



“ज्ञान, विज्ञान आणि सुसंस्कार चांसाठी शिक्षण प्रसार”

- शिक्षणमहर्षी डॉ.बापूजी साळुंखे,



Shri Swami Vivekanand Shikshan Santsha's

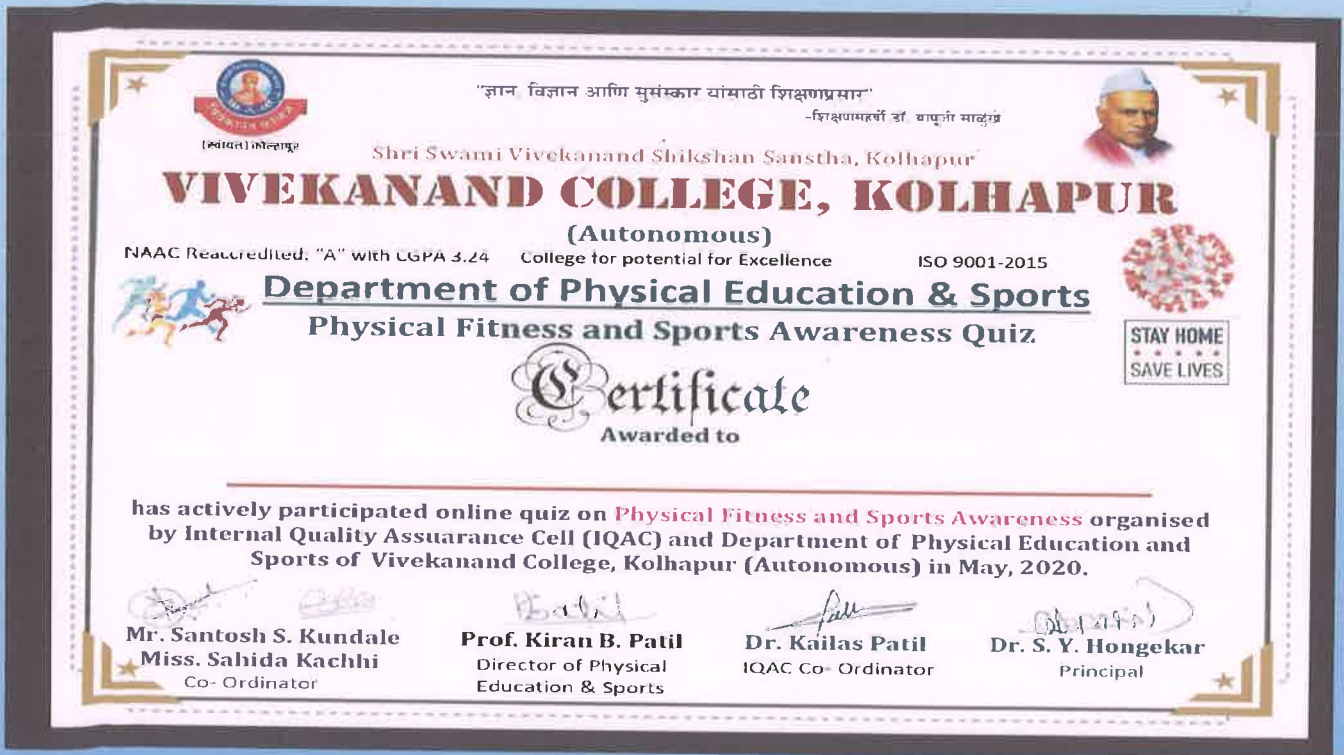
**VIVEKANAND COLLEGE (AUTONOMOUS) KOLHAPUR.**

**DEPARTMENTAL ACTIVITIES 2020-21**

Physical Fitness and Sports Awareness Online Quiz Organized by Internal Quality Assurance Cell (IQAC) and Department of Physical Education & Sports of Vivekanand College, Kolhapur (Autonomous) in

May 2020 through the link:

[https://docs.google.com/forms/d/e/1FAIpQLSfXJca2G4L\\_MCiG19iPBnm8A\\_60v\\_FsycOGhc0bC0SnJ4A-gA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfXJca2G4L_MCiG19iPBnm8A_60v_FsycOGhc0bC0SnJ4A-gA/viewform?usp=sf_link)





