

Affiliated to Shivaji University, Kolhapur

**KISAN SHIKSHAN SANSTHA'S
KRANTISINH NANA PATIL COLLEGE, WALWA
(Arts & Science)**

Walwe, (Dist. Sangli) 416313

Prin.Dr.Sushma A. Nayakawadi M.Sc. Ph.D

Email: knpcwalwa@ymail.com

☎ (02342) 267048

Fax.(02342) 267577

Date: 21/09/2024

:NOTICE

All the girl students are hereby informed that Gender Sensitization & Gender Equity and ICC Committee and IQAC jointly organizes Five Days Self Defense Training Program during 24th September to 28th September, 2024 at 11.00 am every day in the Seminar Hall of K. N. P. College, Walwa.

All the girl students are requested to attend the program daily in time without fail.

Chairman



G.S –G. Equity and ICC Committee.


Principal
PRINCIPAL,

**KRANTISINH NANA PATIL COLLEGE,
WALWE, DIST. SANGLI.**





Kisan Shikshan Sanstha's

KRANTISINH NANA PATIL COLLEGE, WALWA DIST. SANGLI 2023-24
Gender Sensitization & Gender Equity Committee And Internal Complaints Committee
IQAC Jointly Organizes
Five Days Self Defense Training Program for Girls under title of Her Journey.

During 24th September to 28th September, 2024

Inaugural Function.: (Tuesday, 24th Sept.. 2024)

- Idol Poojan: All Dignitaries
- Welcome / Felicitation: Miss. S.S. Kadam (ICC Chairman)
- Chief Guests Felicitation: 1) Shri. S.B. Salunkhe Sir (Resource Person)
2) Dr. S. A. Nayakawadi (Principal)
3) Dr. N. S. Patil (IQAC Coordinator)
- Presidential Address: Prin. Dr. S. A. Nayakawadi
- Vote of Thanks: Miss. Alisha Mulla.
- Comparing: Prof. M.S. Malagi



**Kisan Shikshan Sanstha's
KRANTISINH NANA PATIL COLLEGE, WALWA DIST. – SANGLI
Gender Sensitization & Gender Equity
and Internal Complaints Committee 2024-25**

The committee has decided to conduct Five Days Self Defense Training Program from Tuesday, 24/09/2024 to Saturday, 28/09/2024 at 11.00 am everyday under the title Her Journey.

Place: Seminar Hall, , Krantisinh Nana Patil College, Walwa

Number of Students Benefited: 35

Brief Report:

Inaugural Function and Self Defense Technique and Punching.

Gender Sensitization & Gender Equity and Internal Complaints committee and IQAC jointly organizes Five Days Self Defense Training Program for girl students in the college.

Nowadays the girls should be self supported and self trained and self motivated. It's a strong need of herself and her Family and Society also.

For this Self Defense Training Program our College Physical Director Prof. S.B. Salunkhe Sir is the Resource Person and Trainee.

Miss. Sunita Kadam as a chairman of the committee introduced and felicitate the Chief Guests IQAC coordinator for the function and talked on aims and objectives of such activities.

Chairperson IQAC Coordinator Dr. N. S. Patil Sir share his views in the Presidential address. Prof. M.S. Malagi offered vote of thanks of this function.

