



Shri Hurakadli Ajja Shikshana Samiti's
SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M.
SHESHGIRI COMMERCE COLLEGE FOR WOMEN,
DHARWAD



DEPARTMENT OF PHYSICAL EDUCATION

Organizes

40 HOURS SELF DEFENSE TRAINING PROGRAMME (TAEKWONDO)

Date : 06-09-2021 to 30-09-2021

RESOURCE PERSON

Smt. Anjali P. Kshatratej

**National Player and
International Referee**



Smt. Shakuntala S. Biradar

Physical Director

Dr. Girija M. Yabannavar

Principal



Shri Hurakadli Ajja Shikshana Samiti's

SMT. K. S. JIGALUR ARTS & DR.
(SMT) S. M. SHESHGIRI
COMMERCE COLLEGE FOR
WOMEN, DHARWAD



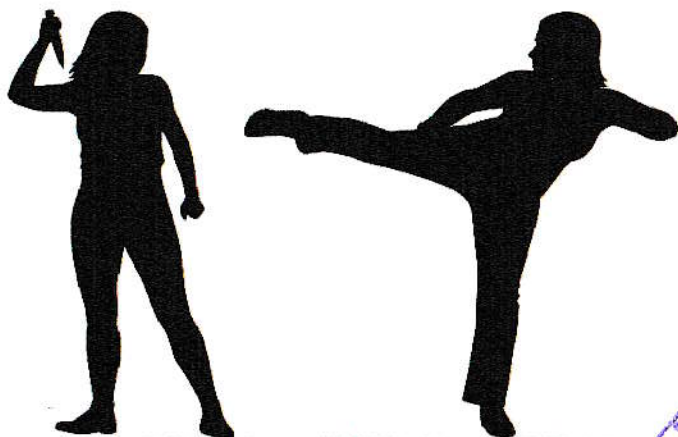
DEPARTMENT OF PHYSICAL EDUCATION

Organizes

40 HOURS SELF DEFENCE TRAINING PROGRAMME (TAEKWONDO)

Date : 6th September to 30th September 2021

Venue : College Premises



Smt. Pushpa S. Abbigeri
IQAC Coordinator

Dr. Anita G. Kadapatti
NAAC Coordinator

Smt. Shakuntala S. Biradar
Physical Director

Dr. Girija M. Yabannavar
Principal

BENEFITS:

- Learn Self Defense techniques from renowned National Player and International Referee.
- Be acquainted with a form of martial arts called Taekwondo.
- Increase Strength and Fitness.
- Improve Self-Confidence.
- Reduce Stress and Tension.
- Develop Concentration and Focus.
- Become Self dependent.
- Gain Honor and Courage.

FEATURES :

- Free Admission for the students.
- Offline Mode.
- Students will be prepared to self guard themselves, whenever faced by adversities like bullying, molestation, etc.
- Certificates will be provided for all the participants at the end of the course.

About the Taekwondo Trainer...



Smt. Anjali Parappa Kshatratej, is a National Level Player and an International Referee. She has Black Belt Player in Taekwondo. She has secured many medals in State, National and International level Taekwondo Championships. She has worked as National team coach and referee, as a coach at Dharwad district Taekwondo Association.

*"Self-defense is not only our right,
it is our duty"*

-Ronald Reagan

ALL ARE CORDIALLY INVITED

For more details, Please Contact :

Smt. Shakuntala S. Biradar
9986538224

Principal

S.H.A.S. Samiti's

Smt. K. S. Jigalur Arts & Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

Email: shakuntalasbiradar123@gmail.com



ಶ್ರೀ ಹುರಕಧಿ ಅಜ್ಞ ಶಿಕ್ಷಣ ಸಮಿತಿಯ
ಶ್ರೀಮತಿ ಕಲ್ಲವ್ವ ಶಿವಪ್ಪಣ್ಣ ಜಗಲೂರ ಕಲಾ ಹಾಗೂ
ಡಾ. ಶ್ರೀಮತಿ ಸುಶೀಲಾ ಮುರಿಗೆಪ್ಪ ಶೇಷಗಿರಿ ವಾಣಿಜ್ಯ
ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯ,



ಅರ್.ಎನ್. ಶೆಟ್ಟಿ ಕ್ರೀಡಾಂಗಣದ ಹತ್ತಿರ, ಸಾಹಿತ್ಯ ಭವನದ ಹಿಂದೆ, ಧಾರವಾಡ-580008

E-mail : shasswcd@gmail.com

Web : shasswcd.in

ಧಾರವಾಡ : 0836-2436182

ನಂ. ಮಮಧಾ 2021-22/125

ದಿನಾಂಕ 1-9-2021

To,
Smt. Anjali Parappa Kshatratej
Secretary General
Dharwad District Taekwondo Association
International Referee,
Dharwad

Sub: Invitation of three Weeks Self Defence Training Programme
Madam,

We wish to organize Self Defence Training Programme for students of our college from 6th September to 30th September 2021. We would like to invite you to conduct Taekwondo classes. The details of our three weeks training programme is as follows.

Duration: 3 Weeks (40 Hours)

Timing: 10 am to 12 noon

Venue: College Campus

We request you to conduct training class from 6th to 30th Sept 2021.

