



C.A.C.P.E.

PROSPECTUS 2013-14



Maharashtriya Mandal's
Chandrashekhar Agashe
College of Physical Education, Pune

FACULTY

Principal

- Dr. N. D. Nimkar - B.A., M.Ed., M.Ed. (Phy.Edn.), M.Phil. Ph.D.,
NIS Cft (Ath),

Associate Professors

- Dr. M. T. Waghchoure - M.A., M.Ed., M.Ed. (Phy.Edn.), M.Phil, Ph.D
NIS (Dip in Kho-Kho & Kabaddi.),
- Dr. S. E. Kangane - M.A., M.Ed. (Phy.Edn.), M.Phil., Ph.D.
NIS Cft. (Basketball)
- Dr. A. F. Shinde - M.Sc, M.Ed. (Phy.Edn.), M.Phil., Ph.D.

Assistant Professors

- Dr. B. S. Pote - B.A., M.P.Ed., M.Phil. Ph.D. NIS Cft. (Ath),
- Dr. S. S. Aher - B.A., M.Ed. (Phy Edn.), M.Phil. Ph.D.
- Dr. U. L. Raje - B.A., M.Com., M.Ed. (Phy. Edn.), Ph.D.
NIS Cft. (Basketball)
- Dr. S. A. Naik - B.A., M.Ed. (Phy. Edn.), Ph.D. NIS Cft. (Ath),
- Dr. S. S. Mahadik - B.Com., M.Ed. (Phy. Edn.), Ph.D.
- Dr. M. N. Deshpande - B.Sc. M.Ed. (Phy. Edn.) Ph.D. NIS Cft. (Ath),
- Dr. A. D. Prabhu - B.A. M.Ed. (Phy. Edn.) Ph.D.
- Dr. Y. H. Bodake - B.Sc, M.Ed. (Phy. Edn.) M.Phil., Ph.D.
- Mr. S. V. More - B.Com, M.Ed. (Phy. Edn.) M.Phil., NIS Cft (Foot Ball)
- Ms. B. N. Sebastian - B.A., M.Ed. (Phy. Edn.)
- Mr. K. K. Upadhyay - B.Com., M.Ed. (Phy. Edn.)
- Mr. D. B. Dhengale - B.A., M.Ed. (Phy. Edn.)

Librarian

Vacant



Maharashtriya Mandal's
**Chandrashekhar Agashe College
of Physical Education,**
Veer Savarkar Nagar Gultekadi, Pune - 411037

Government Grant in aid College
Affiliated to University of Pune, Recognized by
Govt. of Maharashtra & N.C.T.E

Phone : 020-24263012/ 24261872

Web Site : www.agashecollege.org

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1. The Background

The College came into existence due to the persistent efforts of revered Late. Capt. S.V.Damle, Secretary of the Maharashtra Mandal, Pune and his colleagues. It was started by the Mandal in July 1977. It is named as the Chandrashekhar Agashe College of Physical Education after Late Shree Chandrashekhar Agashe, Founder of Brihan Maharashtra Sugar Syndicate. The College is located near the Swargate Bus Stand on the sprawling premises of the Mandal at Gultekdi, Veer Savarkar Nagar, Pune-37

1.1. Vision

To be a National Leader in communicating, creating knowledge and environment about physical activity to enhance the Quality of life for all.



1.2 Mission Statement

- 1) Establish an Autonomous University of Physical Education and Sports that create Sportsmen, Physical Education Facilitators and Administrators.
- 2) Prepare Professionals in Physical Education & Sports
- 3) Provide Student Centered learning community.
- 4) Empower our students with knowledge Base, Skills & Core Values.
- 5) Ensure Quality Accreditations through Academic Programmes.
- 6) Contribute to Campus Wellness.



1.3 Objectives

1. To Develop and Nurture Sportsmen Physical Education Facilitators and Administrators who are globally competent professionals.



2. To provide broad-based experience in physical activity to serve as a foundation.
3. To empower out students with the knowledge base skills, core values that contribute to life long learning
4. To foster research and scholarly activities.
5. To produce creative thinkers, contributing citizens and ethically informed individuals.
6. To preserve sustain and expand traditional physical activities.
7. To ensure access to the disadvantaged and provide for equity.
8. To provide academic, technical and professional leadership to other institutions in the field of Physical Education, Sports and Allied Sciences.

1.4 Courses Offered

The college is affiliated to Pune University NAAC Accredited and is recognized as a Research Centre in Physical Education. It offers the following courses:



Name , Duration

- 1) **Bachelor of Education** – B.Ed.(Physical Education) – 1 year
(a bifocal course –physical education as a compulsory method along with one academic school subject as a second method)
- 2) **Master of Education** – M.Ed.(Physical Education) – 2 years
- 3) **Master of Philosophy** in M.Phil. (Phy.Edu.) Vacational – 2 years
- 4) **Bachelor of Physical Education** B.P.E. 3 years to be introduced this year.

Staff

The College boasts of an eminent faculty, most of them hold Doctorate degrees and have specialized areas. They represent the college in various Government committees and are members of different bodies in Universities. They also have to their credit many publications.

