

St. Mira's College for Girls, Pune
(Autonomous, Affiliated to Savitribai Phule Pune University)
Department of Physical Education

Course Name: Adventurous Sports/ Activity

Subject Code:	Number of Credits: 2	Lectures:30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Reinforce the physical and mental fitness and wholesome development among learners.
- Reinforce the qualities like leadership, helpfulness, adjustment, sympathy, group cohesion, unity, sincerity, patience among learners.
- Enrich once capacity to deal with odd situations with courage and determination.
- Develops self confidence and encourage creativity among learners.
- Recognize opportunities for leisure time activities and life time adventure sports among learners.

Unit 1- Theory

1. Introduction of Adventure Activities
2. Introduction of different Type of Activities
3. Equipment's or Material Required for different Activities
4. Safety Measures
5. Highest Peaks of World, Asia, India, and Maharashtra.
6. Forts of Maharashtra.

Unit 2- Practical (Activities)

- A. One night Stay Camping and Bonfire activities
- B. Trekking (4 -5 hours)
- C. Rappelling, River Crossing (Zipline), Balancing on Rope, Rock Climbing, and.

Ekta Jadhav
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

Dr. Jaya Rajagopalan
Principal Incharge



St. Mira's College for Girls, Pune
Autonomus- Affiliated to Savitribai Phule Pune University

Name of Credit Course: Adventure Sports Extra Credit Course
No. of Credits : 2

Period From : 13.2.2023 to 14.2.2023

Name of the Teacher Incharge : Mrs. Suhaile Azavedo

Adventure Sports -Trek to Kamet Adventure Dahuli, Maval



Sr. No	Name	Class & Division	Roll No.	13.2.2023 & 14.2.2023
1	Mariya Kakajiwal	FYBA-A	2206	<i>Mariya</i>
2	Navhya Chodankar	FYBA-A	2209	<i>N Chodankar</i>
3	Priyal Jain	FYBA(A)	2212	<i>Priyanshu</i>
4	Anushka Khemnar	FYBA-A	2223	<i>Anushka</i>
5	Sai Virkud	FYBA-A	2259	<i>Sai Virkud</i>
6	Sakina Hamid	FYBA-A	2275	<i>Sakina</i>
7	Tia Bakshi	FYBA(A)	2318	<i>Tia</i>
8	Shravani Satav	FYBA (A)	2326	<i>Shravani</i>
9	Pranali Walunj	FYBA (A)	2327	<i>Pranali</i>
10	Labdhi Bora	FYBA (A)	2334	<i>Labdhi</i>
11	Shravani walke	FYBA-(B)	2429	<i>Shravani</i>
12	Shilpa Deo	FYBA- B	2449	<i>Shilpa</i>
13	Vaishali gavit	FYBA(B)	2451	<i>Vaishali</i>
14	Vishakha Sonavane	SYBA (B)	2690	<i>Vishakha</i>
15	Ashitha Saseendran	SYBA A	2702	<i>Ashitha</i>
16	Harshal Rapol	SYBA (A)	2706	<i>Harshal</i>
17	Khushi Dhariwal	Syba A	2726	<i>Khushi</i>
18	Amanda Thalakottur	SYBA A	2860	<i>Amanda</i>
19	Charul Hastak	SYBA(A)	2866	<i>Charul</i>
20	Siya Ghule	SyBcom-B	3882	<i>Siya</i>
21	Sejal Lokhande	SYBCOM-B	3883	<i>Sejal</i>
22	Sakshi Bame	SyBcom-B	3885	<i>Sakshi</i>
23	Kashish Oswal	SYBCOM-C	4070	<i>Kashish</i>
24	Shruti Yadav	TYBA A	4913	<i>Shruti</i>
25	Alina Hiroli	SYBBA(CA)	12108	<i>Alina</i>
26	Sakshi Tandale	SY BBA (CA)	12116	<i>Sakshi</i>
27	Sakshi Shelke	Sybca	12118	<i>Sakshi</i>
28	Prasannalaxmi K	SYBBA(CA)	12124	<i>Prasanna</i>
29	Madhavi Komkala	SY BBA(CA)	12126	<i>Madhavi</i>
30	Insiyah udaipurwala	sybba(ca)	12127	<i>Insiyah</i>

Ekta Tadhar
Course Coordinator

Jayesh
Principal Incharge
St. Mira's College for Girls, Pune.

Shalini Nyer
Dr. Shalini Nyer
Coordinator

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Sr. No	Name	Class & Division	Roll No.	13.2.2023 & 14.2.2023
31	Smriti singh	sybca	12131	Smriti
32	Venkatvani Nannasani	SY BBA(CA)	12137	Venkat
33	Muskan Mirpuri	S.Y. BBA(C.A.)	12140	Muskan
34	sweta singh	Sy bca	12145	Sweta
35	Nidhi Dinesh Sharma	TYBBA	22010	Nidhi D. Sharma
36	Aanchal Sasanani	SYBBA	22135	Aanchal
37	Diksha Rohida	SYBBA	22158	Diksha
38	Mukti Chawla	SYBBA	22168	Mukti
39	Shruti Sangar	FY-BBA	22202	Shruti

Ms. Ekta Jadhav

Course Instructor and Coordinator



Dr. Shalini Iyer

Coordinaor

Jayesh

Principal Incharge
St. Mira's College for Girls, Pune.