Thanking You

Yours faithfully

Dr. Girija M. Yabannavar

Principal

G. H. A. R. Shastri
Smt. H. S. Figalur Arts and
(Principal) G.H. Shastri College
Dharwad



Shri Hurakadli Ajja Shikshan Samiti's
**Smt. Kallawwa Shivappa Jigalur Arts &
Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce
College for Women,**
Re-Accredited at 'B' level by NAAC



Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web : shasswcd.in

No.WCD 2021-22/125

Date 1-9-2021

To,
Smt. Anjali Parappa Kshatratej
Secretary General
Dharwad District Taekwondo Association
International Referee,
Dharwad

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Dr. Girija M. Yabannavar

Principal

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Smt. K. S. Jigalur Arts and
Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce
College for Women, Dharwad

RESUME



MY PERSONAL DETAILS

NAME; **ANJALI PARAPPA KSHATRATEJ**

HUSBANDNAME: PARAPPA KSHATRATEJ

MOB NUM: 8105756905

DOB: 26/05/1985

LANGUAGE: HINDI, KANNADA, MARATHI & ENGLISH

ADDRESS: KALAA KANASU BUILDING
PLOT NO-22 BRAMHA CHAITANYA PARK 3RD CROSS
SADHANAKERI DHARWAD, KARNATAKA, INDIA

E-MAIL: parappask14@gmail.com

MARITAL STATUS: MARRIED

NATIONALITY: INDIAN

UID NUM: 979611271080

EDUCATIONAL QUALIFICATION

BACHELOR OF ARTS IN 2012

B.P.ed pursuing



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Dr. (Smt) S. M. Sheshgiri Commerce
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TECHNICAL QUALIFICATION

- 1) **CERTIFICATE COURSE IN TAEKWONDO 2004**
- 2) INTERNATIONAL REFEREE IN TAEKWONDO-2009
- 3) 4TH DAN BLACK BELT IN TAEKWONDO
- 4) SECURED MEDALS IN STATE LEVEL TAEKWONDO CHAMPIONSHIPS
- 5) SECURED MEDAL IN NATIONAL LEVEL TAEKWONDO CHAMPIONSHIPS
- 6) SECURED MEDAL IN OPEN INTERNATIONAL LEVEL TAEKWONDO CHAMPIONSHIPS

WORK EXPERIENCE	
1998-2000	Senior Analyst, Marketing Department, ABC Company
2001-2003	Marketing Manager, XYZ Corporation
2004-2006	Senior Marketing Manager, DEF Inc.
2007-2009	Marketing Director, GHI LLC
2010-2012	Senior Marketing Director, JKL Corp.
2013-2015	Marketing Director, MNO Ltd.
2016-2018	Senior Marketing Director, PQR Co.
2019-2021	Marketing Director, STU Inc.
2022-2024	Senior Marketing Director, VWX Corp.

- 1) AS A NATIONAL TEAM COACH / REFEREE (2010 TO Till now)
- 2) AS A COACH DHARWAD DIST TAEKWONDO ASSO 15 YRS
- 3) AS A COACH IN KENDRIYA VIDYALAYA 2YRS DWD
- 4) NAVODAYA VIDYALAYA SAMITI TEAM COACH
- 5) AS A COACH IN JNV DHARWAD
- 6) AS A STATE TEAM COACH
- 7) AS A COACH in KLE SCHOOL RAYAPUR 4YRS



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ACHIEVEMENTS AS A COACH

INTERNATIONAL

- 1) 1ST INDIA OPEN INTERNATIONAL TAEKWONDO CHAMPIONSHIP-2010

AT - VISHAKPATNAM, ANDHRA PRADESH

- BHIMAPPA MORAB BRONZE MEDALIST
- 2) 5TH COMMONWEALTH TAEKWONDO CHAMPIONSHIP-2011 AT – CHENNAI.
 - AMBIKA KHOT -GOLD MEDAL,
 - GREESHMA P.- SILVER MEDAL
 - AKBAR S. -BRONZE MEDAL
 - 3) OPEN INTERNATIONAL AT CHINA. SECURED MEDALS- 2017
 - 4) OPEN INTERNATIONAL AT BHUTAN. SECURED MEDALS- 2017& 2018

NATIONAL

- 1) NATIONAL GAMES -2015
- 2) NATIONAL TAEKWONDO CHAMPIONSHIP MEDALISTS-2003 to till 2019
- 3) SGFI MEDALISTS - 2014 TO 2019
- 4) ALL INDIA UNIVERSITY MEET MEDALISTS- 2014 TO 2019
- 5) OPEN NATIONALS MEDALISTS- 2016 TO 2019

"I HERE BY CERTIFY THAT ALL ABOVE STATEMENTS ARE TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE".

