir/ Madam,

The organization of Games & Sports will be held in the first week of August 2019. therefore send your college Entries in prescribed proforma, with entry fees. Degree and post Graduation Degree college students are eligible to participate in the tournaments /competition . The Colleges those are participating in different events can enrolled by Demand Draft in the name of Finance and Account officer Gondwana University, Gadchiroli before 20th July 2019.

Note :-

- 1) The Team member or students participating in Inter collegiate tournaments awarded 10 Marks as an incentive (credit) Marks.
- 2) Teams/Competitor Secured 1st, 2nd, 3rd place awarded 15 Marks.
- 3) Players selected in Inter University teams awarded 25 Marks as an incentive marks.
- 4) There will be no competition /Tournaments if the No. of Entries of the teams will be Less than 6 teams.

You are requested to send your college teams in maximum number.

Thanking You.



(Dr. Anita Lokhande)
Director
Physical Education & Sports
Gondwana University Gadchiroli.



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LIST OF EVENTS & ENTRY FEES FOR INTER COLLEGIATE TOURNAMENT 2019-20. LAST DATE ENTRY FEES 20TH JULY 2019

Sr. No.	Events	Entry Fess	
		Men Rs.	Women Rs.
1	ATHLETICS	300=00	300=00
2	ARCHERY	300=00	300=00
3	BALL BADMINTON	250=00	250=00
4	BOXING	300=00	300=00
5	BEST PHYSIQUE	250=00	-----
6	CIRCLE STYLE KABADDI	300=00	300=00
7	CROSS COUNTRY	250=00	250=00
8	FENCING	300=00	300=00
9	MALKHAMB	250=00	250=00
10	HOCKEY 5 S	300=00	300=00
11	JUDO	250=00	250=00
12	KORF BALL(MIX)	300=00	300=00
13	NET BALL	300=00	300=00
14	POWER LIFTING	250=00	250=00
15	SEPAK TAKARAW	300=00	300=00
16	SOFT BALL	300=00	300=00
17	TEAKWONDO	300=00	300=00
18	TUG OF WAR	300=00	300=00
19	WRESTLING (GRECO ROMAN STYLE)	250=00	250=00
20	WRESTLING (FREE STYLE)	300=00	300=00
21	WEIGHT LIFTING	250=00	250=00
22	SWIMMING	300=00	300=00
23	YOGASAN	250=00	250=00
24	HALF MARATHONS	250=00	250=00
25	5 KM. WALKING (WOMEN)	-----	250=00
26	BADMINTON	250=00	250=00
27	BASKET BALL	250=00	250=00
28	CHESS	250=00	250=00
29	CRICKET	300=00	300=00
30	FOOT BALL	300=00	300=00
31	HAND BALL	250=00	250=00
32	HOCKEY	300=00	300=00
33	KABADDI	250=00	250=00
34	KHO-KHO	250=00	250=00
35	TABLE TENNIS	250=00	250=00
36	VOLLEY BALL	250=00	250=00
37	CYCLING ROAD (DEMONSTRATION BASIS)	300=00	300=00
38	WUSHU	300=00	300=00
39	SHOOTING	300=00	300=00
40	ROWING	300=00	300=00
41	LATE FEE (PER EVENT)	200=00	200=00



Anita

(Dr. Anita Lokhande)
Director

Physical Education & Sports
Gondwana University Gadchiroli.

Copy to :-

The Finance & Account Officer, Gondwana University, Gadchiroli



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No. Phy. Edu./ 57 / 2019-20

Date:- 20 / 06 / 2019

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

Subject :- Regarding Nomination on selection Committees/Manager/ Coach for the session 2019-20.

Sir / Madam,

As per the relevant Rule No IX (4) of Hand Book of Rules and Regulations for the Inter Collegiate/ Inter University tournament, College sending its team to participate in tournament , shall appoint full time Employee responsible male or female Prof/Coach as manager of the team.

You are therefore, requested to nominate only Accredited Representative (Coach, Manager) to accompany your teams / Athletes for participation .in different Levels of Game & Sport 2019 – 20 for smooth conduct of sporting events.

Please send ,information of your college Lecturer in Physical Education in duly filled in proforma. Under No Circumstances name of your college Lecturer is nominated on the selection Committee & Manager/Coach of the University team shall be Cancelled ,this is for your kind information and necessary action.

This may Please be treated as most important.

Thanking You.




(Dr. Anita Lokhande)
Director

Physical Education & Sports
Gondwana University Gadchiroli.

GONDWANA UNIVERSITY, GADCHIROLI
OFFICE OF THE
PHYSICAL EDUCATION
Information Of Lecturer in Physical Education

Name of the college:-----

Sr.No	Name of the Lecturer in Phy.Edu.with Mo.No.	<u>In which Games/ sports like to perform duties</u>			Specialization		Official Examination Passed in Games if yes give details.	
		Selection Committee	Manager	Coach	Games	level/ organization	Game	Level

Signature
Lecturer in physical Education

Signature
Principal



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Date:- 20/06/2019

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

C I R C U L A R

Subject :- Conduct of Physical Education Classes for the College Students.

