



Shahid Shikshan Prasarak Mandal, Titave's
SHAHID VIRPATNI LAXMI MAHAVIDYALAYA

Titave, Tal-Radhanagari Dist-Kolhapur

PH (0231) 254370

E-Mail-svlm.titave@gmail.com

Ref.-: 2021-2022/computer science/13 DATE: 12/10/2021

To,
The Sarpanch,
Titave,
Tal. Radhanagari,
Dist. Kolhapur.

Subject: Permission to organize Karate and self-defense for girls at Titave in your village.

Respected Sir / Madam,

The Department of Computer Science of Shahid Virpatni Laxmi College, Titave, Wishes to Organize Karate and self-defense at Titave, On 20th October 2021 with your co-operation and support. Kindly consider the same and acknowledge the receipt of this letter.

Thank you,

*Shilpada
Received*



Yours Faithfully,

Principal

Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur

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SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE
Department of Computer Science

Notice

Date: 12th Oct 2021

All students are hereby informed that Department of Computer Science organize Guest lecture on "karate is defending yourself". For all girls and womes in Titave. Kindly participate in this event.

Day: Wednesday

Date: 20th Oct 2021

Time: 08.30 am - 01.00 pm


Head
Department Of
Computer Science


Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.



**Shahid Virpatni Laxmi Mahavidyalaya,
Titave**

Tal. Radhanagari, Dist. Kolhapur

Event Report

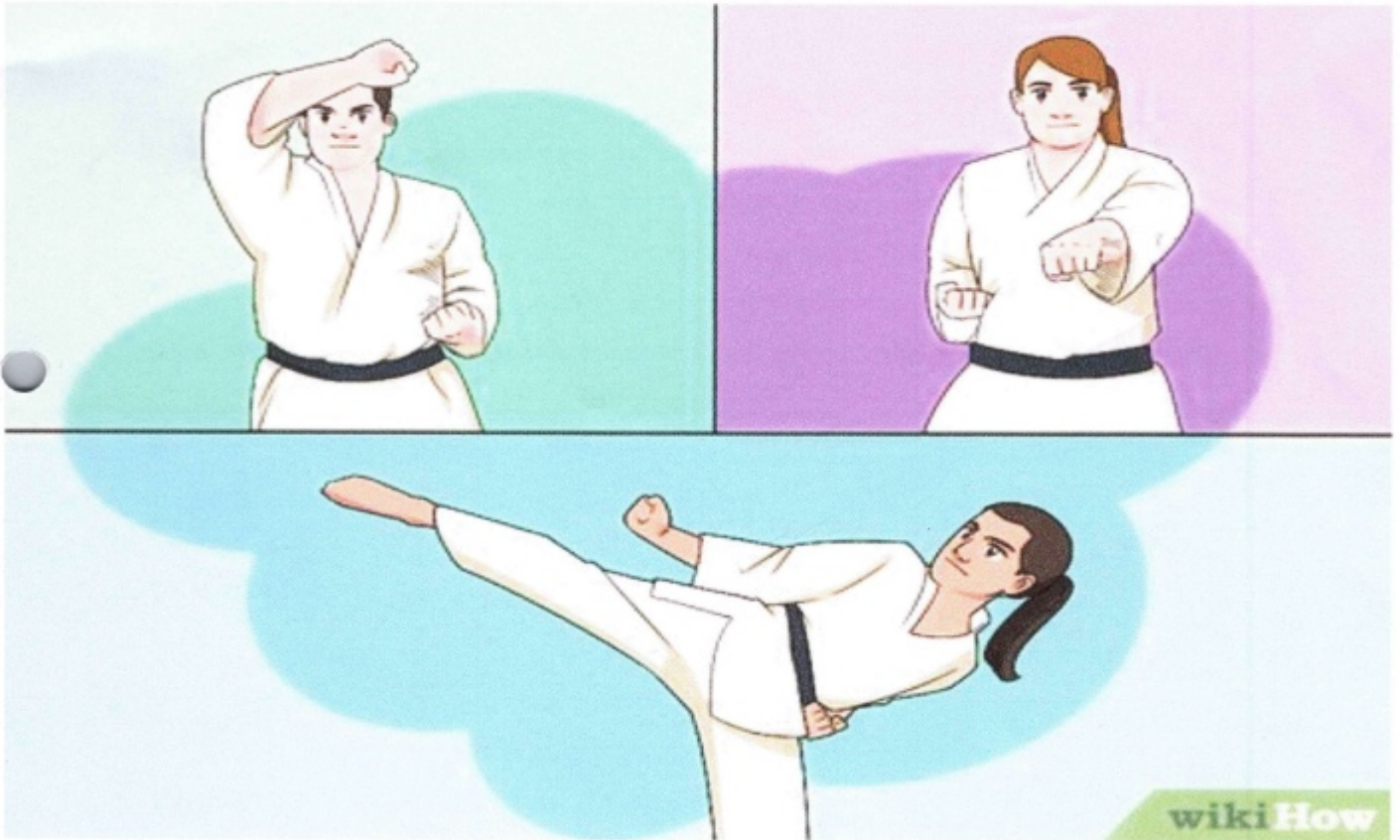
Department of Computer Sciences

“Karate & Self Defense”.

2021-2022

Day: Wednesday

Date: 20th Oct 2021



**Shahid Virpatni Laxmi Mahavidyalaya, Titave
Tal. Radhanagari, Dist. Kolhapur**

Event Report

Department of Computer Sciences

Karate & Self Defense

2021-2022

| | |
|--|---|
| Name of the Event and Guest | Karate & Self Defense |
| Organizing Dept./ Committee | Department of Computer Sciences |
| Name of the Event and Guest | Miss Sushma Pisal, Shotokan Karate Do Association India |
| Organizing committee | Mr.Sagar Shetage, Mrs.Sanyogita Warake, Miss.Rutuja Ranamale, Mr.Omkar Lokare. |
| Day and Date | 20 th October 2021 |
| No. of Participants | 60 |
| Time | 08:30 am to 1:30 pm |





photo from Karate & self Defense workshop. 20/oct/2021

HOD

Head
Department Of
Computer Science



Principal

Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.

Detail Report

