SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Department Of Computer Science

Notice

Date: 6th Oct 2022

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

Shahid Virpatei Lexmi Mahavidyalaya Titave, Tal. Radnanagari, 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.

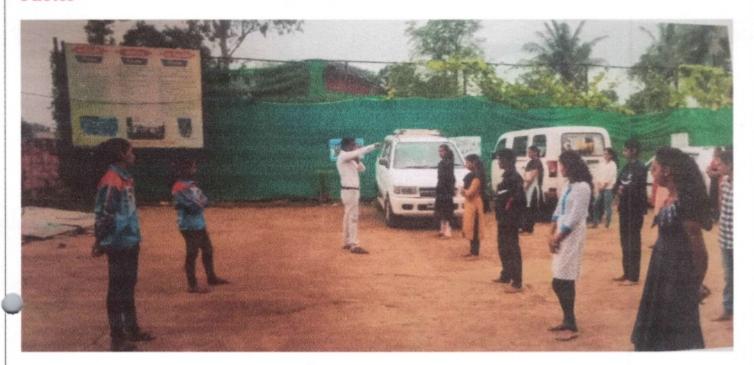
Miss. Rutuja Ranamale, faculty from computer science, was elated by the session. "It was a wonderful program. Self-defense was apt for Women's Day celebrations," "This session on self-defense was really good and practical. We actually got to know how to protect ourselves and what karate is" she said. 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.

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



Photos -





Some glimpses from "Karate & Self Defense" . Workshop. 20th oct 2020

Affi No. 452 'ave

Faculty Head Head

 Department Of Computer Science

Principal

Shahid Virpatni Laxmi Mahavidyalaya

tave, Tal. Radhanagari, Dist.

Shahid Virpatni Laxmi Mahavidyalaya Titave

Department - Computer Science.

Date- 20-0ct-2022

Event Name- Karate and Self defense for sirls

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