"ITS MY PLEASURE TO BE IN YOUR TEAM"

DATE:22/11/2020

ANJALI PARAPPA.K



Anjali Parappa
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DHARWAD



DEPARTEMENT OF PHYSICAL EDUCATION

Organizes

40 Hours Self Defense Training Programme (Taekwondo)

Date: 06-09-2021 to 30-09-2021

Organizing Committee

- | | |
|-----------------------------------|--|
| 1. Dr.Girija M. Yabannavar | Chairperson |
| 2. Smt. Shakuntala S. Biradar | Physical Director & Organizing Secretary |
| 3. Smt. Anjali Parappa Kshatratej | Taekwondo Coach |
| 4. Dr. Anita G.Kadapatti | NAAC Co-coordinator |
| 5. Prof. Pushpa S.Abbigeri | Vice President , Gymkhana |
| 6. Kum. Jyoti P.Kattimani | Sports Secretary |



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COMMERCE WOMEN COLLEGE
DHARWAD**



DEPARTMENT OF PHYSICAL EDUCATION

**40 HOURS SELF DEFENCE TRAINING PROGRAMME
(06-09-2021 to 30-09-2021)**

STUDENTS LIST

SI NO	NAME OF THE STUDENT	CLASS
1	Kum. Laxmi B. Jogannavar	B.A II Sem
2	Kum. Aproova B. Patil	B.A II Sem
3	Kum. Rajama Agasar	B.A II Sem
4	Kum .Pooja Byahatti	B.A II Sem
5	Kum. Akshata P. Sarakar	B.A II Sem
6	Kum. Anushree C.Munavalli	B.A II Sem
7	Kum. Sushma Demannavar	B.A II Sem
8	Kum. Saraswati Kotabagi	B.A II Sem
9	Kum.Keerti Odeyar	B.Com II Sem
10	Kum. Anusha Dandewale	B.Com II Sem
11	Kum. Laxmi Kyatanavar	B.Com II Sem
12	Kum. Akshata R. Jagatap	B.Com II Sem
13	Kum.Bharati Nandanawadi	B.A IV Sem
14	Kum.Roopa Hampannavar	B.A IV Sem
15	Kum.Rukasanabanu Gadagawale	B.A IV Sem
16	Kum.jyoti Kundagol	B.Com II Sem



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DEPARTMENT OF PHYSICAL EDUCATION

40 HOURS SELF DEFENCE TRAINING PROGRAMME (06-09-2021 to 30-09-2021)

INTRODUCTION

Self-defense is defined as the right to prevent suffering force or violence through the use of a sufficient level of counteracting force or violence. The ability to protect oneself physically from violence is a basic human right that should be reachable for everyone, including children and teenagers. Self-defense is an overlooked skill in our society, but it's significant. In an age when bullying in school is a huge problem, it's important to ensure that boys and girls can defend themselves in an appropriate way if the situation requires it. Self-defense techniques not only allows teens to defend themselves against physical attacks, it also has diverse benefits for students in their everyday lives. Hard work, loyalty, patience, as well as self-confidence are all important values and principles are implemented in the students and can help them to reduce stress and control aggressions for people of all ages.

Physical Self Defense can be categorized into two main groups : Armed and Unarmed.

- **Armed**

A wide vatriety of weapons can be used for the self-defense. The most suitable depends on the threat presented. The victim and the experience of the defender. In many cases there are legal restrictions. While in some jurisdictions, firearms may be carried openly and concealed expressly for this purpose, many jurisdictions have tight restrictions on who can own firearms and what types they can own. Knives, especially those categorized as switch blades, may also be controlled, as batons, pepper spray and personal stun guns and Tasers – although some may be legal to carry with a license or for certain professions.

Everyday object like flashlights, baseball bats, newspapers, keyrings with keys, kitchen utensils and other tool, and hair spray aerosol cans in combination with lighter, can also be used as improvised weapons of self defense. Since these techniques are subjected to legal aspects, they must be a final option.



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- **Unarmed**

Many styles of martial arts are practiced for self-defense or include self-defense techniques. Some styles train primarily for self-defense, while other martial or combat sports can be effectively applied for self-defense. Some martial arts train how to escape from a knife or gun situation or how to break away from a punch, while others train how to attack. To provide more practical self-defense, many modern martial arts schools now use a combination of martial arts styles and techniques, and will often customize self-defense training to suit individual participants.

IMPORTANCE OF SELF DEFENSE


Nothing feels better than knowing you can take care of yourself mentally, financially, and physically. However for a lot of people, the physical part is just exercise. Being able to protect yourself in all situations is a confidence booster as much as it is a reassurance. A reassurance that can only be gained through any form of self defense classes. Today, when people think about self defense classes, they tend to think about women and children. However, self defense classes (and practices such as karate, boxing, jiu jitsu, ect.), are for everyone.


- **It builds confidence**
- **It helps develop self-discipline**
- **It helps improve your physical conditioning**
- **It improves your street awareness**
- **It teaches you self-respect**
- **It helps to develop a warrior spirit**
- **It helps you develop a fighters reflex**

IMPORTANCE OF SELF DEFENSE FOR WOMEN

The world can be a dangerous place for girls and women, as they often experience violence. They're often perceived as easy targets – and while this may not be true, there is still a disproportionate amount of violence conducted against them. Many parents of girls and girls themselves are interested in learning how to protect themselves against violent situations, but they are often not sure where to turn. Our martial arts classes are a safe space where women of all ages develop mental and physical skills to defend themselves against attacks.




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We believe that every girl is strong and has to become aware of this internal power. In martial arts, girls practice making judgments about allowing others into their personal space and experience what it's like to give and receive respect. By participating in our classes, girls develop confidence, better decision-making skills, and a stronger character. Self-respect is taught which allows girls to recognize situations in which they need to employ self-defense. Overall, there are many benefits teenager girls have from learning martial arts. Our programs help girls to develop their personality and grow into strong women.