1.5 Prospects of the course

On completion of the courses being offered here, the Graduates, Post Graduates and Research Scholars are qualified for appointments as supervisors, administrators and teachers of physical education, academic subjects & recreation & fitness leaders in schools, colleges, industrial establishments, factories, commercial firms, gymnasium, governmental & non-governmental agencies actively engaged in promoting physical education, sports, recreation and fitness. The college also places students Nationally, Statewise & locally.

2 College Campus:

The College has a spacious and beautiful campus spreading over 32 acres of land where all necessary facilities, essential for all the needs of the college have been provided. The college has well laid out vast play fields for all games and track and play field events. There are two Basketball courts, four Volleyball courts, one Football field, a Hockey field a standard 400 m. Track, an Indian games arena for Kabaddi and Kho Kho, two Handball courts, a multipurpose Indoor hall for Badminton, Table Tennis and Gymnastics. The college proposes to build an Olympic size Swimming pool with diving facilities. A Modern college building has been provided for, which houses the lecture halls, Library and the Administrative offices of the College.

2.1 Infrastructure

College is spread in 32 acres of land with well-equipped ground and facilities It contains

- Administration Building
- 400 mts. Standard Track
- Football field
- 2 Basketball Courts
- 2 Volleyball Courts
- 2 Kho kho fields
- 2 Kabaddi fields
- Aerobic Halls
- Gymnasium
- Indoor Multipurpose hall (Badminton, Gymnasium etc.)
- Human Performance Testing Laboratory

2.2 Excellent Library

The library is one of the best in Maharashtra with about 15,000 books and 50 periodicals. The library services are computerised and connectivity is available on campus.

2.3 Hostels:

The College provides residential accommodation for men and women in limited members. The seats are allotted on a first come first serve basis. Hostels are under the supervision of the Rectors. Rules & Regulations for the welfare of the students and necessary discipline required for group living are strictly enforced. Students are expected to share the duties

involved in keeping hostels and campus clean and tidy. The students shall comply with rules in force which may be amended from time to time. A few members of the faculty also live in the campus.

2.4 Mess :

Boarding facilities have been provided for in the College Premises. All residential students are required to take their meals in the College Mess only.

3 Allied Activities:

The College runs a number of varied courses and activities on popular demand autonomously. They are as follows:

- 1) A Teacher's Certificate Course in Physical Education (T.C.P.Ed.) vocational.
- 2) A Play centre for children aged to 15 years.
- 3) Gymnasium facilities for the society.
- 4) A one month Personality Development Camp for the students of age 12 to 14 years.
- 5) Short summer camp in selected games & sports.
- 6) Basic Swimming Course for beginners.
- 7) Aerobic & Yoga Classes.
- 8) The College runs these professional courses in the holidays.

They are :

- a) Aerobics Instructor Course.
- b) Gym. Instructor Course.
- c) Yoga Instructor Course.
- d) Sports Training Course.

4. Students Achievement :

Many of our students have been honoured with the Shiv Chatrapati Award in their Sports.

The Number of students participates in All India Sports meet every year and brings honors for college and University

5. Practicing Schools :

There are two practicing schools within the college campus for the purpose of practice teaching. Besides this there are twenty other schools where the students get a hands on experience.

6. Conduct and Discipline

Students are required to maintain an excellent conduct both inside and outside the College and hostels. Breach of college rules may result in disciplinary action, including expulsion or rustication from the college. The College reserves the right to make any change(s) in these rules at any time, which will be notified, to the students for compliance. There are separate rules to be maintained in the college, on and off the play fields, in the hostels, at assemblies, in the library etc. A copy of these rules will be provided to each student. Violating the provisions in the rules will be suitably dealt with.

7. Obligatory Anti Ragging Behaviour of Students

In view of the directions of the Hon'ble Supreme Court in the matter to prevent and eliminate the scourge of ragging including any conduct by any student or students whether by worked spoken or written or by an act which has the effect of teasing, treating or handling with rudeness a fresher or any other student, or indulging in rowdy or in-disciplined activities by any student or students which causes or is likely to cause annoyance, hardship or psychological harm or to raise fear or apprehension thereof in any fresher or any other student or asking any student to do any act which such student will not in the ordinary course do and which has the effect of causing or generating a sense of shame, or torment or embarrassment so as to adversely affect the physique of psyche of such fresher or any other student, with or without an intent to derive a sadistic pleasure or showing off power, authority or superiority by a student over any fresher or any other student in all higher education institutions in the country, and thereby, to provide for the healthy development, physically & psychologically, of all students, the University of Pune, in consultation with the Council's, has adopted this Regulation.

The defaulting students will be liable to punishment in accordance with the details given at the website <http://www.ugc.ac.in/notices/updatedraggingnotification.pdf> including expulsion of the defaulting students from the college rolls.

8. Financial Concession

The following facilities are available to students who fulfill the required conditions. Student must submit the requisite application of scholarship within 10 days from the day College reopens.

1. Govt. Backward class scholarship and freeship.
2. Govt. Educational concessions to the children of freedom fighters, service personnel, primary teachers and secondary teachers.
3. Govt. Economically backward class concessions. Candidates

whose annual income in the previous year is less than Rs.15,000/- can only avail of this facility.