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Name of Credit Course: Adventure Sports Value Credit Course 2022-23

No. of Credits : 2

Period From :13th February 2023 and 14th February 2023

Name of the Teacher Incharge : Ms. Ekta Jadhav

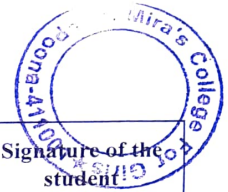
Sr. No	Roll No.	Name	Class	Trek & other Activities	Theory	Total Marks	Credits	Signature of the student
				30 marks	20 Marks			
1	2206	Mariya Kakajiwal	FYBA-A	30	17	47	2	Mariya
2	2209	Navhya Chodankar	FYBA-A	30	16	46	2	Navhya
3	2212	Priyal Jain	FYBA-A	30	17	47	2	Priyal
4	2223	Anushka Khemnar	FYBA-A	30	19	49	2	Anushka
5	2259	Sai Virkud	FYBA-A	30	17	47	2	Sai
6	2275	Sakina Hatim Hamid	FYBA-A	30	15	45	2	Sakina
7	2318	Tia Bakshi	FYBA-A	30	19	49	2	Tia
8	2326	Shravani Satav	FYBA-A	30	19	49	2	Shravani
9	2327	Pranali Walunj	FYBA-A	30	19	49	2	Pranali
10	2334	Labdhi bora	FYBA-A	30	17	47	2	Labdhi
11	2429	Shravani Vijay walke	FYBA-B	30	17	47	2	Shravani
12	2449	Shilpa Deo	FYBA-B	30	19	49	2	Shilpa
13	2451	Vaishali Vasu Gavit	FYBA-B	30	17	47	2	Vaishali
14	2690	Vishakha Sonawane	SYBA-B	30	19	49	2	Vishakha
15	2702	Ashitha Saseendran	SYBA-A	30	19	49	2	Ashitha
16	2706	Harshal Rapol	SYBA-A	30	17	47	2	Harshal
17	2726	Khushi Vikram Dhariwal	SYBA-A	30	19	49	2	Khushi
18	2860	Amanda Thalakkottur	SYBA-A	30	19	49	2	Amanda
19	2866	Charul Hastak	SYBA-A	30	19	49	2	Charul
20	3882	Siya Ghule	SYBCom-B	30	19	49	2	Siya
21	3883	Sejal Lokhande	SYBCom-B	30	16	46	2	Sejal
22	3885	Sakshi Bambe	SYBCom-B	30	19	49	2	Sakshi
23	4070	Kashish Ajay Oswal	SYBCom-C	30	17	47	2	Kashish
24	4913	Shruti yadav	TYBA -A	30	17	47	2	Shruti

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Sr. No	Roll No.	Name	Class	Trek & other Activities	Theory	Total Marks	Credi's	Signature of the student
				30 marks	20 Marks			
25	12108	Alina hirol	SY BBA(CA)	30	19	49	2	<i>Alina</i>
26	12116	Sakshi Tandale	SY BBA(CA)	30	19	49	2	<i>Sakshi</i>
27	12118	Sakshi pradip shelke	SY BBA(CA)	30	17	47	2	<i>Sakshi</i>
28	12124	Prasannalaxmi K	SY BBA(CA)	30	17	47	2	<i>Prasanna</i>
29	12126	Madhavi Komkala	SY BBA(CA)	30	17	47	2	<i>Madhavi</i>
30	12127	Insayah Udaipurwala	SY BBA(CA)	30	18	48	2	<i>Insayah</i>
31	12131	Smriti Singh	SY BBA(CA)	30	17	47	2	<i>Smriti</i>
32	12137	Nannasani Venkatvani	SY BBA(CA)	30	17	47	2	<i>Nannasani</i>
33	12140	Muskan Mirpuri	SY BBA(CA)	30	17	47	2	<i>Muskan</i>
34	12145	Sweta singh	SY BBA(CA)	30	17	47	2	<i>Sweta</i>
35	22010	Nidhi Dinesh Sharma	TYBBA	30	17	47	2	<i>Nidhi</i>
36	22135	Aanchal Sasanani	SYBBA	30	17	47	2	<i>Aanchal</i>
37	22158	Diksha Rohida	SYBBA	30	17	47	2	<i>Diksha</i>
38	22168	Mukti Chawla	SYBBA	30	19	49	2	<i>Mukti</i>
39	22202	Shruti Sangar	FY-BBA	30	19	49	2	<i>Shruti</i>

Ekta Jadhav

Ms. Ekta Jadhav
Course Instructor and Course Coordinator



Shalini Iyer

Dr. Shalini Iyer
Co-ordinator

Jayshree

Principal Incharge
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