SELF DEFENCE TRAINING PROGRAMME REPORT

In order to impart self defense skills in the students, Department of Physical Education took the initiative to conduct 40 Hours Self Defense Training Programme. Smt. Anjali P Kshatratej, Secreatry General, Dharwad District Taekwondo Association, International Referee, was consulted and was invited to conduct the self defense classes from 6th September 2021 to 30th September 2021.

Inaugural Function of 40 Hours Self Development Training Programme was held on 6th September 2021 in the college function hall. The programme started by prayer by Kum. Apoorva Patil. Smt. Anjali P Kshatratej, Secreatry General, Dharwad District Taekwondo Association, International Referee, Dharwad, was the chief guest. Dr. Girija M. Yabannavar, Principal, welcomed and introduced the chief guest. Smt. Anjali P Kshatratej, then spoke on the importance of self defense for women in today's social scenario. She said that self defense not only helps to protect oneself, but also to protect others. It helps oneself to become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. She encouraged the students to take part actively in the training programme. Smt. Shakuntala S. Biradar, Physical Director, gave the vote of thanks. Kum. Lakshmi Kyatanavar, anchored the program me.

The classes begun from 7th September and students were introduced to the concept of self defense and Taekwondo, as a form of martial arts. Smt. Anjali addressed the students and gave the basic information regarding the Taekwondo. Taekwondo is a Korean form of martial arts, characterized by punching and kicking techniques, with emphasis on head-height kicks, jumping spinning kicks, and fast kicking techniques. The literal translation for tae kwon do is "kicking," "punching," and "the art or way of" They are a kind of martial arts in which one attacks or defends with hands and feet anytime or anywhere, with occasional use of weapons. The physical training undertaken in Taekwondo is



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purposeful and fosters strength of mind through mental armament Taekwondo practitioners wear a uniform, known as a dobok. It is a combat sport and was developed during the 1940s and 1950s by Korean martial artists with experience in martial arts such as Karate and Chinese Martial Arts.

Taekwondo is characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. To facilitate fast, turning kicks, Taekwondo generally adopts stances that are narrower and taller than the broader, wide stances used by martial arts such as karate.

During the training, Smt. Anjali demonstrated and made the students practice various moves of Taekwondo. The action moves can be summarized as below.

Basic Stances :

- Attention Stance
- Ready Stance
- Horse Stance
- Back Stance
- Fighting Stance

Basic Blocks :

- Outer Forearm Block
- Low Block
- High/ rising Block
- Inner Forearm Block


Basic Punches


- Jab
- Uppercut
- Back fit
- Cross Punch

Basic Kicks :

- Front Kick
- Side Kick
- Crescent Kick
- Round House Kick




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DEPARTMENT OF PHYSICAL EDUCATION

**40 HOURS SELF DEFENCE TRAINING PROGRAMME
(06-09-2021 to 30-09-2021)**

INAUGURATION PROGRAMME


PROGRAMME LIST

Date: 06-09-2021

Time: 12 Noon

- | | |
|---------------------------|--|
| 1. Prayer | : Kum. Aproova Patil |
| 2. Welcome & Introduction | : Dr. Girija M. Yabannavar
Principal |
| 3. Chief Guest Speech: | : Smt. Anjali Parappa Kshatratej
International Player & Referee |
| 4. Vote of Thanks | : Smt. Shakuntala S. Biradar |
| 5. Anchoring | : Kum. Laxmi Kyatanavar |