Note : Concession No.2 & 3 are not available to M.A. / M.Sc. / M.Com. / L.L.B. (part I and II)

4. Scholarship may not be available for M.Ed. (Phy.Edn.) Course.

9. Scholarships.

Sports Scholarships from SAI are available to meritorious students.

10. College Timings

The Daily working schedule is as follows:

A. **Ground Activities:** Morning : 7.00 a.m. to 8.30 a.m.

Afternoon:4.30 p.m. to 6.00 p.m.

B. **Lectures:** Afternoon :1.00 p.m. to 4.00 p.m.

C. **Library Timings:** 9.00 a.m. to 8.00 p.m. and for more hours before examinations.

D. **College Office Timings:** 11.00 a.m. to 5.00 p.m.

M.Ed. **Lectures:** Afternoon : 12.00 p.m. to 4.00 p.m.

Ground Activities: Afternoon:4.30 p.m. to 6.00 p.m.

- College reserves the right to change the timings as and when required.

ADMISSIONS OFFERED

Courses	No of Seats	
B.Ed.(Physical Education)	120	Aided
M.Ed.(Physical Education)	40	Unaided

- ❖ **B.Ed.(Physical Education)**, is a One (1) year regular Semester system course. Intake capacity is 120 students + 15% Over and above Foreigner students & One (1) Jammu & Kashmir Migrant student over & above intake capacity. Admissions are done as per University of Pune University & NCTE. Admission Norms and Maharashtra Government Reservation Rules. Admission will be given on the basis of entrance exam merit. Classes start from month of July 2013. Admission advertisement is published in all local newspapers & website i.e. www.agashecollege.org.

❖ Eligibility for B.Ed.(Physical Education)

- Bachelor's Degree in Physical Education (B.P.E.) with 45% marks. OR
- Bachelor's Degree with Physical Education as an elective subject with 45% marks. OR
- Bachelor's Degree with 45% marks and having Physical Education subject at the H. S. C. level. OR

- Bachelor's Degree in Physical education with 40% marks OR
- Bachelor's Degree with physical education as an elective subject with 40% marks OR
- Bachelor's Degree with 40% marks and having Physical Education subject at the H. S. C.level and Participated in State/ National/ All India Inter-university/Inter-university competitions in sports recognized by SGFI/AIU/ IOA OR secured 1st/ 2nd/3rd position in Inter School/ Inter Collegiate/Inter Zonal (Group) competitions in sports recognized by SGFI/AIU/IOA OR
- For deputed (in - service candidates i.e. trained physical education teachers / coaches) Graduate with 40% marks, and at least three years of teaching experience.
- A relaxation of 5 % marks be given to the S.C./S.T./D.T.N.T., S.B.C. & O.B.C. categories of Maharashtra state only.

❖ **M.Ed.(Physical Education)**, is a Two (2) years regular Semester system course. Intake capacity is 40 students + 15% Over and above Foreigner students & One (1) Jammu & Kashmir Migrant student over & above intake capacity. Admissions are done as per University of Pune University & NCTE. Admission Norms and Maharashtra Government Reservation Rules. Admission will be given on the basis of entrance exam merit. Classes start from month of July 2012. Admission advertisement is published in all local newspapers & website i.e. www.agashecollege.org.

❖ **Eligibility for M.Ed.(Physical Education)**

- Bachelor's Degree in Physical education (B. Ed. (Physical Education)/B. P. Ed./B. P. Ed. 4 Years Integrated) with 55% marks and participated in State/National/Inter-university competitions in sports recognized by SGFI/AIU/ IOA. OR secured 1st/ 2nd/3rd position in Inter School/ Inter Collegiate/Inter Zonal (Group) competitions in sports recognized by SGFI/AIU/IOA
- A relaxation of 5 % marks be given to the S.C./S.T./D.T.N.T., S.B.C. & O.B.C. categories of Maharashtra state only.

❖ **Reservation of Seats**

S.No	Caste	Percentage	B.Ed. (P.E.) 120 Students	M.Ed.(P.E.) 40 Students
1	S.C	11	13	4
2	S.T	7	08	3
3	V.J.N.T.	13	16	5
4	O.B.C & SBC	19	23	8
5	Open	50	60	20
	Total	100	120	40

❖ HOW TO APPLY

- Before filling in the application form, candidates are advised to read the prospectus carefully and ensure their eligibility for admission, as per the conditions laid down in the Prospectus.
- Candidates are required to apply on the prescribed application form only. Incomplete application would be rejected without assigning any further reasons.
- Cheque/Postal order shall not be accepted for payment of Application form.

❖ Documents to be attached with the Admission form.

Statement of Marks in the Qualifying examination passed

- i. Sports Representative /Achievement Certificate(s)
 - ii. In case of In-Service candidates, No-objection certificate along with the leave sanctioned certificate for the entire course duration.
 - iii. Caste certificate for belonging to the Reserved Category wherever applicable, to be issued by the competent authority
- The fact that a candidate has been allowed to appear in the Entrance Tests and Interviews does not imply that the candidate's eligibility to the course has been verified.
 - The candidates are required to go through the Ordinances for various courses and Syllabus available at the website of Pune University is www.unipune.ac.in

❖ Pattern of Entrance Test for B.Ed. / M.Ed.(Phy.Edu.)