Chairman

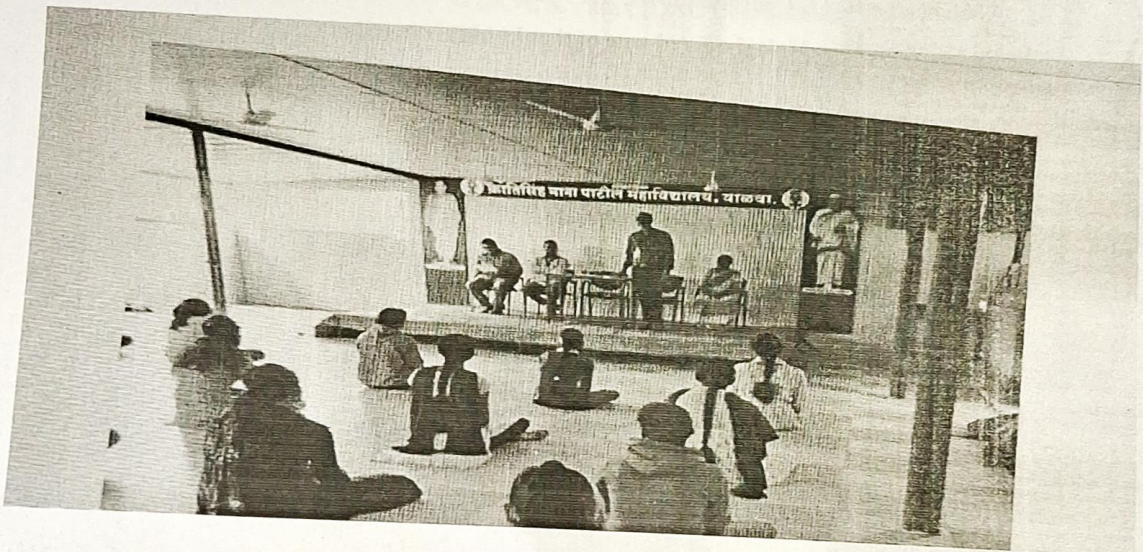


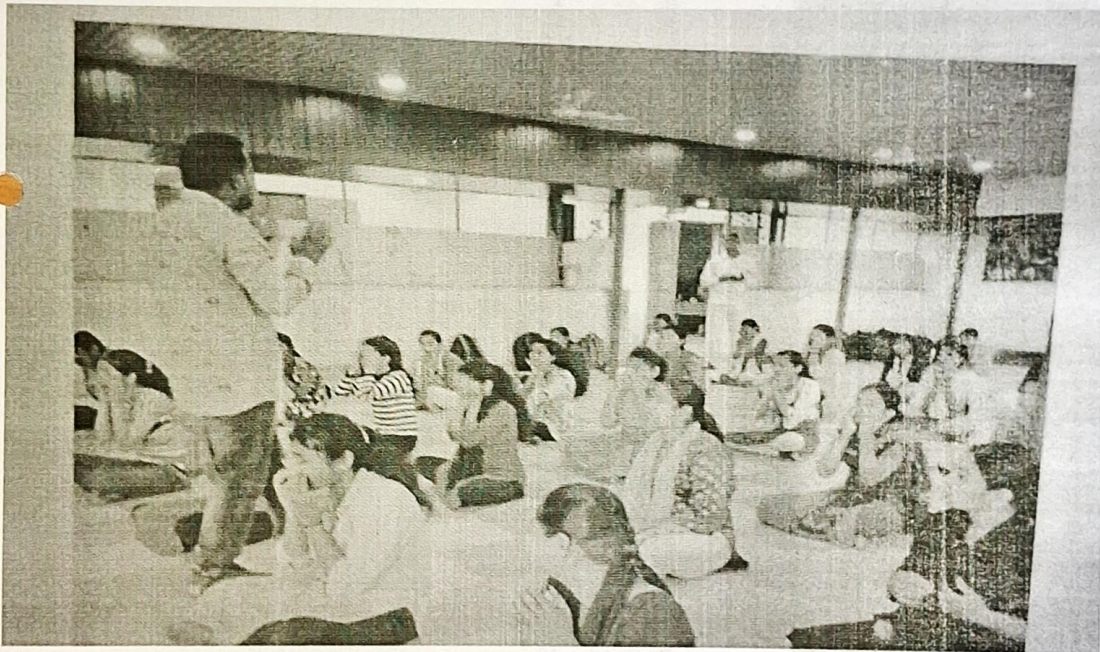
Gender Sensitization and Equity & ICC Committee