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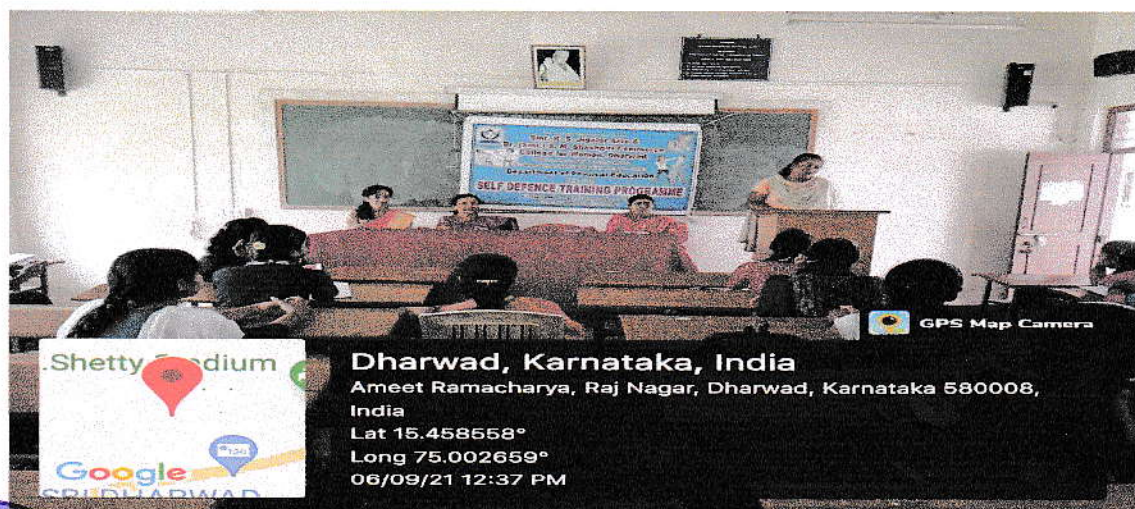
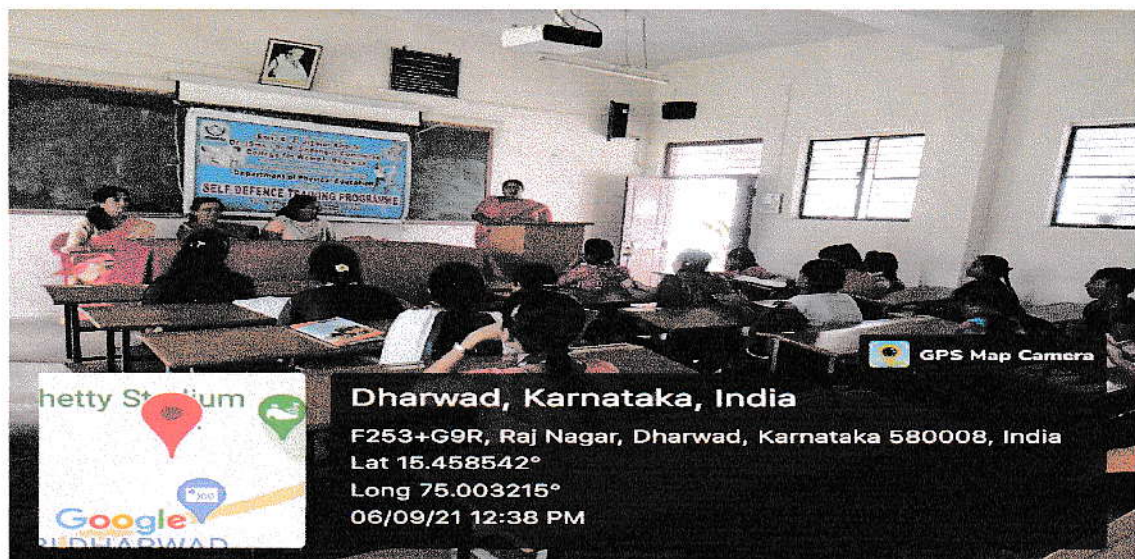