Total 100 Marks

- | | | |
|-----------------|---|----------|
| 1. Written Test | - | 40 marks |
| 2. Ground Test | - | 50 marks |
| 3. Interview | - | 10 marks |

➤ Written Test

The written test will carry a weightage of 40 Marks with 40 Objective questions. The questions will be based on the following syllabus. The Total time for the test will be 45 min

❖ Syllabus of Written Test for B.Ed. (Physical Education) course

The written test will carry a weightage of 40 Marks i.e. 20 Objective questions for 20 marks & 2 Short answers questions for 20 marks. The question based on following syllabus

- I. Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education.
- II. Meaning, Importance, components and factors affecting physical fitness and wellness

- III. Meaning importance of Yoga
- IV. Meaning and components of balanced diet
- V. Latest general rules and regulations of games and sports.
- VI. Sports competitions
- VII. Latest sporting events
- VIII. General knowledge related to games and sports

❖ **Syllabus of Written Test for M.Ed. (Physical Education) course**

- I. Meaning, Definitions, Need, Importance, Objectives, and Principles of Physical Education.
- ii. Foundations of Physical Education: Biological, Sociological, Psychological, Scientific basis of Physical Education, Exercise Science and Sport
- iii. Meaning, need and importance of fitness and wellness
- iv. Career Avenues: National and International Awards and Honors.
- v. Meaning, Definitions, Need, Importance of Anatomy, Physiology, Biomechanics, Kinesiology & Physiology of exercise in Physical Education.
- vi. Structure and functions of the following systems.:
- vii. Cardiovascular system, Respiratory system, Musculo skeletal system, Nervous system, Endocrine system and Excretory system. Effects of exercise on the above systems.
- viii. Meaning of Management, Sports Management. Meaning of teaching, coaching, officiating. Careers in Physical Education & Sports.
- ix. Fundamental skills, and rules & regulations in various games and sports.
- x. Grounds: Preparation and marking of standard play areas and courts in sports; and athletic track.
- xi. Health-meaning, dimensions of health and their interrelationship, factors influencing health.
- xii. Health Education—meaning, scope, aims and objectives, principles, methods and media used in health education, Hygiene. Nutrients-sources, functions and requirements, balances diet.
- xiii. Definition of First Aid.
- xiv. Introduction of Sports Psychology: Meaning and scope, Importance, relationship with other sport sciences.
- xv. Growth & Development : Concept of growth & development, physical and motor

- xvi. Importance, definition, aims and objectives, characteristics, & principles of sport training.
- xvii. Components of health and sports related fitness and their evaluation.
- xviii. Meaning, aim & objectives, importance of biomechanics for physical education and sports.
- xix. Olympic Games, Asian Games, Commonwealth Games, National Games, IOA, IOC, WADA
- xx. Latest sporting events.
- xxi. General knowledge related to games & sports.

Ground Test - Sit-ups, Sit & Reach, Ball Throw, Shuttle Run & Long Jump
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(10 marks for each test) In case of rain, alternative tests will be conducted.

❖ **Sit ups**

Objective: To measure endurance of abdominal muscles.

Procedure: The subject is to be asked to lie on his back on the floor/mat. Knees are bent and both the hands are interlocked behind the neck. On signal the subject raises his upper torso touches the elbows to the knees and returns to starting position. One complete sit-up is counted each time the subject returns to the starting position.

Scoring: The total number of sit-ups completed successfully in 1 min. is recorded as the score.

❖ **Shuttle Run**

Objective : To measure the agility

Procedure : Two parallel lines are marked on the ground 10 mts. apart. One is the starting line (A) and the other is the turning line (B). Subject stands on the A line and on signal run fast to line B 10 mts. away, touch the ground and quickly run back to the starting line A. This action should be done twice.

Scoring : The time taken to complete the action is the score.

❖ **Ball Throw :**

Objective : To measure the strength of the shoulder muscles.

Procedure : The subject sits behind the starting line on the floor keeping the knees straight and holding a basketball above the head. On signal the subject tries to throw the ball in front as far as possible.

There will be two trials.

Scoring : The best distance in mts. will be recorded

❖ **Standing Broad Jump : (S.B.J.)**

Objective : To measure the explosive strength of the legs.

Procedure: Subject keeps both feet parallel behind a restraining line. At signal the subject tries to jump ahead as far as possible. Two trials will be given.

Scoring : The maximum distance in mts. will be recorded

❖ **Sit and Reach**

Objective : To measure the flexibility of the lower back and posterior thigh .

Procedure : The subject assumes a sitting position with legs extended, feet shoulder width apart and shoes off. The arms are extended forward with one hand on top of the other. The subject reaches directly forward, palms down, along the measuring tape. Holding the position of maximum reach. Knees should not be raised. Two trials will be given.

Scoring : The maximum distance reached by the fingers in cms. will be recorded.