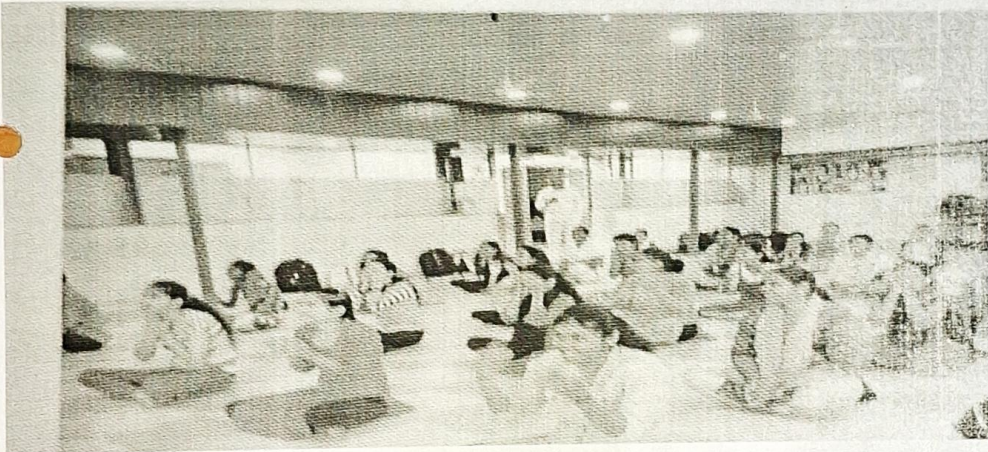


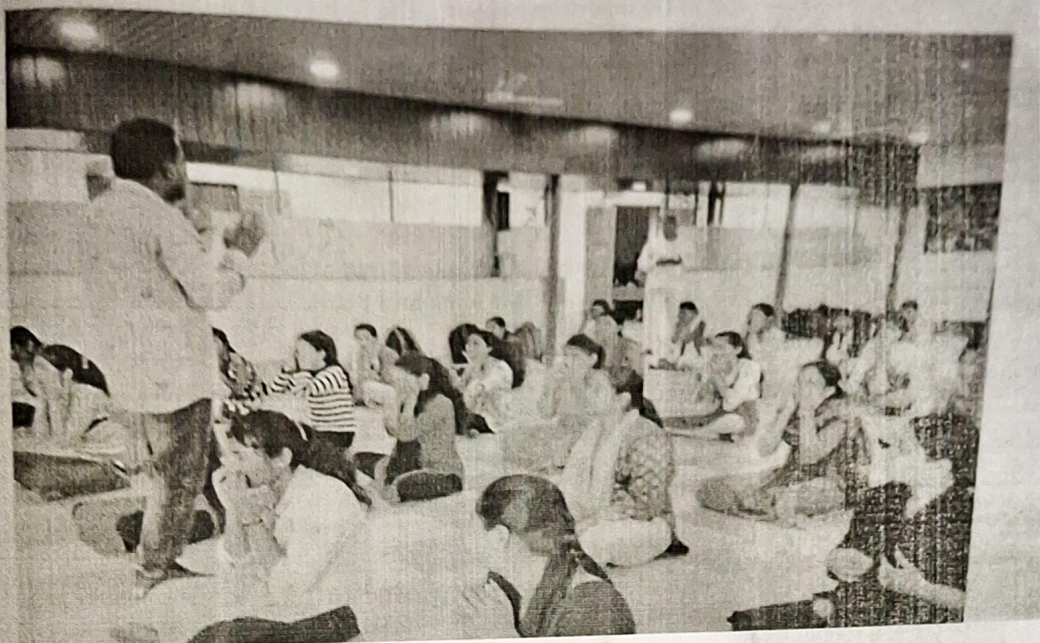


Photographs : Self Defense Training Program Inaugural Function









Summary of whole items demonstrate during the Self Defense Training:

Day 1: Self Defense Technique and Punching. Training of Punching is given as Face, Centre and Chest Punching etc.

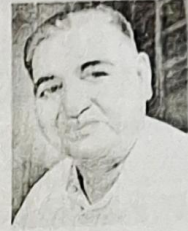
Day 2: Activity: Self Defense Technique and Blocking: Training of Blocking is given as Face, Centre and Chest Blocking etc.

Day 3: Activity: Self Defense Technique and Kicking: Training of Kicking is given as Push Kick, Side Kick and Front Kick. etc.

Day 4: Activity: Self Defense Technique and –Physical Workout: - Spot Jump, High Jump, Cycling etc. and Pushups and Setups and neck Rotation, Shoulder Knee and Heap Rotation etc.

Day 5: Activity: Self Defense and Yoga Technique : In Yoga Technique some useful Asana's and Pranayama taken for better mind concentration:





Kisan Shikshan Sanstha's

KRANTISINH NANA PATIL COLLEGE, WALWA DIST. SANGLI 2023-24
Gender Sensitization & Gender Equity Committee And Internal Complaints Committee
IQAC Jointly Organizes
One Week Self Defense Training Program for Girls under title of Her Journey.

During 24th to 28th September 2024.

Concluding Function.: (Saturday, 28th Sept. 2024)

Idol Poojan:

All Dignitaries

Welcome / Felicitation:

Miss. S.S. Kadam (Chairman)

Chief Guests Felicitation:

- 1) Shri. S.B. Salunkhe Sir (Resource Person)**
- 2) Dr. S. A. Nayakawadi (Principal)**

Participants Opinion:

- 1) Miss. Pragati Magdum B.A.III**
- 2) Miss. Devyani Gondil B.A. III**
- 3) Miss. Sayali Karadkar B.Sc.III**
- 4) Miss. Riya Mane B.Sc.II**

Presidential Address:

Prin. Dr. S. A. Nayakawadi

Vote of Thanks:

Miss. Prajkta Pawar B.Sc.II

Comparing:

Anuradha Gaykwad B.Sc.I



Kisan Shikshan Sanstha's

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During 24th to 28th September, 2024.