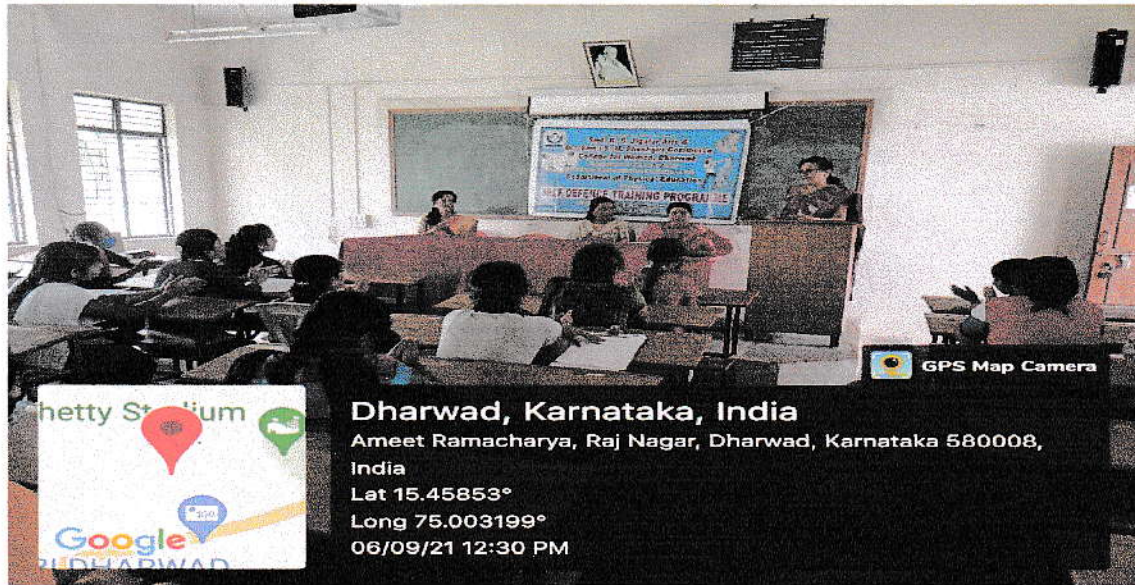
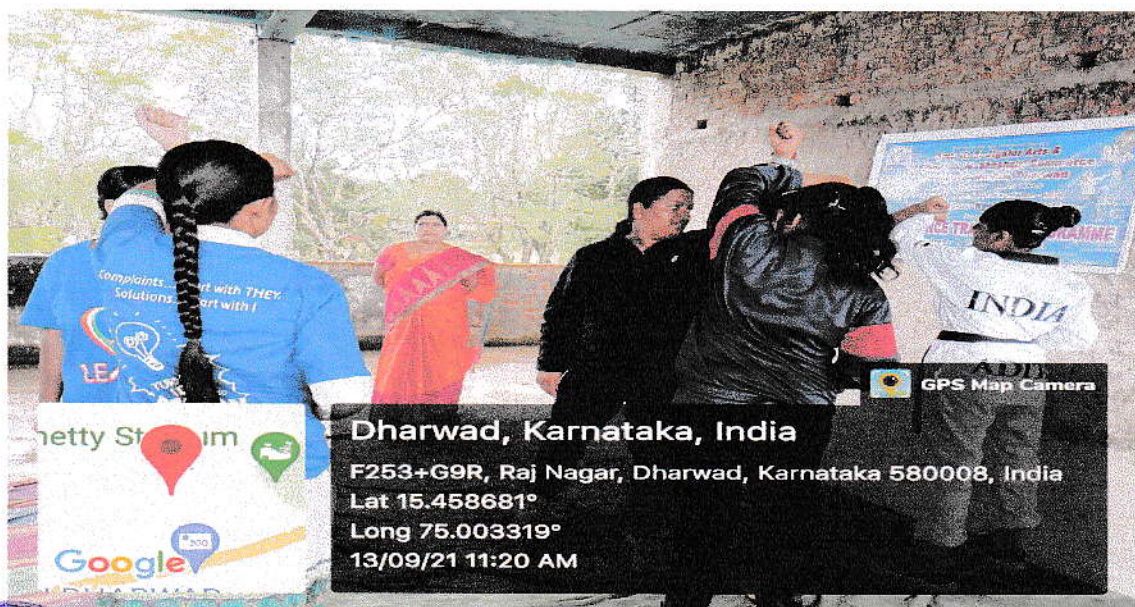
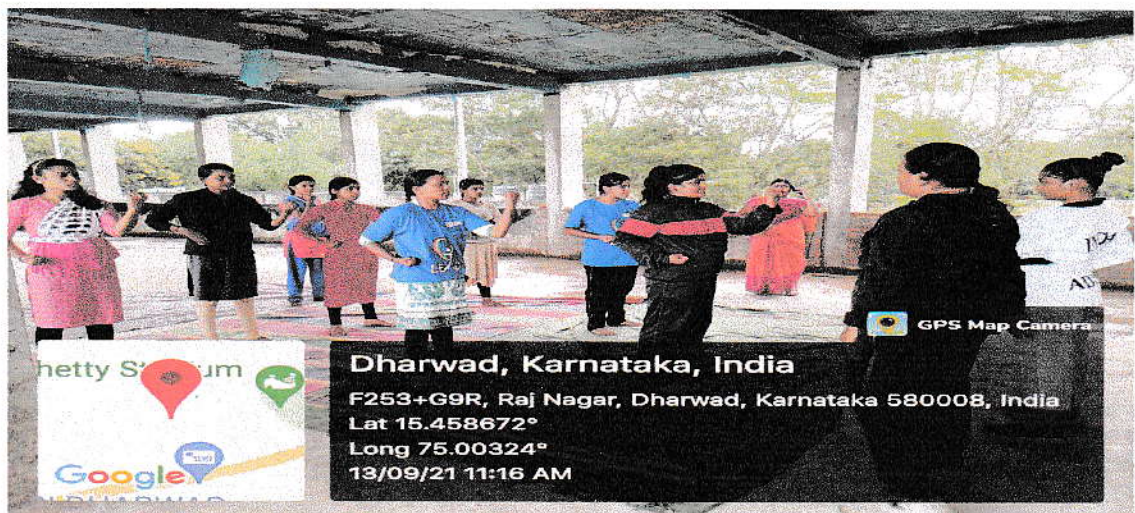
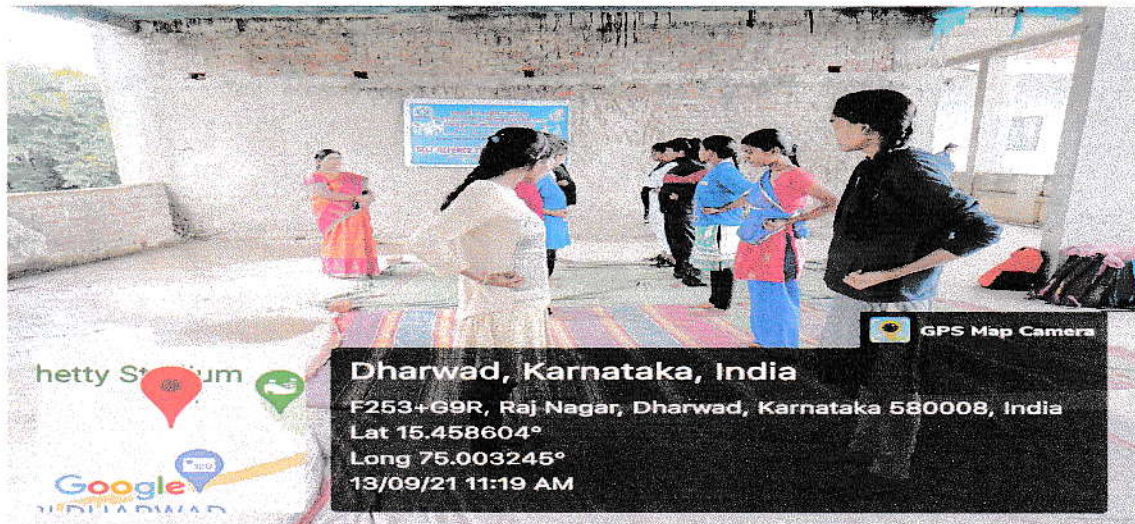