Marks for Test - Men

Marks	Shuttle Run	Sit & Reach	S. B. J	Sit ups	Ball throw	Marks
	Sec.	CM	M	No.	Cm.	
100	10.10	42	2.80	50	1240	100
95	10.50	39	2.75	47	1200	95
90	10.60	36	2.70	44	1160	90
85	10.70	34	2.65	43	1120	85
80	10.80	32	2.60	41	1080	80
75	10.90	30	2.50	40	1040	75
70	11.00	29	2.40	39	1000	70
65	11.10	28	2.30	38	960	65
60	11.20	27	2.20	36	920	60
55	11.30	26	2.10	34	880	55
50	11.35	25	2.00	33	840	50
45	11.40	24	1.90	31	800	45
40	11.50	23	1.80	29	760	40
35	11.60	22	1.70	28	720	35
30	11.70	21	1.60	27	680	30
25	11.80	20	1.50	26	640	25
20	11.90	19	1.40	24	600	20
15	12.00	18	1.30	22	560	15
10	12.20	17	1.20	21	520	10
5	12.40	16	1.10	19	480	5

Marks for Test - Women

Marks	Shuttle Run	Sit & Reach	S. B. J	Sit ups	Ball throw	Marks
	Sec.	CM	M	No.	Cm.	
100	11.40	47	2.40	42	1080	100
95	11.50	45	2.35	39	1030	95
90	12.00	43	2.30	37	980	90
85	12.50	41	2.20	35	930	85
80	12.80	38	2.10	33	880	80
75	12.90	36	2.00	30	830	75
70	13.00	35	1.90	29	780	70
65	13.10	34	1.80	28	730	65
60	13.20	33	1.70	27	680	60
55	13.30	32	1.60	26	630	55
50	13.40	31	1.50	25	580	50
45	13.50	30	1.45	24	530	45
40	13.60	29	1.40	23	480	40
35	13.70	28	1.35	22	430	35
30	13.80	27	1.30	21	380	30
25	13.90	26	1.25	20	330	25
20	14.00	25	1.20	18	280	20
15	14.20	24	1.15	16	230	15
10	14.40	23	1.10	14	180	10
5	14.60	22	1.00	12	130	5

❖ प्रवेश परीक्षा स्वरूप

			(१०० गुण)
१.	लेखी परीक्षा	-	४० गुण
२.	मैदान परीक्षा	-	५० गुण
३.	मुलाखत	-	१० गुण

❖ प्रवेश परीक्षेच्यावेळी खालील सर्टिफिकेटची आवश्यकता आहे.

- Statement of Marks in the Qualifying examination passed
- Sports Representative /Achievement Certificate(s)
- In case of In-Service candidates, No-objection certificate along with the leave sanctioned certificate for the entire course duration.
- Caste certificate for belonging to the Reserved Category wherever applicable, to be issued by the competent authority

❖ लेखी परीक्षेचे स्वरूप :

लेखी परीक्षा एकूण ४० गुणांची असते. त्यामध्ये २० वस्तुनिष्ठ प्रश्नांसाठी २० गुण, २ वर्णनात्मक प्रश्नांसाठी २० गुण, असे एकूण ३ प्रश्न विचारले जातात. परीक्षेसाठी कालावधी ४५ मिनीटांचा असतो.

प्रश्न १ मध्ये वस्तुनिष्ठ प्रश्न (योग्य पर्याय निवडा) विचारले जातात.

हे प्रश्न क्रीडाविषयक सामान्यज्ञानावर आधारित असतात. वृत्तपत्रामधील क्रीडाविषयक घडामोडी (५ वर्षातील), स्पर्धा, पारितोषिके. खेळाडू यांच्यावर प्रश्न विचारले जातात. (२० गुण)

उदा. योग्य पर्याय निवडा

१. कबड्डी खेळाच्या क्रीडांगणाचा आकार

अ) गोल ब) लंबगोल क) चौकोनी ड) आयताकृती

२. सानिया मिर्जा ----- खेळाशी संबंधित आहे.

अ) क्रिकेट ब) लॉन टेनिस क) टेबल टेनिस ड) चेस

प्रश्न २ मध्ये कोणत्याही एका निवडक खेळाबद्दल मूलभूत माहितीविषयी प्रश्न विचारले जातात. निवडक खेळ पुढीलप्रमाणे - क्रिकेट, फुटबॉल, कबड्डी. हॉकी, व्हॉलीबॉल, बॅडमिंटन (१० गुण)

प्रश्न ३ मध्ये आपण शारीरिक शिक्षण व क्रीडा विषयाची निवड का केली व तुमचे ह्या विषयाचे मत ह्यावर थोडक्यात निबंध विचारला जातो. (१० गुण)
मैदान परीक्षेचे स्वरूप :सिटअप्स, सिट अँड रिच, बॉलथ्रो, शटल रन, उभ्याने लांब उडी.(प्रत्येक कसोटीस १० गुण)
प्रवेशाचे वेळी घेण्यात येणाऱ्या शारीरिक सुदृढतेच्या कसोट्या.

१. सिट अप्स (Sit Ups)

उद्देश : या कसोटीद्वारे पोटातील स्नायूंच्या ताकद आणि दमदारपणाचे मापन केले जाते.