Concluding Function.: (Saturday, 28th Sept.. 2024)

Brief Report:

Compatibility Function of Five Days Self Defense Training Program.

Internal Complaints committee chairman Miss. Sunita Kadam felicitate college Principal Dr. S.A. Nayakawadi and Principal felicitate the resource person Prof. S. B. Salunkhe Sir.

Miss. S. S. Kadam shared overall review of whole activities taught during the training.

Some of participants gave their opinion about the training program.
Resource person Prof. S. B. Salunkhe Sir talked on regular exercise Yoga , Pranayam , Meditation , Health and Balanced Diet.

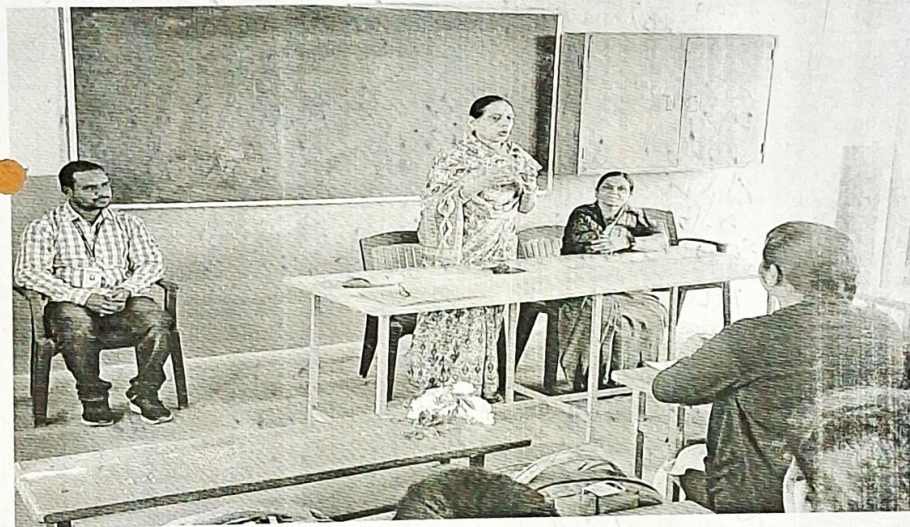
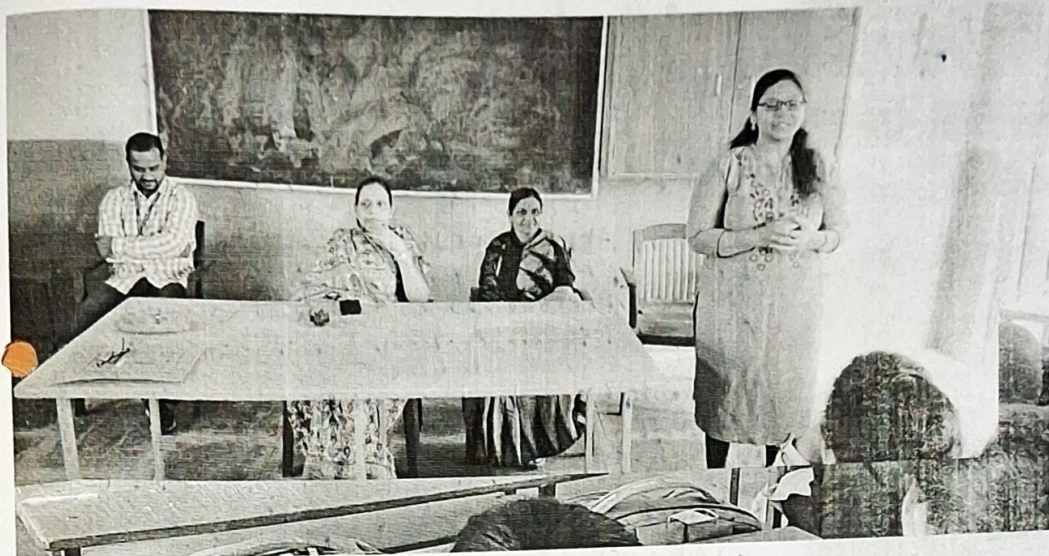
How the regular exercise helps us to maintain strength of the body and sound mind.
Food should contain vegetables, fruits, minerals and vitamins.

Chairperson Dr. S.A. Nayakawadi shared her views in the Presidential address.
She gave speech on reading , writing habits to develop personality.

