

The Berar General Education Society, Akola's
SHRI R.L.T. COLLEGE OF SCIENCE, AKOLA
Women's Cell and Internal Complaint Committee (ICC)
In collaboration with
Department of Physical Education and Sports and IQAC
Organized A Program
Self Defense - Essential in Life
(Informative with Practical Session)
on dated 9th April 2022 at 11.30 AM

Women's Cell and Internal Complaint Committee (ICC) in collaboration with Department of Physical Education and Sports and IQAC organized a program Self Defense - Essential in Life (Informative with Practical Session) on dated 9th April 2022 at 11.30 am in Auditorium hall of the college. The aim of this program is to motivate the students for self defense.

The program was chaired by Principal Dr. V. D. Nanoty. Self Defense Expert and Speaker for this program was Dr. R. D. Chandrawanshi, Director of Physical Education and Sports, Shri R.L.T. College of Science, Akola. Chief Guest for this program was Dr. R. L. Rahatgaonkar, Coordinator, IQAC, Shri R. L. T. College of Science, Akola.

The program was started with the worship of Goddess Saraswati and Kranti Jyoti Sawaitribai Fule. In the introductory speech Dr. Tadam, Chairperson of Women's cell and ICC, explained the need and importance of Self-defence.

In this program Self defense related detail concept nicely delivered by Dr. Rajesh Chandrawanshi and live demonstration of Karate, Taekwondo, Kick Boxing and Judo were perfectly presented by self defense expert Students. Three girl students namely Ms. Tejal Thakur from B.Sc.III, Ms. Rutuja Badhe from B.Sc.II and Ms. Nalanda Damodar from B.Sc.I shared their benefits after learning Self-defence. The chairperson of this program Principal Dr. Nanoty assured that students will get benefited by this program.

Total 207 students were participated in this program out of which 183 were girls students and 24 were boys students. Some students were motivated to take part in self defense activities. Hence the aim of the program was achieved.

The program was nicely conducted by Ms. Vijaya Tekade and vote of thanks was delivered by Mr. Pranav Kadu. Following members of Women's Cell and ICC worked hard for the success of the program.

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| 1. Dr. S.B.Tadam | Co-ordinator |
| 2. Dr. K.M.Heda | Member |
| 3. Dr. A.A.Sangole | Member |
| 4. Smt. J.A.Gite | Member |
| 5. Ms. Kanchan Mangatani | Member (Research Student Representative) |
| 6. Ms. Aarti Katore | Member (P.G. Student Representative) |
| 7. Ms. Karishma Panjawani | Member (U.G. Student Representative) |