Sir / Madam,

This is to inform you that all under-Graduates students in all faculties except exempted as per provisions made there in ordinance No. 3 of the University who opt for physical education, should attend Physical Education Periods Thrice a Week as per provisions made in the Ordinance No. 3 Physical education Classes shall commence from 15th July and continue up to 31st January, every year.

Every students shall attend a minimum of 60 periods in a session and each period of Physical Education shall be of 30 Minutes Duration. They should attend such classes in proper uniform. The Lecturer in Physical Education should maintain Regular Attendance Registers and Dairies showing details of the work done throughout the session and submit them to the Principal of the college for inspection.

Regular Physical Education classes be conducted by the Lecturer in Physical Education of the college so that students achieve the university standard prescribed for the Physical Efficiency Test. These classes shall be conducted every day morning and or in the Evening in batches of not more than sixty (60) students. Attendance at these classes shall be compulsory and subject to the discipline of the college.

Principal is requested to forward a copy a Time Table of Physical Education Classes of current year to this office positively and follow the provisions made in the Ordinance No. 3. of the university.

Annual Physical Efficiency Test shall be conducted in every college in the month of January 2020 and Results, Reports concerning annual Physical Efficiency Test should be forwarded to the undersigned by the 10th February 2020 for information and such action as it may deem necessary by the Board of Physical Education.

The College shall make all arrangements for the conduct of Physical Efficiency Test and also provide all the facilities for promoting Physical Education, Game & Sports for students (Adequate Play Ground, Equipment, Gymnasium, Journals book etc.,) and it is desired that each college must participate in at least 6 games in Inter Collegiate Tournaments conducted by the University every years.

As per Ordinance No. 3 of the university total amount collected for games and sports, Gymnasium, Physical Efficiency Test should be spent for those purpose only.

Your co-operation is earnestly solicited in organizing various programme of Physical Education Games and Sports for the students as to create awareness regarding Health & Fitness amongst them and to encourage students to participate in the Physical Education & Sports activities.



(Dr. Anita Lokhande)
Director

Physical Education & Sports
Gondwana University Gadchiroli.

Note :- Norms for Physical Efficiency Test for Men & Women are given back.

GONDWANA UNIVERSITY, GADCHIROLI.
DEPARTMENT OF PHYSICAL EDUCATION
NORMS FOR PHYSICAL EFFICIENCY TEST FOR MEN & WOMEN.

Sr. No.	Factors	Events		Time/Distance		Marks.
		Men	Women	Men	Women	
01	Speed	100 Mtrs.Run	75 Mtrs.Run	From 16 sec.To 11sec	From 14 sec.To 9.5sec	0-100
02	Agility	Long Jump or High Jump	Long Jump	From 10-20 ft. From 3.6 to 5ft.	From 7.6 to 15 feet.	0-100
03	Endurance	800 Mtrs.	Skipping	From 3.30 Sec.	From 100 Jumps (in two Minutes	0-100
04	Strength	Dand & Baithakas or Surya Namskar	Sit ups Or Surya Namaskar	From 20-40 To 75-100 Or From 12-48	From 5 to 20 In one minutes or From 10 to 30	0-100
05	Skill & Strength	Shot Put (16lbs)	Shot Put (8 lbs)	From 11 to 36 ft.	From 14 to 25 ft.	0-100
06	Suppleness – ASANAS i) Sarvangasan – Men & Women ii) Paschimothanasan – Men & Women iii) Halasan - Men & Women iv) Padmasan - Men & Women v) Dhanurasan - Men & Women vi) Shalbhasan - Men & Women vii) Matsyasan - Men & Women viii) Shavasana - Men & Women ix) Shirsasan – for men x) Mayurasan – For men xi) Tolasan – For women xii) Bhujangasan – For Women			Sarvangasan & Shavasana are compulsory Asanas for both Men & Women and any three from the remaining eight as students choice.		
					Total	100

For compulsory Asanas – 25 Marks.	0-50
For Students Choice - 10 Marks	0-30
General Impression - 20 Marks.	0-20
Total - 100 Marks.	Total 100

CLASSIFICATION – TABLE

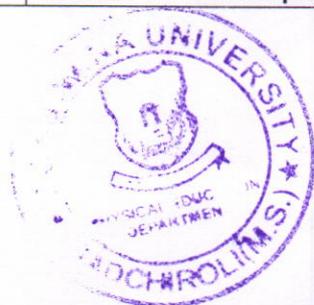
Distinction in any item – 90% and above . But a candidate must obtain 50% in other items.

