

The Berar General Education Society's
Shri R.L.T. College of Science, Akola
Department of Physical Education and Sports



Report

Self-Defense Academy



Session - 2017-2018

Shri R.L.T. College of Science, Akola
Department of Physical Education and Sports
Self -Defense Academy
(Innovative Practice)

Session 2017-2018

Karate is an ancient art of self-defense. Now a day's Karate is recognized as sports. In modern era women are facing so many problems in society and also have golden opportunities in discipline jobs. Karate is most useful for women to develop their physical fitness and self-defense techniques. For the karate player physical fitness is must. So that the karate training includes stretching exercise, running, warm up, punching, kicking, blocking, breaking technique and real combat. This hard training develops muscular power, stamina, endurance, flexibility, agility of strength of player. Aim of this activity is to develop self-defense skill with physical fitness among the students specially for girls.

List of Participants

Sr. No.	Name of Participant	Class
1	Ms. Sonali Kulat	B.Sc. I
2	Ms. Ruchika Neware	B.Sc. I
3	Ms. Pragati Navlkar	B.Sc. I
4	Ms. Snehal Gawande	B.Sc. I
5	Mr. Mangesh Deshmukh	B.Sc. II
6	Ms. Sakshi Deshmukh	B.Sc. II
7	Ms. Tapasy Golait	B.Sc. II
8	Ms. Rohini Pawar	B.Sc. II
9	Ms. Shivani Pawar	B.Sc. II
10	Ms. Vaishnavi Bathe	B.Sc. I
11	Ms. Apeksha Tayade	B.Sc. II
12	Ms. Seema Raut	B.Sc. III
13	Ms. Gopi Kabra	B.Sc. I
14	Mr. Tushar Gite	B.Sc. II
15	Ms. Pooja Halvadiya	B.Sc. I
16	Ms. Vaishnavi Deshmukh	B.Sc. II
17	Ms. Manali Jadhav	B.Sc. II
18	Ms. Dhanashree Mali	B.Sc. II
19	Ms. Prachi Chaturkar	B.Sc. II
20	Ms. Devyani Kale	B.Sc. II

Sr. No.	Name of Participant	Class
21	Ms. Samrudhi Yeutkar	B.Sc. I
22	Ms. Diksha Golait	B.Sc. I
23	Ms. Ashwini Shegokar	B.Sc. II
24	Mr.Saurabh Shegokar	B.Sc. I
25	Ms. Prerna Deshmukh	B.Sc. I
26	Ms. Rupali Idhol	B.Sc. I
27	Ms. Anjali Pawar	B.Sc. I
28	Ms. Vaishnavi Sonwane	B.Sc. I
29	Ms. Damini Sanghai	B.Sc. I
30	Ms. Monal Bhoje	B.Sc. I
31	Ms. Vaishnavi Warhade	B.Sc. I
32	Ms. Vaishali Hatole	B.Sc. I
33	Ms. Bhavika Chhoundiya	B.Sc. II
34	Ms. Payal Sonavane	B.Sc. II
35	Ms. Prajkta Deshmukh	B.Sc. II
36	Ms. Ashwinee Rudrakar	B.Sc. II
37	Mr. Ayush Wankhade	B.Sc. II
38	Mr. Shubham Wankhade	B.Sc. I
39	Ms. Kajal Pawar	B.Sc. I
40	Ms. Poonal Aware	B.Sc. I
41	Ms. Depali Sharma	B.Sc. I
42	Ms. Priti Chhangani	B.Sc. I
43	Ms. Tulsi Joshi	B.Sc. I
44	Ms. Chaitali Palaspagar	B.Sc. I
45	Ms. Komal Varma	B.Sc. I
46	Ms. Namtra Ghire	B.Sc. I
47	Ms. Aparna Wagh	B.Sc. I
48	Mr. Rohit Dange	B.Sc. I

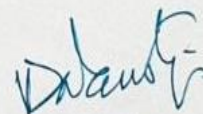


**Shri.R.L.T.College of Science,Akola
Department Of Physical Education
(Degree College)
Notice - 1
2017-2018**

All students who are interested to participate in Badminton, Table Tennis , Chess , Volleyball , Judo, Athletics, Boxing, Best Physique, Weight Lifting, Taekwondo, Wrestling and any other sports or Youth Festival should contact & enrolled there name to Dr. R. D. Chandrawanshi, Director of Physical Education in Department of Physical Education up to 25th July 2017.



(R. D. Chandrawanshi)
Director,
Physical Education
Shri R.L.T. College of Science, Akola



(Dr. V. D. Nanoty)
Principal,
Shri R.L.T. College of Science,
AKOLA

Date :- 10/07/2017











Dr. Rajesh Chandrawanshi
Director of Physical Education and Sports