Miss. Rubina Mulla offered vote of thanks of the function.





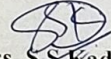


Self Defense Training Program Attendance:

Sr.No.	Name of the Participants	Day 1: 24/09/24	Day 2: 25/09/24	Day 3: 26/09/24	Day 4: 27/09/24	Day 5: 28/09/24
1	Miss.Swaranjali Dny Kadam	Swaranjali	Swaranjali	Swaranjali	Swaranjali	Swaranjali
2	Miss. Rubina Raffique Mulla	Ruffin	Ruffin	Ruffin	Ruffin	Ruffin
3	Miss. Sana Yakub Nadaf	SAN	SAN	SAN	SAN	SAN
4	Miss. Alisha Ramjan Mulla	Alisha	Alisha	Alisha	Alisha	Alisha
5	Miss. Prajkta Kiran Ghadage	PKE	PKE	PKE	PKE	PKE
6	Miss.Akshta Ramesh Potdar	AKPotdar	AKPotdar	AKPotdar	AKPotdar	AKPotdar
7	Miss. Pournima M. Chougale	PME	PME	PME	PME	PME
8	Miss.Gouri Bhauso Gadade	GBGadade	GBGadade	GBGadade	GBGadade	GBGadade
9	Miss.Anuradha Gaikwad	A.R.G.	A.R.G.	A.R.G.	A.R.G.	A.R.G.
10	Miss.Riya Sagar Mane	RSM	RSM	RSM	RSM	RSM
11	Miss. Payal Kiran Kharade	P.Kharade	P.Kharade	P.Kharade	P.Kharade	P.Kharade
12	Miss. Payal Rajmahmad Wankar	Wankar	Wankar	Wankar	Wankar	Wankar
13	Miss. Aditi Shshikant Patil	ASPatil	ASPatil	ASPatil	ASPatil	ASPatil
14	Miss. Samrudhhi Anil Chavare	SAC	SAC	SAC	SAC	SAC
15	Miss. Prachi Shivaji Dinde	P.Dinde	P.Dinde	P.Dinde	P.Dinde	P.Dinde
16	Miss.Gitanjali Bajrang Jangam	G.Jangam	G.Jangam	G.Jangam	G.Jangam	G.Jangam
17	Miss. Prajkta Sanjay Pawar	PSpawar	PSpawar	PSpawar	PSpawar	PSpawar
18	Miss. Sanika Sunil Bhadalkar	SBhadalkar	SBhadalkar	SBhadalkar	SBhadalkar	SBhadalkar
19	Miss. Rutuja Bhartesh Chougale	RuturC	RuturC	RuturC	RuturC	RuturC
20	Miss. Sanika Popat Ghadage	SPghadage	SPghadage	SPghadage	SPghadage	SPghadage
21	Miss.Swaranjali Dhondiram Kadam	Swaranjali	Swaranjali	Swaranjali	Swaranjali	Swaranjali
22	Miss.Sayali Dipak Karadkar	SK	SK	SK	SK	SK
23	Miss.Mayuri Santosh Mali	M.Mali	M.Mali	M.Mali	M.Mali	M.Mali
24	Miss.Pratiksha Vijaykumar Mali	PVM	PVM	PVM	PVM	PVM
25	Miss.Disha Jagnath Mali	DMali	DMali	DMali	DMali	DMali
26	Miss.Asmiya Santosh Yadav	ASY	ASY	ASY	ASY	ASY
27	Miss. Shinde Sanika Suresh	SShinde	SShinde	SShinde	SShinde	SShinde
28	Miss. Swarali Nagesh Shinde	SNShinde	SNShinde	SNShinde	SNShinde	SNShinde
29	Miss. Priyadarshni Dattatraya Shelake	PShelake	PShelake	PShelake	PShelake	PShelake
30	Miss.Sakshi Santosh Shinde	SS	SS	SS	SS	SS
31	Miss.Sakshi Vijay Bhosale	SVBL	SVBL	SVBL	SVBL	SVBL
32	Miss.Lakshmi Vijay Bhosale	LVBh	LVBh	LVBh	LVBh	LVBh
33	Miss.Sneha Subash Thorat	ST	ST	ST	ST	ST
34	Miss.Shreya Suresh Jadhav	SSJ	SSJ	SSJ	SSJ	SSJ
35	Miss.RutujaManik Yadav.	RMYa	RMYa	RMYa	RMYa	RMYa



Signature of the Chairman


 (Miss. S.S.Kadam)