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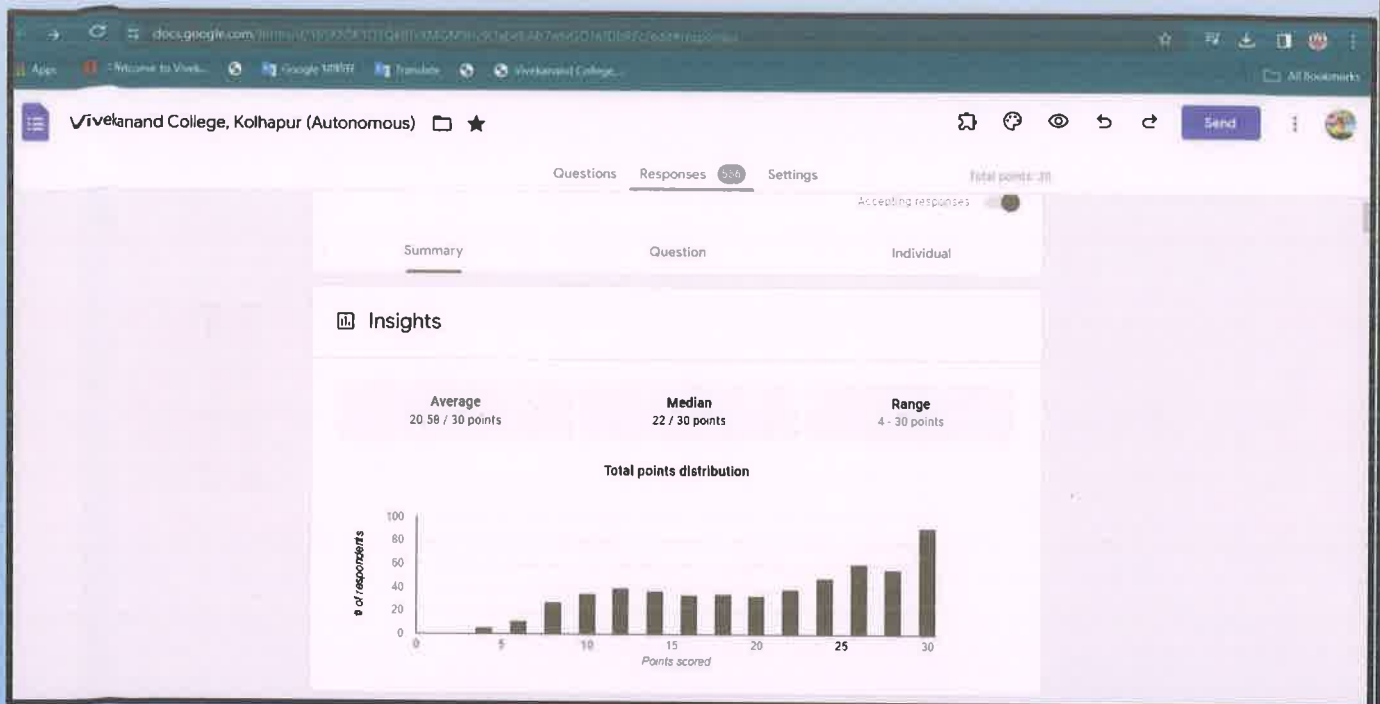


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DEPARTMENTAL ACTIVITIES 2020-21

## Summary & Responses





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Which of the following is a definition of fitness \*



- The ability to meet the demands of the environment
- A state of complete mental, physical and social well-being, and not merely the absence of disease or infir...
- A form of physical activity done primarily to improve one's health and physical fitness.
- How well a task is completed





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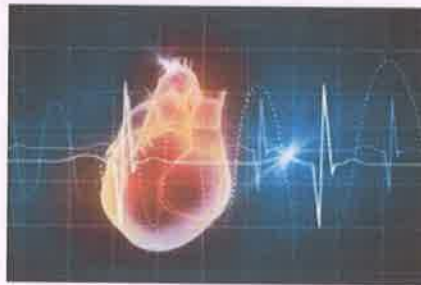
**DEPARTMENTAL ACTIVITIES 2020-21**

Distance of marathon \*



- 24 Miles 385 Yards
- 25 Miles 385 Yards
- 26 Miles 385 Yards
- 27 Miles 385 Yards

How fast does the heart beat under normal conditions (beats per minute)? \*



- 40-80 beats per minute
- 50-90 beats per minute
- 60-100 beats per minute
- 70-100 beats per minute





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High blood pressure is also called \*



- VHP
- Lipovisco Pressure
- Hypertension
- Diabetes

What are the 4 treatments best used for muscle injuries? \*



- Bandage, Heat, Cold, Rub
- Stretch, Massage, Wrap, Ice
- Massage, Ice, Stretch, Rub
- Rest, Ice, Compression, Elevation





