

Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of Physical Education & Sports

A) A Summary Report

1) Title of Programme:	"Self Defence & Girls and Wom	& Karate Trainin 1en Faculty"	ng Camp for	
2) Name of Organizing Department/Unit:	Physical Education & Sports			
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Mr. Anirudh Baburao Birajdar Mrs. Ratnrani B. Koli			
4) Date(s) of the Programme:	<u>11 to 21 April 2022</u>			
5)Venue:	Auditorium			
6) Targeted Group:	Girls & Women Faculty			
7) Number of Participants:	Faculty	Female	Total	
	01	30	31	
8) Source of Funding:	R. S. Mahavidy	R. S. Mahavidyalaya (Autonomous),Latur		
9) Total Expenditure:	5,000/-	5,000/-		
10) Resource Person/ Guest:	Mr. Sudhakar U	Mr. Sudhakar Ulekar (5 <sup>th</sup> Dan Black Belt)		

#### B) A Report

### i. Title: "Self Defence & Karate Training Camp for Girls and Women Faculty"

#### ii. Introduction:

Today's world belongs to advanced and independent women. Nowadays women face many problems in their daily life. Today women are working in bigger positions, along with that their difficulties are increasing. and to face these difficulties self defense and karate training was organized by the college.

#### iii. Objectives:

• To give health related awareness

· To empower women with techniques to handle an attack independently

#### • iv. Details of Participants:

There were around 30 girls and 1 women faculty present for the camp.

#### v. Brief Summary of Events/ Sessions:

Mr. Sudhakar Ulekar, who is a 5<sup>th</sup> Dan Black Belt was invited by college for the 10-days camp of Self-Defense and Karate Training for Girls and Women faculty. He taught girls how to protect themselves during crucial times.

#### vi. Conclusion, with Feedback on the Programme:

During college annual gathering girls showed the demo of breaking tiles by hand and legs also some of them shown how to tolerate beating of bamboo on stomach as well as breaking the burning of tiles by hand was taught during karate training camp. After watching this Chief Guest of Annual Day Programme and Principal praised them all.

Date: 22/04/2022

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Director Physical Education & Sports Director Dept. of Phy. Edu. & Sports Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Raiarshi Shahu Mahavidyalaya (Autonomous), Latur



# C) Geotagged Photo:

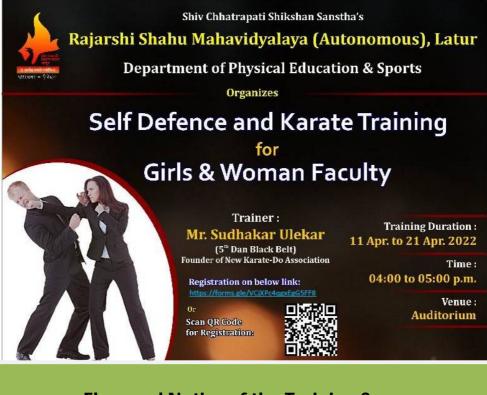


# Some Snaps of the Training Camp





D)Copies of Brochure Prepared for the Programme:



# Flyer and Notice of the Training Camp

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	Director Briston Director Rajarshi Shahu Mahavidyalaya		Raiarshi Shahu Mahavidyalaya

## E) List of Participation:



Lists of Daily participants with attendance

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Director Physical Education & Sports Director Dept. of Phy. Edu. & Sports Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Principal PRINCIPAL

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

