

SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Department Of Computer Science

Notice

Date: 6th Oct 2021

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

Day: Wednesday

Date: 20th Oct 2021

Time: 08.30 am - 01.00 pm


Principal
Principal

Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagar, 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



Detail Report

Shahid Virpatni Laxmi Mahavidyalaya, Titave. Department of Computer Science organized guest lecture on "Karate & Self Defense". 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," "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



Photos -



Some glimpses from 'Karate & Self Defense' Workshop.
20th Oct 2022



Faculty Head
Head
Department Of
Computer Science

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

Shahid Virpatni Laxmi Mahavidyalaya Titave

Department- Computer Science.

Date- 20-oct-2022

Event Name- Karate and self defense for girls

Sr.No	Name	Sign	Village
1	Vedika Babasa More.	VMore	Titave
2	Tanuja mohan patil.	TPatil	Titave
3	Tanvi sunil patil	Tanvi sp.	Titave
4	Radhika Anil patil	Radhik.P.	Titave
5	Swara Rajendra patil.	Spatil	Titave
6	Shrutika Nivas patil	SNPatil	Titave
7	Shital Pandurang patil	Spatil	Titave
8	Tanuja Balavant Patil	TBPatil	Titave
9	Siddhi Madan patel	SMP	Titave
10	Megha Balkrushn Patil	MPatil	Titave
11	Nita Nanasa Patil	NPatil	Titave
12	sneha Akshay Patil	Spatil	Titave
13	Rebhma suresh mhalavakar	Rm	Titave
14	Vaishnavi Arun Powar	Vpowar	Titave
15	Disha Vijay Kamble	DKamble	Titave
16	Dhara nagendra mangure.	DM.	Titave
17	Promila Sattapa desai.	PS.D	Titave
18	saniya chandrakant patil.	SCP.	Titave
19	Kartiki vishnu mone.	KVMone	Titave
20	Gauri sanil chougale	GChougale	Titave
21	Asmita Arun Patil	APatil	Titave
22	Arya Arun patil	APatil	Titave
23	Seemidha Sukhdev sutar	SSutar	Titave
24	Gayatri Arun patil	GArun	Titave
25	Radhika Tukaram Sutar	RSutar	Titave
26	Devika Arun patil	DArun	Titave
27	Manu Ashok Rajje	MRajje	Titave
28	Sakshi vishnu patil	SPatil	Titave
29	Ranjana Tukaram Sutar	RSutar	Titave
30	Reshma Vinod Sutar	RSutar	Titave
31	Guri Rangarao Sutar	GSutar	Titave
32			



Principal

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