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**DEPARTMENTAL ACTIVITIES 2020-21**

Which of the following has the highest calorific value? \*



- Fat
- Carbohydrates
- Proteins
- Vitamins

The maximal ability of muscle to generate force is called \*



- Strength Training
- Muscular Endurance
- Muscular Strength
- Optimal Endurance





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**DEPARTMENTAL ACTIVITIES 2020-21**

Which was the first country to host Asian Games? \*



- China
- India
- Korea
- Japan

"Free Throw" is related with \*



- Basketball
- Volleyball
- Throwball
- Handball





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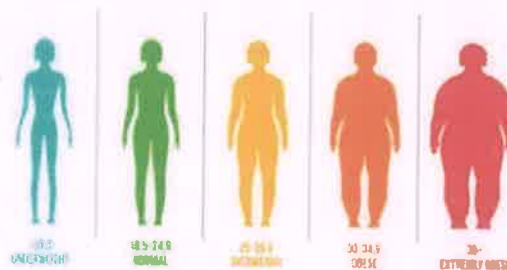
**DEPARTMENTAL ACTIVITIES 2020-21**

This is highest Sports Award in India for Player \*



- Ekalavya
- Rajiv Gandhi Khelratna
- Shivchhtrapati
- Arjun

What does BMI measure? \*



- Flexibility
- Muscle weight
- Body fat
- Strength







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**DEPARTMENTAL ACTIVITIES 2020-21**

The Number of the Players in each side in water polo is \*



- 6
- 7
- 8
- 9

Who is named as the Flying Sikh of India \*



- Milkha Singh
- Jogindar Singh
- Ajit Pal Singh
- Mohindar Singh





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Who is the first Indian Woman to win an Asian Games Gold in 400 m run? \*



- Kamljit Sandhu
- P. T. Usha
- M. L. Valsamma
- K. Malleshwari

Measurement of Kho Kho Ground for Senior players.



- 16x27 Meter
- 16x29 Meter
- 16x30 Meter
- 16x25 Meter





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**DEPARTMENTAL ACTIVITIES 2020-21**

Attendance of Webinar: **Please click to link**

[https://docs.google.com/spreadsheets/d/11YXaY-IRrS\\_pzx8O3hHL48QmVviTDll\\_uGqmY7HiWE/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/11YXaY-IRrS_pzx8O3hHL48QmVviTDll_uGqmY7HiWE/edit?usp=drive_link)





















