



SADHU VASWANI MISSION'S  
St. Mira's College For Girls, Pune  
Autonomous (Affiliated to Savitribai Phule Pune University)  
Reaccredited by NAAC- A Grade, cycle 3  
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]  
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PU/PN/AC/015/(1962)  
College Code:- 013

GIS/10AC/2018-19/22

Circular No:-Credit Course/2018-19/

Date:-25.8.2018

CIRCULAR

The College is organizing Adventure Credit Course for the students, which includes 2 full day treks, Artificial wall climbing and theory of adventure sports, equipment's and safety measures. Those who are interested enrolled their names to course coordinator Ekta Jadhav before 5<sup>th</sup> September, 2018.

Ekta Jadhav  
Coordinator



Dr. G.H. Gidwani  
Principal

Course Coordinator

**St. Mira's College for Girls, Pune**  
**An Autonomous (Affiliated to Savitribai Phule Pune University)**

**Department of Physical Education**  
**Adventure Sports/<sup>Activity</sup>Credit Course 2018-19**

**Report**

The department of Physical Education and Sport has Organised Adventure Sports Credit Course for all the students. Total 42 girls enrolled their names for the credit course out of that 39 girls completed the course successfully. The Course Instructor was Mrs. Aparna Prabhudesai (Everest Veer) and the course coordinator was Ms. Ekta Jadhav (Director of Physical Education). This Credit course was of 30 hours – 2 Credits. This Credit Course was consisting of 2 treks- Sinhagad Fort Trek -(27/1/1019) and Torna Fort Trek (3/2/19), Wall Climbing on Artificial wall (20/03/19) and Lectures on introduction of various Adventurous sports and their Equipment's. All the girls enjoyed the trekking and wall climbing activity a lot. It was amazing experience all the girls, to check their physical and mental capacity and talent. This activity develops confidence, leadership quality and encourage to social relationship and team work among all the participants. 95% of girls have given positive response (Rate-4 and 5) and they would like to do more advance course of adventurous Activity.

Ekta Jadhav  
Director of Physical Education

**Course Coordinator**