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PHOTO GALLERY



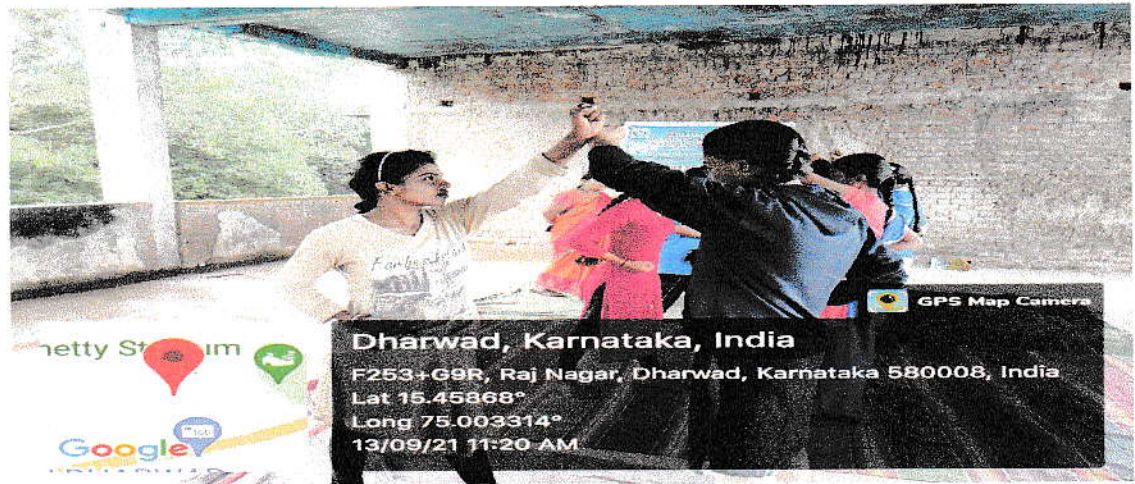
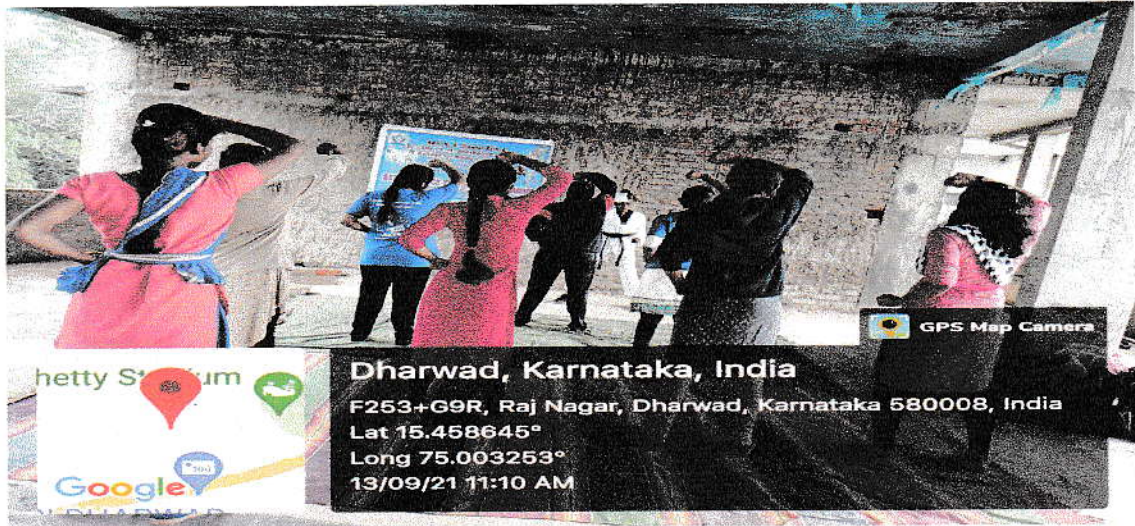
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ATTENDANCE LIST