Shahid Virpatni Laxmi Mahavidyalaya, Titave. Department of Computer Science organized guest lecture on "Karate & Self Defense" for girls and womens in Titave . We invite Miss. Sushama Pisal resource person for Guest lecturer. Miss. Sushama Pisal fired the opening salvo by asking the students "What is self-defense?" and pat came the reply, "Defending yourself". "Yes Karate is defending yourself, but more than that, it is a way of life. It takes you to the next level of maturity," elucidated Matthew. "Mind is the biggest weapon in Karate. Hands, legs, and the body are trained to train your mind and increase your confidence," he added. After the initial explanation of the fundamentals of Karate, Miss. Sushama Pisal madam and his team of Karate students began live demonstrations of techniques that excited the onlookers.

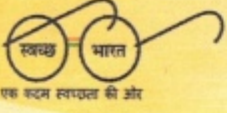
Starting with simple warmups, the martial arts students captivated the attention of the spectators by displaying complex pushups, cartwheels, rolls, and other exercises. They went on to explain with demonstration, the techniques of unlocking attackers, throwing them down, and even scratching your way out of trouble by irritating the potential opponent and charting the quickest and safest escape route. Perhaps the most dangerous item of the day was the stunt performed by the senior students of Wakayama. They broke stacked tiles with bare knuckles that were lit on fire. Tiles were also broken using legs, elbows, and even the bare body.

Miss. Rutuja Ranamale, faculty from computer science, was elated by the session. "It was a wonderful program. Self-defense was apt for Women's Day celebrations," she said. Arati, a student from BCA felt that the program was very useful. "This session on self-defense was really good and practical. We actually got to know how to protect ourselves and what karate is" she said. Overall, the session on self-defense was very warmly received by the students of Computer Science Department. With crimes against women rising every day, these techniques might come in handy for students in future to protect themselves.


Principal

Shahid Virpanni Laxmi Mahavidyalay
Titave, Tal.Radhanagari, Dist.Kolhapur





स्थापना : १९५९

ग्रामपंचायत तिटवे



- घरफाळा व पाणीपट्टी वेळेत भरून सहकार्य करा.
- पाणी उकळून व गाळून पिणे आरोग्याला हितकारक.
- पाणी जपून वापरा • बालविवाह टाळा

- जन्म, मृत्यू नोंद २१ दिवसाचे आत ग्रा.पं. कार्यालयात करा.
- जागर स्वच्छतेचा, सन्मान शाहू भूमीचा.
- आपले आरोग्य आपल्या हाती.
- घोरोघरी वैयक्तित शौचालय बांधा.