A – Grade -70 percent & above

B- Grade -50 percent & above

CLASSIFICATION OF REMUNERATION / EXTERNAL EXAMINER / INTERNAL EXAMINER

01	FROM THE SAME TOWN (External Examiner)	Rs. 2/- per students subject to a minimum of Rs. 200/- plus. Rs. 30/- per session as conveyance allowance at District place and Rs. 20/- per session at all other place.
02	Internal Examiner	Rs. 2/- per students to a minimum of Rs. 200/- for an examination. Rs. 30/- per session conveyance allowance at District place and Rs.20/- per session at all other place per session.
03	REMUNERATION TO HELPAR	Rs. 50/- per head as conveyance allowance shall be paid to helpers. Rs.30/- per day as incidental charges (Chalk, Daily Allowance to clerk. peon etc) may be borne by the college.



(Dr. Anita Lokhande)
 Director
 Physical Education & Sports
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No. Phy. Edu./ 57 / 2019-20

Date:- 20 / 06 / 2019

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

Subject :- Annual Sports Calendar of Inter Collegiate Games & Sports for the year 2019-20.

R/ Sir,

As per the established practice the annual sports calendar of Inter collegiate/ university Games & Sports 2019 -2020 will be finalized in the meeting of The Board of Physical Education and Recreation Gondwana University, Gadchiroli proposed to be held tentatively in the Last week of July 2019.

You are therefore ,requested to send proposals in prescribed proforma by the Principal of the college, for hosting sporting competition at your campus.

If interested the proposals completed in all respect may be submitted to the Dept. of Physical Education before by **10th July 2019** positively ,failing which no claim will be entertained thereafter.

We would appreciate an early action in this regard .

Thanking You.



Your Sincerely.

(Dr. Anita Lokhande)
Director

Physical Education & Sports
Gondwana University Gadchiroli.



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To,

The Principal,
All Participated College / HOD,PGTD,
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Tentative dates of Inter Collegiate Tournament for the Year 2019-20.

Sr.No	Game / Event	Tentative Date of Tournament
1	Cross Country (M& W)	18/07/2019
2	Swimming (M&W)	20/07/2019
3	Badminton (M)	22/07/2019
4	Badminton (W)	23/07/2019
5	Chess (M&W)	25/07/2019
6	Boxing (M&W)	14/08/2019
7	Tug Of War (M&W)	16/08/2019
8	Basket Ball (M&W)	21/08/2019
9	Archery (M&W)	24/08/2019
10	Wushu (M& W)	27/08/2019
11	Volley Ball (M & W)	03/09/2019
12	Kabaddi (M & W)	06/09/2019
13	Judo (M&W)	08/09/2019
14	Wrestling (M&W)	13/09/2019
15	Wrestling Free Style & Greco Roman Style (M&W)	14/09/2019 To 16/09/2019
16	Kho -Kho (M & W)	15/09/2019
17	Malkhamb (M& W)	15/09/2019
18	Cycling (M&W)	17/09/2019
19	Athletics Selection Trails (Ashwamedh)	17/09/2019
20	Power Lifting & Weight Lifting / (M& W) Best Physique (M)	21/10/2019
21	Ball Badminton (M& W)	22/10/2019
22	Korf Ball (M&W)	05/10/2019
23	Foot Ball (M&W)	07/11/2019
24	Sepak Takaraw (M & W)	09/11/2019
25	Hand Ball (M & W)	13/11/2019
26	Soft Ball (M & W)	15/11/2019
27	Hockey (M & W)	17/11/2019
28	Yoga (M & W)	19/11/2019
29	Hockey 5'S (M& W)	19/11/2019
30	Table Tennis (M& W)	22/11/2019
31	Net Ball (M& W)	02/12/2019
32	Circle Style Kabaddi (M& W)	05/12/2019
33	Taekwondo (M& W)	06/12/2019
34	Fencing (M& W)	08/12/2019
35	Cricket (M& W)	1 st Week of December 2019
36	Annual Athletics Meet (M& W)	1 st Week of January 2020

Note :- Inter collegiate tournaments schedule ,venue & Changes of the tentative dates will be display on the University web site four days before the tournaments.



(Dr. Anita Lokhande)
Director
Physical Education & Sports
Gondwana University Gadchiroli.



GONDWANA UNIVERSITY, GADCHIROLI

DEPARTMENT OF PHYSICAL EDUCATION

Add: MIDC Road, Complex, Gadchiroli-442605

Ph.No. /Fax no. 07132-223104,223109.

Proforma for Collecting Necessary Information from colleges while Inviting Proposals for Hosting Inter Collegiate Tournaments for the year 2019 – 2020.

1. Name of the College _____
2. Proposal for Tournament (S) _____
3. Zone - (Full/ zone) _____
4. Section – (Men/Women) _____
5. Details of sporting infrastructure
 - Play Grounds _____
 - Athletics Track _____
 - Gymnasium Hall _____
 - Swimming Pool _____
6. Please give specifications of each Available facility _____
7. Source of Officiating Officials ,Umpires Referees ,Judges and Scorers _____
8. Details of proposed accommodation For the participating teams & officials _____
 - Men Teams _____
 - Women Teams _____
 - Accompanying officials _____
9. Description of food arrangements for participating teams and officials _____

Dated :-----

Place :-----

Signature
HOD Physical Education Dept.

Signature
Principal