



**Maratha Vidya Prasarak Samaj's**

**ARTS AND COMMERCE COLLEGE, MAKHAMALABAD NASHIK**

Tal: Nashik Dist: Nashik, Pincode: 422003

**Institutional Distinctiveness**

## The College Handball Club: Journey from Beginners to Experience

### **About the Handball Club:**

A game of team and pace with European origin, handball has gained considerable popularity all across the globe. In country like India as compared to other sports like cricket, volleyball, football, hockey, *kabaddi*, wrestling and athletics the popularity of Handball is very less. It is played at the local level, but hasn't yet made an impact at the national level. The Department of Sports and Physical Education of MVP Samaj's Arts and Commerce College, Makhamalabad has understood this reality and taken initiative to train the college students in the handball game under the guidance of College Physical Director Dr Vikrant Rajole. Dr Rajole is the National level handball player and winner of Silver Medal at All India Inter-University Handball competition as well as Gold Medal at State level Handball tournament.

The training started for college students was not limited to them only. To expand the horizon of the handball game the **free of cost training for school students of the same campus**, under 14, 17 and 19 year was also initiated. The students from rural and tribal background has been taking benefits of this training from 2015-16.

### **Objectives of the Handball Club:**

- ❖ To create interest and promote awareness with opportunities about the Handball game among the students from rural background
- ❖ To increase participation by providing a range of opportunities, support, and resources to the participated students
- ❖ To maintain a high level of performance in competitions and events
- ❖ To develop and grow the quality of sportsmanship and team spirit through Handball.

### **Training:**

The training of the club takes place under the guidance of Physical Director Dr Vikrant Rajole. Every day two times, in the morning and at evening 2 hours training and practice sessions are conducted. The training includes the following activities.

<b>Part of the Lesson &amp; Time</b>	<b>Name of the Activity/ Exercise</b>
Warm-up Exercise & Conditioning Exercise (10 min)	1. Walking 2. Stretching Exercises 3. Pulse Rising Activity 4. Mobility Exercises 5. Specific Exercises
Main Part (40 min)	1. Introducing the Game and Improvisation and Basic Rules 2. Passing, Catching and Dribbling

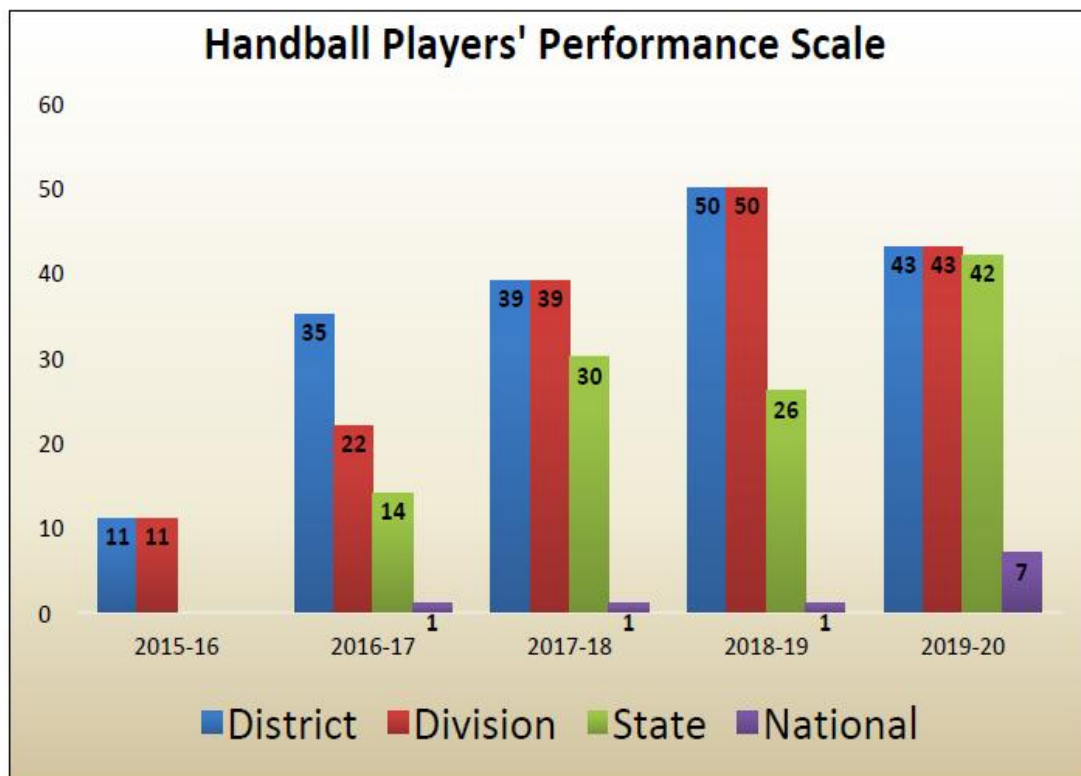
	3. Basic Individual Attacking Techniques 4. Basic Individual Defending Techniques 5. Goal Keeping 6. Team formations Defence and Attack 7. Match Practice 8. Refereeing
Cooling Down Exercise (10 min)	1. Static Stretching 2. Dynamic stretching 3. Passive stretching 4. Ballistic Stretching

### Beneficiaries of the Handball Club:

- ❖ Senior college boys and girls
- ❖ Boys under 14, 17 and 19 years
- ❖ Girls under 14, 17 and 19 years

### Resources Required:

#### Performance Scale:



### **Benefits of Handball Club:**

- ❖ Increased the participation of the school children in Handball
- ❖ Improvement in the sports performance of college students specially in Handball
- ❖ Opened up various career opportunities through sports.
- ❖ Strengthened the physical and mental fitness of the players.
- ❖ Built up team spirit among the players.

### **Major Achievements :( From 2016-17 onwards)**

- ❖ Ms. Kaveri Mahale got selected in Maharashtra Handball Team to perform at National Level in 2016-17.
- ❖ Thakare Rohit and Thete Vikram students of the college participated in State Level Handball Tournament in the year 2016-17.
- ❖ Ms. Kalyani Kadale got selected in Maharashtra Handball Team to perform at National Level in 2017-18.
- ❖ In the year 2017-18 the college students Bombale Ganesh, KakadAkshay Sangamneri Suraj are in Inter Zone Handball Tournament.
- ❖ The Boys' Team (Under 14 Yrs.) obtained Third Place in State Level Tournaments held at Palghar in 2018-19. Team player Mr. Abhijit Shinde got selected at National Level Handball Tournament.
- ❖ The student of the college Mhaisdhune Monali selected in Inter Zone Handball Tournament in the year 2018-19.
- ❖ The Girls' Team (Under 17 Yrs.) obtained First Place in State Level Tournaments held at Aurangabad in 2019-20. Three girls got selected at National Level Handball Tournament.
- ❖ During the year 2019-20, Twelve Handball Players got selected in Maharashtra Handball Team at National Level.
- ❖ Thirty-Two students become eligible for Maharashtra Sports Quota which offers government jobs through sports at class three and class four level.
- ❖ Some of the players worked as Handball Officials (Referees) in Inter Collegiate Tournaments.
- ❖ Dr. V.S. Rajole got awarded with '*Major Dhyanchand Nashik JilhaKrida Gaurav Puraskar*'2020-21 by *UrjaYuvaPratisthan* for his guidance and coaching for Handball players in Nashik district.