ता. राधानगरी, जि. कोल्हापूर.

जावक क्र. Titave/2021/22/7.

दिनांक : 20/10/2021

प्रति,
प्राचार्य,
शहिद वीरपत्नी लक्ष्मी महाविद्यालय,
तिटवे.

आदरणीय सर,

गावातील मुलांसाठी स्व:रक्षासाठी करटे आणि सेल्फ डिफेन्स मार्गदर्शन कार्यक्रमाचे आयोजित केल्याबद्दल व त्यांना ह्या कार्यक्रमाद्वारे संकटकालीन परिस्थितींपासून स्वतःचा बचाव कसा करायचा हे शिकण्यासाठी आम्ही तुमचे आणि तुमच्या कर्मचार्यांचे मनापासून आभार मानतो . तसेच जेव्हा एखादी स्त्री कराटे शिकते तेव्हा ती आत्मसंरक्षण, आत्मविश्वास आणि स्वाभिमान देखील शिकते ज्यामुळे तिला कमी भीतीने आणि अधिक उबदार व अधिक मुक्त वृत्तीने जीवनात बाहेर पडता येते.

कळावे,



तुमचा विश्वासू,

Skilledale

मा. सरपंच

ग्रामपंचायत तिटवे

ता. राधानगरी, जि. कोल्हापूर

Shahid Virpatni Laxmi Mahavidyalaya Titave

Department - of computer science

Academic year - 2021 - 2022

Date - 20/10/2021

Event name - Karate & self defence

| Sr.No | Name | Class | Sign |
|-------|-----------------------------|--------------|---------------------|
| 1 | Kurade Prachi Ragunath | BSC Micro-Fy | PKurade. |
| 2. | Khandekar shudhangi Bapu | — 11 — | <u>Sh.</u> |
| 3. | Ambi Aishwarya Pacashacam | — 11 — | <u>Anabi</u> |
| 4. | Aswale Sakshi Satappa | — 11 — | <u>Aswale</u> |
| 5. | Balugade harshada shivaji | — 11 — | Bharhade. |
| 6. | Bolave sakshi Rangav | — 11 — | <u>SBolave</u> |
| 7. | Chougale Harshada Satappa | — 11 — | <u>Chougale</u> |
| 8. | Chougale Prachi Ananda | — 11 — | <u>CPA</u> |
| 9. | chougale shreya Ramchandra | — 11 — | <u>Shreya</u> |
| 10. | chougale vaishnavi satish | — 11 — | <u>Chougale</u> |
| 11. | Devardekar Sakshinvi Sunil | — 11 — | <u>S.Devardekar</u> |
| 12. | Gadiwadd Rutuja Shivaji | — 11 — | <u>Radiwade</u> |
| 13. | Gaikwad swapnali Ganaji | — 11 — | <u>Gaikwad</u> |
| 14 | Harale Samruddhi Vitthal | — 11 — | <u>Harale</u> |
| 15 | Jadhav Antara Anandasa | — 11 — | <u>Ajadhav</u> |
| 16 | Jadhav SAMRUDDHI HINDRAV | — 11 — | <u>Jadhav</u> |
| 17 | JARAG SANTIKA DIPAK | — 11 — | G. S. D |
| 18 | Kadam Sanyukta Vishwas | — 11 — | <u>Kadam</u> |
| 19 | Kadam Vaishnavi Balasheb | — 11 — | <u>Kadam</u> |
| 20. | Kamble Amisha Rangasa | — 11 — | <u>AKamble</u> |
| 21 | kamble ANKITA ASHOK | — 11 — | K. A. A |
| 22 | Kamble Rutuja Rajendra | — 11 — | <u>RAK</u> |
| 23 | kamble sandhya Sanjay | — 11 — | <u>K.Sandhya</u> |
| 24 | kamble Sonjona Goutom | — 11 — | <u>Sikamble</u> |
| 25 | Kamble Sonali Mahesh | — 11 — | <u>SM</u> |
| 26 | kapale rashmi Arjun | — 11 — | R.kapale. |
| 27 | Karape Akanksha Chandrakant | — 11 — | <u>AKarape</u> |
| 28 | Katkar Dharmishai Prakash | — 11 — | D.P. Katkar |
| 29) | Kavade Geetanjali Vitthal | — 11 — | <u>G.Kavade.</u> |
| 30) | khade Sanika Satappa | — 11 — | SSK. |
| 31. | khamkar Vaishnavi Shazad | — 11 — | <u>V.khamka.</u> |
| 32. | Khot Pragathi Prakash | — 11 — | <u>KP</u> |



