



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 & Karate Training Camp for Girls and Women Faculty”		
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. Mahavidyalaya (Autonomous), Latur		
9) Total Expenditure:	5,000/-		
10) Resource Person/ Guest:	Mr. Sudhakar Ulekar (5 th 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 5th 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


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


Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur



C) Geotagged Photo:



Some Snaps of the Training Camp



D)Copies of Brochure Prepared for the Programme:

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur
Department of Physical Education & Sports
Organizes

**Self Defence and Karate Training
for
Girls & Woman Faculty**

Trainer :
Mr. Sudhakar Ulekar
(5th Dan Black Belt)
Founder of New Karate-Do Association


Training Duration :
11 Apr. to 21 Apr. 2022

Time :
04:00 to 05:00 p.m.

Venue :
Auditorium

Registration on below link:
<https://forms.gle/VCjXPc4qgxEGG5FF8>

Or
Scan QR Code
for Registration:





Flyer and Notice of the Training Camp

राजर्षी शाहू महाविद्यालय (स्वायत्त), लातूर
सूचना दि.०६/०४/२०२२
क्रीडा विभाग

महाविद्यालयातील सर्व विद्यार्थीनींना कळविण्यास आनंद होतो की, आपल्या स्व-संरक्षणासाठी महाविद्यालयाच्या क्रीडा विभागामार्फत “Self Defence and Karate Training for Girls & Woman faculty” या शिबीराचे आयोजन करण्यात आलेले आहे. सदरील सराव शिबिरात भाग घेऊ इच्छीणाऱ्या सर्व विद्यार्थीनींनी खालील गुगल फॉर्म लिंकवरती आपले नाव नोंदणी करावयाची आहे.

प्रशिक्षक :- मास्टर श्री. सुधाकर उळेकर (5th Dan Black belt)
कालावधी :- दि.११ एप्रिल ते २१ एप्रिल २०२२
वेळ :- सायंकाळी ०४.०० ते ०५.००
स्थळ :- सभागृह
गुगल फॉर्म लिंक : <https://forms.gle/VCjXPc4qgxEGG5FF8>


Director
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur


Principal
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur

Rajshahi Shahu Mahavidyalaya (Autonomous) Later					Rajshahi Shahu Mahavidyalaya (Autonomous) Later					Rajshahi Shahu Mahavidyalaya (Autonomous) Later				
Department of Physics Education & Sports					Department of Physics Education & Sports					Department of Physics Education & Sports				
(Daily Attendance Register / Book)					(Daily Attendance Register / Book)					(Daily Attendance Register / Book)				
Name of the Game: <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u>					Name of the Game: <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u>					Name of the Game: <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u> <u>Cricket</u>				
No.	Name of the Player	Class	Date	Signature	No.	Name of the Player	Class	Date	Signature	No.	Name of the Player	Class	Date	Signature
1	Arifur Rahman	B.A. I	12/01/2020		1	Arifur Rahman	B.A. I	12/01/2020		1	Arifur Rahman	B.A. I	12/01/2020	
2	Arifur Rahman	B.A. I	12/01/2020		2	Arifur Rahman	B.A. I	12/01/2020		2	Arifur Rahman	B.A. I	12/01/2020	
3	Arifur Rahman	B.A. I	12/01/2020		3	Arifur Rahman	B.A. I	12/01/2020		3	Arifur Rahman	B.A. I	12/01/2020	
4	Arifur Rahman	B.A. I	12/01/2020		4	Arifur Rahman	B.A. I	12/01/2020		4	Arifur Rahman	B.A. I	12/01/2020	
5	Arifur Rahman	B.A. I	12/01/2020		5	Arifur Rahman	B.A. I	12/01/2020		5	Arifur Rahman	B.A. I	12/01/2020	
6	Arifur Rahman	B.A. I	12/01/2020		6	Arifur Rahman	B.A. I	12/01/2020		6	Arifur Rahman	B.A. I	12/01/2020	
7	Arifur Rahman	B.A. I	12/01/2020		7	Arifur Rahman	B.A. I	12/01/2020		7	Arifur Rahman	B.A. I	12/01/2020	
8	Arifur Rahman	B.A. I	12/01/2020		8	Arifur Rahman	B.A. I	12/01/2020		8	Arifur Rahman	B.A. I	12/01/2020	
9	Arifur Rahman	B.A. I	12/01/2020		9	Arifur Rahman	B.A. I	12/01/2020		9	Arifur Rahman	B.A. I	12/01/2020	
10	Arifur Rahman	B.A. I	12/01/2020		10	Arifur Rahman	B.A. I	12/01/2020		10	Arifur Rahman	B.A. I	12/01/2020	
11	Arifur Rahman	B.A. I	12/01/2020		11	Arifur Rahman	B.A. I	12/01/2020		11	Arifur Rahman	B.A. I	12/01/2020	
12	Arifur Rahman	B.A. I	12/01/2020		12	Arifur Rahman	B.A. I	12/01/2020		12	Arifur Rahman	B.A. I	12/01/2020	
13	Arifur Rahman	B.A. I	12/01/2020		13	Arifur Rahman	B.A. I	12/01/2020		13	Arifur Rahman	B.A. I	12/01/2020	
14	Arifur Rahman	B.A. I	12/01/2020		14	Arifur Rahman	B.A. I	12/01/2020		14	Arifur Rahman	B.A. I	12/01/2020	
15	Arifur Rahman	B.A. I	12/01/2020		15	Arifur Rahman	B.A. I	12/01/2020		15	Arifur Rahman	B.A. I	12/01/2020	
16	Arifur Rahman	B.A. I	12/01/2020		16	Arifur Rahman	B.A. I	12/01/2020		16	Arifur Rahman	B.A. I	12/01/2020	
17	Arifur Rahman	B.A. I	12/01/2020		17	Arifur Rahman	B.A. I	12/01/2020		17	Arifur Rahman	B.A. I	12/01/2020	
18	Arifur Rahman	B.A. I	12/01/2020		18	Arifur Rahman	B.A. I	12/01/2020		18	Arifur Rahman	B.A. I	12/01/2020	
19	Arifur Rahman	B.A. I	12/01/2020		19	Arifur Rahman	B.A. I	12/01/2020		19	Arifur Rahman	B.A. I	12/01/2020	
20	Arifur Rahman	B.A. I	12/01/2020		20	Arifur Rahman	B.A. I	12/01/2020		20	Arifur Rahman	B.A. I	12/01/2020	
21	Arifur Rahman	B.A. I	12/01/2020		21	Arifur Rahman	B.A. I	12/01/2020		21	Arifur Rahman	B.A. I	12/01/2020	
22	Arifur Rahman	B.A. I	12/01/2020		22	Arifur Rahman	B.A. I	12/01/2020		22	Arifur Rahman	B.A. I	12/01/2020	
23	Arifur Rahman	B.A. I	12/01/2020		23	Arifur Rahman	B.A. I	12/01/2020		23	Arifur Rahman	B.A. I	12/01/2020	
24	Arifur Rahman	B.A. I	12/01/2020		24	Arifur Rahman	B.A. I	12/01/2020		24	Arifur Rahman	B.A. I		

Lists of Daily participants with attendance