Sl. No	Name	Class	06/09/2021	07/09/2021	08/09/2021	09/09/2021	11/09/2021	13/09/2021	14/09/2021
			Monday	Tuesday	Wednesday	Thursday	Saturday	Monday	Tuesday
1	Laxmi B. Jogannavar	BA II sem	I	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>
2	Apoorva B. Patil	BA II sem	N	<i>Apoorva</i>	<i>Apoorva</i>	<i>Apoorva</i>	<i>Apoorva</i>	<i>Apoorva</i>	<i>Apoorva</i>
3	Rajama Agasar	BA II sem	A	<i>Rajama</i>	<i>Rajama</i>	<i>Rajama</i>	<i>Rajama</i>	<i>Rajama</i>	<i>Rajama</i>
4	Pooja Byahatti	BA II sem	U	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>
5	Akshata P Sarkar	BA II sem	G	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>
6	Anushree C. Munavalli	BA II sem	U	<i>Anushree</i>	<i>Anushree</i>	<i>Anushree</i>	<i>Anushree</i>	<i>Anushree</i>	<i>Anushree</i>
7	Sushma Demannavar	BA II sem	R	<i>Sushma</i>	<i>Sushma</i>	<i>Sushma</i>	<i>Sushma</i>	<i>Sushma</i>	<i>Sushma</i>
8	Saraswati Kotabagi	BA II sem	A	<i>Saraswati</i>	<i>Saraswati</i>	<i>Saraswati</i>	<i>Saraswati</i>	<i>Saraswati</i>	<i>Saraswati</i>
9	Keerti Odeyar	BA II sem	L						
10	Anusha Dandewale	B.Com IISem	F	<i>Anusha</i>	<i>Anusha</i>	<i>Anusha</i>	<i>Anusha</i>	<i>Anusha</i>	
11	Laxmi Kyatanavar	B.Com IISem	U	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>	<i>Laxmi</i>
12	Akshata R Jagatap	B.Com IISem	N	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>	<i>Akshata</i>
13	Bharati Nandanawadi	B.Com IISem	C	<i>B.B.N</i>	<i>B.B.N</i>	<i>B.B.N</i>	<i>B.B.N</i>	<i>B.B.N</i>	<i>B.B.N</i>
14	Roopa Hampannavar	BA IV Sem	T	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>	<i>Roopa</i>
15	Rukasanabanu Gadagawale	BA IV Sem	I O	<i>Rukasanabanu</i>	<i>Rukasanabanu</i>	<i>Rukasanabanu</i>	<i>Rukasanabanu</i>	<i>Rukasanabanu</i>	<i>Rukasanabanu</i>
16	Jyoti Kundagol	B.Com IISem	N	<i>J.M.K</i>	<i>J.M.K</i>	<i>J.M.K</i>	<i>J.M.K</i>	<i>J.M.K</i>	<i>J.M.K</i>

Sl. No	Name	Class	15/09/2021	16/09/2021	17/09/2021	18/09/2021	20/09/2021	21/09/2021	22/09/2021
			Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday
1	Laxmi B. Jogannavar	BA II sem	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>
2	Ap00rva B. Patil	BA II sem	<u>Ap00rva</u>	<u>Ap00rva</u>	<u>Ap00rva</u>	<u>Ap00rva</u>	<u>Ap00rva</u>	<u>Ap00rva</u>	<u>Ap00rva</u>
3	Rajama Agasar	BA II sem	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>
4	Pooja byahatti	BA II sem	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>
5	Akshata P Sarkar	BA II sem	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>
6	Anushree C. Munavalli	BA II sem	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>
7	Sushma Demannavar	BA II sem	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>
8	Saraswati Kotabagi	BA II sem	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>
9	Keerti Odeyar	BA II sem	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>
10	Anusha dandewale	B.Com IISem	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>
11	Laxmi Kyatanavar	B.Com IISem	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>
12	Akshata R Jagatap	B.Com IISem	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>
13	Bharati Nandanawadi	B.Com IISem	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>
14	Roopa Hampannavar	BA IV Sem	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>
15	Rukasanabanu Gadagawale	BA IV Sem	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>
16	Jyoti Kundagol	B.Com IISem	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>



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Sl. No	Name	Class	23/09/2021	24/09/2021	25/09/2021	27/09/2021	28/09/2021	29/09/2021	30/09/2021
			Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday
1	Laxmi B. Jogannavar	BA II sem	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>
2	Apoorva B. Patil	BA II sem	<u>Apoorva</u>	<u>Apoorva</u>	<u>Apoorva</u>	<u>Apoorva</u>	<u>Apoorva</u>	<u>Apoorva</u>	<u>Apoorva</u>
3	Rajama Agasar	BA II sem	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>	<u>Rajama</u>
4	Pooja byahatti	BA II sem	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>
5	Akshata P Sarkar	BA II sem	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>
6	Anushree C. Munavalli	BA II sem	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>	<u>Anushree</u>
7	Sushma Demannavar	BA II sem	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>	<u>Sushma</u>
8	Saraswati Kotabagi	BA II sem	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>	<u>Saraswati</u>
9	Keerti Odeyar	BA II sem	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>	<u>Keerti</u>
10	Anusha dandewale	B.Com IISem	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>	<u>Anusha</u>
11	Laxmi Kyatanavar	B.Com IISem	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>	<u>Laxmi</u>
12	Akshata R Jagatap	B.Com IISem	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>	<u>Akshata</u>
13	Bharati Nandanawadi	B.Com IISem	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>	<u>Bharati</u>
14	Roopa Hampannavar	BA IV Sem	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>	<u>Roopa</u>
15	Rukasanabanu Gadagawale	BA IV Sem	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>	<u>Rukasanabanu</u>
16	Jyoti Kundagol	B.Com IISem	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>

Smt. Shakuntala S. Biradar

Physical Director



Dr. Girija M. Yabannavar

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IQAC INITIATIVE

40 HOURS SELF DEFENSE TRAINING PROGRAMME (TAEKWONDO)

Organized By

DEPARTMENT OF PHYSICAL EDUCATION



CERTIFICATE OF PARTICIPATION



This is to certify that Kum. _____ of _____

_____ has participated in the 40 Hours Self Defense Training Programme
conducted by the Department of Physical Education from 06-09-2021 to 30-09-2021.



Prof. Pushpa S. Abbigeri

IQAC Coordinator

Dr. Anita G. Kadapatti

NAAC Coordinator

Smt. Shakuntala S. Biradar

Physical Director

Dr. Girija M. Yabannavar

Principal

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