| Sr.No | Name | Class | Sign |
|-------|--------------------------|--------------|---------------------|
| 33 | Kondaval Neha Sandip. | — " — | <u>Kondavall</u> |
| 34 | kumbhaje Peachi Uttam | BSC MICEO FY | <u>Pukumthar</u> |
| 35 | kumbhaje shamal Bbikaji | — II — | <u>Amur</u> |
| 36 | Popale Sadhana Dattatray | — II — | <u>S.D. Popale</u> |
| 37 | Magadam durga dhanaji | — II — | <u>Amur</u> |
| 38 | Kurale shubhangi Maruti | — II — | <u>Kurale</u> |
| 39 | Lingade Pratibha Praji | — " — | <u>P.P. Lingade</u> |
| 40 | Lohar Naisant/Pandurang | — II — | <u>V.P. Lohar</u> |
| 41 | Magdam Shradha Janaji | — II — | <u>Magdam</u> |
| 42 | Mahekax Shrutik dhanaji | — II — | <u>Sdmehakar</u> |
| 43 | Mestey Jyotee Tulshidas | — " — | <u>JM</u> |
| 44 | mobite prachi shivaji | — II — | <u>PSB</u> |
| 45 | Momin Fazeen Zahad Ahmad | — II — | <u>MPA</u> |
| 46 | Morabale Sanika Sambhaji | — II — | <u>M.S.S.</u> |
| 47 | Nikam Asmita Sanjay | — II — | <u>Nikam</u> |
| 48 | Patil Akanksha Sandip | — II — | <u>A.S. Patil</u> |
| 49 | Patil Dhanashai Shivaji | — II — | <u>Patil</u> |
| 50 | Patil Diksha Vijay | — II — | <u>P.D.V</u> |
| 51 | patil kumud keshav | — II — | <u>kkpatil</u> |
| 52 | Patil Madura Tanaji | — II — | <u>M.Patil</u> |
| 53 | Patil Maituri Maruti | — II — | <u>M.Patil</u> |
| 54 | Patil Neha Ashok | — II — | <u>P.N.A.</u> |
| 55 | Patil Pallavi Bajrao | — II — | <u>Pallavi</u> |
| 56 | Patil pallavi Shashikant | — II — | <u>Pallavi</u> |
| 57 | Patil Prachi Dhanaji | — II — | <u>P.D.H.</u> |
| 58 | Patil prajakta pandurang | — II — | <u>Prajakta</u> |
| 59 | Patil Prerand Sambhaji | — II — | <u>Prerand</u> |
| 60 | Patil Reshma Ashok | — II — | <u>Reshma</u> |
| 61 | Patil Samroodani SURESH | — II — | <u>S.Patil</u> |
| 62 | Patil Sanika Anil | — II — | <u>S.Patil</u> |
| 63 | Patil Sanika Sunil | — II — | <u>S.Patil</u> |
| 64 | Patil Shreya Bapuso | — II — | <u>S.B. Patil</u> |
| 65 | Patil shrutika Ramesh | — II — | <u>SRP</u> |
| 66 | Patil Shubhondi Sanjay | — II — | <u>Shubhondi</u> |
| 67 | Patil smita Babaso | — II — | <u>Spatil</u> |
| 68 | Patil snehal chandrakant | — II — | <u>S.Patil</u> |
| 69 | Patil sonali vikas | — II — | <u>S.Patil</u> |
| 70 | Patil sudeshna suhas | — II — | <u>S.Patil</u> |



Principal
 Shri. S. S. Tilave
 Tilave, Tal. Radhanagar, Dist. Kolhapur.

Marathi Translation of appreciation letter From Grampanchayat Titave

Tal: Radhanagari

Date :20/10/2021

To,
Principal,
Shahid Virpatni Laxmi Mahavidyalaya, Titave

Respected Sir,

We sincerely thank you and your staff for organizing self defense karate training programs for village girls and women's in Titave Tal: Radhanagari and teaching them how to defend themselves from emergency situations through this program. Also, when a woman learns karate, she also learns self-defense, self-confidence, and self-esteem that allow her to approach life with less fear and a warmer and more open attitude.

Once again Thank you very much.




Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.