कृती : विद्यार्थ्याने मॅटवर (जमिनीवर) पाठीवर झोपावे. पाय गुडघ्यातून वाकलेले असावे व दोन्ही हात मानेच्यामागे ठेवावे. सुरु असा इशारा मिळताच विद्यार्थ्याने कमरेच्या वरील भागातून वरती जावे व हाताच्या कोपऱ्यांचा स्पर्श गुडघ्याला करून परत पूर्वस्थितीला जावे. अशाप्रकारे हीच कृती १ मिनिटापर्यंत करावी. या कसोटीची एकच संधी दिली जाईल.

गुणांकन : १ मिनीटात विद्यार्थ्याने काढलेले योग्य सिटअप्सची नोंद केली जाईल व त्यावरून गुण दिले जातात.

२. शटल रन (Shuttle Run)

उद्देश : या कसोटीद्वारे शरीराची वेगात दिशा बदलण्याचे म्हणजेच दिशाभिमुखतेचे मापन केले जाते.

कृती : यामध्ये १० मी. अंतरावर दोन रेषा आखलेल्या असतात. सुरुवातीला विद्यार्थ्याला मअफ रेषेवर उभे केले जाते. सुरु असा इशारा मिळताच विद्यार्थ्याने समोरच्या दिशेत वेगात धावत जाऊन १० मीटरवर असलेल्या दुसऱ्या रेषेला हाताने स्पर्श करावा व पुन्हा आरंभ रेषेकडे यावे. हीच कृती दोनदा करावी.

गुणांकन : कृती करण्यासाठी लागणाऱ्या वेळेची नोंद सेकंदामध्ये केली जाते व त्यावरून गुण दिले जातात.

३. बॉल थ्रो (Ball Throw)

उद्देश : या कसोटीद्वारे खांद्यातील स्नायूंच्या ताकदीचे मापन केले जाते.

कृती : यामध्ये विद्यार्थ्याने विशिष्ट रेषेच्या मागे पाय गुडघ्यातून सरळ ठेऊन

जमिनीवर बसावे व दोन्ही हातात बास्केटबॉल डोक्याच्या वर धरावा व इशारा मिळताच जास्तीत- जास्त समोरच्या दिशेत फेकावा. अशा दोन संधी दिल्या जातात.

गुणांकन: फेकलेल्या अंतराची नोंद घेऊन गुण दिले जातात

४. जागेवरून लांब उडी (S.B.J.)

उद्देश : या कसोटीद्वारे पायातील स्फोटक शक्तीचे मापन केले जाते.

कृती : विद्यार्थ्यांनी मर्यादा रेषेच्या मागे दोन्ही पाय समांतर ठेऊन उभे रहावे. इशारा मिळताच जागेवरून जास्तीत जास्त पुढच्या दिशेत उडी घ्यावी. अशा दोन संधी दिल्या जातात.

गुणांकन : उडी मारल्यानंतर शरीराच्या मर्यादा रेषेला जवळच्या खुणेपासून ते मर्यादा रेषेपतचे अंतराची सेंमी. मध्ये नोंद केली जाते. अशा दोन संधी दिल्या जातात.

५. सिट अँड रिच

उद्देश : या कसोटीद्वारे कमरेतील सांध्याचे आणि मांडीच्या मागील स्नायूंच्या लवचिकतेचे मापन केले जाते.

कृती : विद्यार्थ्यांनी पायात बूट चप्पल न घालता जमिनीवर बसावे व पाय गुडघ्यातून सरळ ठेवावे. दोन्ही पायात १ फूट अंतर ठेवावे. दोन्ही हात कानाच्या जवळून वरच्या दिशेत एकमेकांवर ठेवावे व सावकाश श्वास सोडत पुढे जावे व हात मोजपट्टीवर ठेवावेत. ही कृती करतांना पाय गुडघ्यातून वाकवू नयेत. अशा दोन संधी दिल्या जातात.

गुणांकन : हाताची बोटे मोजपट्टीवर ज्या ठिकाणी स्थिर होतील ते अंतर सेंमी मध्ये नोंदविले जाईल व त्यावरून गुण दिले जातात.

❖ **Interviews** – The general suitability of the candidate will be judged keeping in view the following broad parameters:

- Professional readiness
- Oral communication ability
- Conceptual clarity
- Open mindedness
- Willingness to learn
- Potential for critical thinking
- Reasoning Ability
- Reading Interest
- Organisational Ability
- Leadership qualities
- Co-curricular activities
- Sports awareness/ participation

❖ **Final Selection**

- Final list of selected candidates in each category will be prepared strictly in the order of merit based on their combined performance in the Written Test, Sports/Academic proficiency and Interview. These candidates will be required to deposit the tuition fee and other dues at the office within the period stipulated for the purpose failing which, the selection will stand automatically cancelled without any further notice.
- Candidates whose names appear in the merit list, but whose results of the qualifying examination have not been declared will be entitled to admission to be regularised later subject to obtaining the requisite percentage of marks (as specified under the eligibility conditions) in the qualifying examination by the date to be notified. Failure to do so, candidates will result in deletion of their candidature from the merit list. Pending submission of the proof of eligibility, candidates will be permitted to attend classes only provisionally. Any improvement in the percentage of marks obtained due to revaluation, etc. will not give them any right to admission later on. Such candidates will have to compete again, if they seek admission in future, since the merit list pertains to the current year of admission only.
- To fill up the resultant vacancies, a subsequent list may be put up on the Notice Board of the College.
- The list of candidates (short-listed) for interview, on the basis of their performance in the Tests, will be displayed on the Notice Board of the institute. No separate information will be sent.
- Interviews will be conducted as per the schedule and venue fixed for Interview.
- Each candidate will be required to appear before the interview board at notified timings on a specific day.

