



**Rayat Shikshan Sanstha's**  
**Sou. Mangaltai Ramchandra Jagtap Mahila**  
**Mahavidyalaya, Umbraj**  
**Department of Physical Education and Sports**

**Establishment: 1989**

**Highlights of the Department:**

Our college has been striving for the holistic development of women from the rural area of Karad Tahsil. With the aim of preparing physically, mentally, and socially fit citizens through physical education and sports our college established Department of Physical Education and sports in 1989. The department has been engaged in the developing interest of girls/ women in Sports and Yoga as well as shaping the sportspersons since its establishments. We are very much proud to have state and national level athletes.

We focus on the basic and advanced skills of the games specially Kabaddi, Kho-kho, Volleyball, Cricket, Wrestling, Boxing, Karate and Athletics. Development of physical fitness, mental fitness, physical skills and social skills of students has been focused. We organize coaching camps of various advanced sports skills and physical fitness. Variety of sports activities and intramurals, competitions are being organized by the department throughout the year. Highly qualified and experienced teaching staff is dedicatedly working in the department.

Department runs two short term course entitled 'Yoga' and 'Karate'. National Sports Day, International Yoga Day, Annual Sports Day are being celebrated by the department.

Department has given best national players to the country. Our alumni are performing well in different sectors such as, Indian army, Police and Agnishaman Dal.

Our faculty and students are working hard for the glory of the department and the college.