7/14/2020 18:25:03	24 / 30	Pratik vijay Mayekar	Trivedi nagar saravli Boisar	Maharashtra	9309940562	S.d.s.m college Palghar	14th SY BA	PALGHAR	pmayekar830@gmail.com
7/19/2020 11:14:28	24 / 30	Jyoti Prakash Kambale	A/p khadakewade	Maharashtra	9837664209	College	Commerce	B. Com	Kamblejyoti0809@gmail.com
8/20/2020 23:07:36	10 / 30	Chandrasen Narwade	Hshaj	Maharashtra	9822383261	Bsbshhs	Hshs	Bsbhs	cr.narwade@gmail.com
8/27/2020 13:09:15	16 / 30	Priyanka J	mumbai	maharashtra	7045828177	Mumbai university	Physical Education		priyankaj9555@gmail.com
10/12/2020 7:26:00	20 / 30	Shri.vasant keshav Kamdi	At. Post tal. Mhasala dist raigad	Maharashtra	9130626245	New English school and junior college Mhasala	Primary	Teacher	kamdvasant846@gmail.com
10/12/2020 8:00:21	6 / 30	श्री विशाल वसंत म्हात्रे	पनवेल	महाराष्ट्र	7776907575	परशुराम जेमा म्हात्रे विद्यालय नावडे	शिक्षक	नो	vmmhatre2016@gmail.com
10/12/2020 8:36:25	10 / 30	ARUN SHIVAJI KHULAPE	At& post .Tala Tal..Tala Dist.Raigad	Maharashtra	7507918927	ASHOK LAXMAN LOKHANDE VIDYAMANDU	Education	Assistant Teacher	arunskhulape@gmail.com
10/12/2020 9:04:39	8 / 30	SIDDAPPA LAXMAN SHINDE	VASTUVIHAR, A.WING, 304,KOLKHE PE	MAHARASHTRA	9028373358	A.K.V.B.FADAKE MADHYMIK VIDHALAYA SH	EDUCATION		siddappashinde.ss@gmail.com
10/12/2020 9:29:55	8 / 30	Sunil Ramnath Gunjal	Shirdhon Tal Panvel Dist.Raigad	Maharashtra	9702311980	A.K.V.B.Phadke Madhyamik Vidyalaya Shirdho	Education	Asst.Teacher	sunilgunjal444@gmail.com
10/12/2020 10:42:56	28 / 30	CHANDRASHEKHAR RAGHUNATH M	Balalleshwar Nagar	MAHARASHTRA	9423366445	RAYAT SHIKSHAN SANSTHA	Education	Teacher	cr1983m@gmail.com
10/12/2020 10:48:35	28 / 30	Shubhangi Suryakant Mhatre	Mahalaxmi Complex, Brahmin All, Alibag	Maharashtra	9822574988	K.E.S. J. R. H. Kanya Shala, Alibag, Raigad,	Education	Asst. Teacher	shubhangimhatre67@gmail.com
10/12/2020 11:06:59	8 / 30	Dhammanand marul waghmare	Balaji niwas CHS room no-302 matheran	Maharashtra	8655252560	Sudhagad hightschool poyanje tal panvel	Education	Teacher	dhammanand78@gmail.com
10/12/2020 11:44:25	26 / 30	Daksh Dharmendra pratap Sharma	Yashwaninagar 2 Shilphata,Khopoli 41020	Maharashtra	9309727264	P.E society's Anand Shala	C		suman.dharmendra1982@gmail.com
10/12/2020 12:45:49	16 / 30	Mainisha vijaykumar Bharamare	At post -Mangaon Tal- Mangaon Raigad	Maharashtra	9764850951	N.V.M .Talashet Mangaon Raigad	Education	Asst. Teacher	mvbharamare72@gmail.com
10/12/2020 15:53:52	20 / 30	Laxman.Raghunath Velekar	A.k.V.B .F .M vidyalaya Shirdhon	Maharashtra	9930507251	School	Education	Asst Teacher	laxman.velekar@gmail.com
10/12/2020 15:55:22	30 / 30	Suryakant Vilhoba Mhatre	At-post:-Kamarle ,Tal-Alibag, Dist-Raigad	Maharashtra	9273783393	K.E.S.R.M.Paill Hightschool Ramangan.	Education	Asstst Teacher	suryakantmhatre1966@gmail.com
10/12/2020 16:08:50	12 / 30	Shraddha Maheshkumar Patange	At post Diveagar,Tal.Shriwardhan,Dist.Rai	Maharashtra	9604053210	Shri Mohanlal Soni Vidyalaya Borlipanchatan	Education	Computer Teacher	shraddha1patange@gmail.com
10/12/2020 16:09:03	10 / 30	Maheshkumar Ravindra Patange	At Post Diveagar, Teluka -Shriwardhan, Di	Maharashtra	7744069266	R Z P School Bharadkhol,Taluka-Shriwardhar	Education	Primary Teacher	shramparihar@gmail.com
10/12/2020 20:40:17	8 / 30	SHRI.SURESH RATAN GAIKWAD	AT.POST.KHALAPUR TAL.KHALAPUR DI	MAHARASHTRA	7588122625	SWAMI VIVEKANAND VIDAYAMANDIR KHAI	SCHOOL	Teacher	sureshratan84@gmail.com
10/12/2020 23:40:54	18 / 30	MHATRE CHANDRASHEKHAR JAGAI	S.E.S.HIGHSCHOOL,POYNJE, PANVEL	MAHARASHTRA	9769366560	S.E.S.HIGHSCHOOL,POYNJE PANVEL	School	Asst.teacher	mhatrechandrashekhkar4@gmail.com
10/14/2020 12:07:28	4 / 30	Ritu Rakesh Mhatre	At.po.pan	Maharashtra	8390916661	Anandshala pan	Sports	Sports teacher	ritumhatre1212@gmail.com
10/18/2020 13:21:16	24 / 30	Meenakshi Ramesh Shinde	Panvel Raigad	Maharashtra	9422358663	Madhyamik vidya mandir Poyanje	Education	Teacher	shinde.meenakshi1237@gmail.com
10/18/2020 18:40:20	28 / 30	Meenakshi shinde	Panvel Raigad	Maharashtra	9422358663	Madhyamik Vidya Mandir poyanje	Education	Teacher	shinde.meenakshi1234@gmail.com

*Bati*  
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