Caution : Candidate seeking admission to any of the courses are requested neither to get influenced by any person from outside or within the institution, nor try to influence any authority /offer any cash or kind or any body. Any such activity will lead to the cancellation of Candidature.

❖ **Admission of the Selected Candidates**

- The candidates finally selected for admission to any of the physical education course shall be required to pay the requisite fee at the time of admission as per notification latest by the date and time mentioned in the Prospectus.
- The following documents in original along with an attested copy there of will have to be produced at the time of admission:
 - I. **Highschool / Secondary School Certificate for verification of date of birth.**
 - II. **Statement of Marks in the Qualifying examination passed. (Original certificates & five xerox copies to be submitted in the office.)**
 - III. **Sports Representative /Achievement Certificate(s)**
 - IV. **In case of In-Service candidates, No-objection certificate along with the leave sanctioned certificate for the entire course duration.**
 - V. **Caste certificate for belonging to the Reserved Category wherever applicable, to be issued by the competent authority.**
 - VI. **Five copies of I Card size Photographs**
 - VII. **T.C. and Migration (other than pune university student) of previous college**
- Failure to submit any of the above –mentioned documents at the time of admission will be result in the cancellation of admission.
- It is mandatory for the candidates to maintain an optimum level of fitness to undertake physical education courses. No female candidate shall be allowed to continue the course of study for the concerned academic year/s if she carries pregnancy.
- All the selected candidates admitted to any of the programmes are required to join Induction programme on the opening day of the new academic session as notified in the Prospectus.
- Students will have to strictly adhere to the Compliance of attendance requirement.
- The attendance requirements for different courses inclusive of theory and practical are :

❖ Attendance

	Courses	Attendance
i)	B.Ed.(Physical Education)	85 %
ii)	M.Ed.(Physical Education)	80 %

- Students will be given proxy attendance benefit only if they proceed 'On Duty' (OD) after obtaining permission from the Principal through the concerned teacher within 15 days of the events.
- A candidate who participates in co-curricular activities and / or extra curricular activities (with the permission of the Principal) during the courses of study in a year shall be entitled for proxy attendance (e.g. Inter-college tournament/District/State/ Intervarsity / National / International / Invitational / Camps / Debates / Drama / Social relevance / NCC / etc.) Such proxy attendance under no circumstances should be more than 25 % of the Total Attendance (Theory and practical in aggregate) for all courses. However, serious illness and / or accident, as the case may be, will not be given proxy attendance under any circumstances.

❖ Admission Grievance Committee :

- 1) Dy. Director, Sports & Youth Services, Pune - Chairman
 - 2) Principal of the College
 - 3) Staff Member of the College
- All Grievances if any should be given in writing only to the Principal within 24 hrs. after declaration of the admission list.

❖ Fees

- **Fees payable by Demand Draft in favour of Principal, Chandrashekhar Agashe College of Phy. Edn. Pune**
- Fees will be refunded as per Pune University Rule

❖ Hostel Charges

For Gents - ₹ 10,000/- per year
For Ladies - ₹ 11,000/- per year

❖ Mess Charges

For Gents - ₹ 1900/- per month
For Ladies - ₹ 1700/- per month

- **No Hostel facility available for M.Ed. (Phy.Edu.) Ladies students.**

B.Ed.(Phy.Edu.) Fee Structure for 2013-14

Sr.No.	Particulars	Amount
A	Pune University fees	
1	Computerisation Fees	60
2	Development fees	250
3	Disaster Management	40
4	Eligibility Fee & form	250
5	Gymkhana fees	200
6	Internal Exam	100
7	Internship fees	100
8	Prorata for Ashwamegh	30
9	Stu.Welfare Fund & LIC & corpus fund	110
10	Student Aid Fund	20
11	Student Registration Fees	25
	Total	1185
B	Government fees	
12	Camp/Trip/Visit fees	1500
13	Computer Fees	2000
14	Course Material Fees	500
15	First Aid	100
16	Gymnasium fees	150
17	Laboratory Deposit	300
18	Laboratory Fees	300
19	Library Deposit	150
20	Library Fees	500
21	Magazine	200
22	Medical fees	50
23	Sports Material	300
24	Tuition & Admission fees	3100
25	Uniform & Sports kit	2000
	Total	11150
C	Other fees	
26	University Exam. fees for 2 semesters	2145
27	Establishment & Dev.	6000
	Grand Total Rs.	20480

- Students from other states will have to pay twice the tuition fees & Laboratory Fees i.e Rs. 3,300/- more i.e. (Rs. 23,780/-)
- International Students will have to pay five times the tuition fees & Laboratory Fees i.e. Rs. 13,200/- more
- **The Fees are subject to change as per government rules.**

M.Ed.(Phy.Edu.) Fee Structure for 2013-15

	Particulars	2013-14 M.Ed.Ist Yr	2014-15 M.Ed.IIInd Yr
	University Fees	1090	840
1	Admission Fees	30	30
2	Computerisation Fees	50	50
3	Development Fees	250	250
4	Disaster Management	20	20
5	Eligibility Fee & form	250	0
6	Gymkhana fees	100	100
7	Library Fees	200	200
8	Prorata for Ashwamegh & Corpus fund	30	30
9	Stu.Registration Fees	25	25
10	Stu.Welfare Fund & LIC	110	110
11	Student Aid Fund	25	25
12	Tuition fee	25000	10000
13	Computer Fees	2500	2500
14	Laboratory Fees	1500	
15	Library Fees	1500	
16	Sports Material & Contingency	1500	500
17	Tutorial/Examinations & Int. Exam	200	100
18	Caution Money	300	
19	Library Deposit	200	
20	Administrative Service Charges	0	0
21	Gymnasium fees	200	200
22	Uniform fees	2000	
23	Estb. & Main. fees	2860	210
24	Students activities fees	1150	650
	Course Material Fees	300	
	Magazine	150	150
	Old Student Association	100	
	Function & Ceremony	500	500
	Medical fees	100	0
	Total Rs.	40000	15000
			55000

➤ **Univ.Exam.fees will be charged extra for 4 (four) semester Rs.4290/- Appox.**

- Students from other states will have to pay twice the tuition fees & Laboratory Fees i.e Rs. 36,500/- more
- International Students will have to pay five times the tuition fees & Laboratory Fees i.e. Rs. 1,46,000/- more

➤ **The Fees are subject to change as per government rules.**



STAFF

Administrative Staff

Head Clerk,	Shri. J. C. Tapaswi - M.Com., L.L.B.
Clerk / Typist,	Ms. Netra A. Udgir-B.A.
Clerk / Typist,	Shri. Madhav R. Mutalik -B.Com.
Clerk / Typist,	Ms. Meghan Kasarekar

Class IV

Shri. V.D. Kamble	- Groundman
Shri. V. R. Sutar	- Groundman
Shri. A. B. Khawale	- Watchman
Shri. S. G. Ubale	- Sweeper
Shri. S. L. Vasave, _{M.A.}	- Sweeper
Shri. S. S. Khochade	- Peon



How to Come ?

**M.M.'s Chandrashekhar Agashe
College of Physical Education,
Pune - 411037**

Swargate S.T.Stand → Head towards Satara Road → Laxminarayan Theatre, Turn to Left, walk straight your destination on left side → Golwilkar Metropolis Laboratory → Sujay Garden → S.D.Katariya High School → 1st Gate, walk a little straight IInd Gate enter inside Now you are in **Maharashtriya Mandal Campus** turn right and walk towards

**M.M.'s Chandrashekhar Agashe College
Website – www.agashecollege.org**

Important Dates for Admission

	Details	B.Ed. (Phy.)	M.Ed.(Phy.)
A	Start date of online application	10th June 2013 (Monday)	10th June 2013 (Monday)
B	Last date of submission of application form	1st July 2013 (Monday)	29th June 2013 (Saturday)
C	Date of Entrance Test	1st July 2013 (Monday)	2nd July 2013 (Tuesday)
D	Time of Entrance Test	9.00 a.m.	9.00 a.m.
E	Date of declaration of result of the Entrance Test	2nd July 2013 (Tuesday)	3rd July 2013 (Wednesday)
F	Date of Publication of merit list	2nd July 2013 (Tuesday)	3rd July 2013 (Wednesday)
G	Date of Publication of successive merit list	9th July 2013 (Tuesday)	9th July 2013 (Tuesday)
H	Date of Commencement of the Course	15th July 2013 (Monday)	15th July 2013 (Monday)
I	Date of Commencement of M.Ed. (Phy.Edn.) IInd year		3rd July 2013 (Wednesday)

Instruction :- There is a possibility of change in time & dates in the above columns (Columns A to I)

Note :- For information regarding Fee Structure, Syllabus, Entrance test etc. please visit college website : www.agashecollege.org

Admission Form Available at college office from 10th Jun 2013.
Monday to Friday at 11 am to 5 pm & Saturday at 8.30 am to 12 noon
OR
Students can download the Admission form from the Website and pay the processing fee on the date of entrance Test.

B.Ed.(Phy.Edu.)

Rs.250/- for Open Category student
Rs.200/- for Res. Category Student

M.Ed.(Phy.Edu.)

Rs. 350/- for Open category student
Rs. 300/- for Res. Category Student
*Document required for Res. category students

Appeared students can also apply for the course

NAAC ACCREDITED

Affiliated to University of Pune, (Id. No. PU/PN/BPEd/037/1977)
Recognized by Govt. of Maharashtra & National Council
for Teacher Education Government Grant in aid College

☎ : 020-24263012 / 24261872

E-Mail : principalnimkar@gmail.com

Web Site : www.agashecollege.org