

SOMA SUBHADRAMMA RAMAN GOUD WOMEN'S COLLEGE

Station Road, Raichur - 584101 (Affilated to Akkamahadevi Women's University, Vijayapur)

Re-Accredited by NAAC with "B" Grade
Email: ssrgwcr20@gmail.com AISHE Code: C-8703

Fax: 08532-225770

Principal: Sri. Satyanarayan. M.Com.

Certificate Course on Self Defence



BY

Sri. Veeresh Nayak

Department of Physical Education

S.S.R.G Women's College, Raichur

FOR THE ACADEMIC YEAR2022-2023

mentsi College,

R-584 101.



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Academic council /BOS meeting Resolution

Agenda

ESTABLISHMENT OF ACADEMICCOUNCIL /BOS 2022-2023

A meeting of all the heads of the Department was conducted to collect suggestions and regarding establishment of Academic council/Board of Studies in the college. The program intends to enhancethe experiential learning students.

Outcomes of the meeting:

- It was approved that the Academic council comprise of all the heads of the departments.
- The heads were to frame a certificate course syllabus and number of periods allotted foreach course will be 30 hrs.
- Each certificate course is to be assigned a course code for the purpose of evaluation
- · Each head of the department is conduct meeting with their faculties and ensure that each student must enrolled in any one of the certificate courses available in the college.
- · It was here by resolved that the certificate course are to be conducted in the Academic year2022-23

S.S.R.G. Women's College, RAICHUR

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Fax: 08532-225770

Date:20-06-2023

Principal: Sri. Satyanarayan. M.Com.

From,
Sri. Veeresh Nayak
Physical Director
S.S.R.G Womens College Raichur.

Through,
IQAC Coordinator
S.S.R.G Womens College Raichur.

To,
The Principal
S.S.R.G Womens College Raichur.

Respacted Sir,

Sub: -Request to permit to organize Certificate Course on "Self Defence"

With reference to above cited subject, the Department of Physical Education is intending to start Certificate Course on "Self Defence"-for the academic year 2022-23. In order to guide students to utilize the analyse and demonstrate the Business skills required in accounting and reporting intensive in all areas, Department of Physical Education is willing to provide a platform for "Self Defence" for the betterment of our students. The comprehensive details of the course are enclosed with this requisition, kindly consider the request and permit to organize the course.

Thank You

Yours faithfully

S.S.R.G. Women's College, RAICHUR-584 101.



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Principal: Sri. Satyanarayan. M.Com.

Board of Advisory Committee

Chairman

: Sri. Amaregouda S

Principal S.S.R.G Womens College Raichur

Fax: 08542,225770

RAICHUI

IQAC Co-ordinator

: Sri. Sanjaya Pawar

IQAC Coordinator

S.S.R.G Womens College Raichur

Course Co-ordinator

: Sri. Veeresh Nayak

Physical Director

S.S.R.G Womens College Raichur.

Members

: 1. Mallikarjun

Physical Director

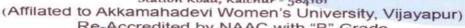
Raichur University, Raichur

2. Dr. Chidanand Sirasigi Karate Trainer, Raichur

S.S.R.G. Women's College, RAICHUR-584 101.

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Website: www.ssrgians.org

Principal: Sri. Satyanarayan, M.Com.

Institutional Regulations Governing the Certificate Course

On

"Self Defence"



The Course "Self Defence" is a Certificate Course, introduced by the Department of Physical Education. The course aims at enhancing the basic skills in Yoga and Meditation. The course aims at enhancing students' overall development and to make an in depth study and knowledge of various representations in business.

Title of the Programme: "Self Defence"

Duration of the Course: 30 Hours

Eligibility: Candidates pursuing B.A and B.Com are eligible to join the course.

INTAKE: 60 students

S.S.R.G. Women's College,

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98533 220270

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Report of Certificate Course on SELF DEFENCE

The add on certificate course on Self Defence, Firefighting and First Aid offered by Soma Subhadramma Raman Goud Women's College is vital in building and improving self-confidence. The students opting for this certificate course is trained by expert of Dr. Chidanand Sirasagi on various techniques of Self-defence. The course would help in improving situational awareness of potential threats by teaching the standard physical protection techniques involving using the state of mind, posture along with the fundamental principles of self-respect, responsibility and mutual trust between each other. Fire safety and first aid training would provide them with the essential life-saving skills.

IQAC Co-ordinator S.S.R.G. Women's College, RAICHUR-584 101. PRINCIPAL S.S.R.G. Women's College, RAICHUR

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Syllabus

Basic knowledge of Self Defence.

Self Defence on: Harassment at bus stop/while travelling/ anybody hitting on the head /holding from back, under armpit/ holding neck and choking throat with hands/attacking with knife/stick etc.

Fire Fighting: Fire, its chemistry, type, principles of combustion, prevention, DOs & DON'Ts. firefighting equipment, fire extinguisher, and practice.

Disaster definition, types, causes, earthquake, flood disaster, DOs & DON'Ts. Rescue strategies & techniques, search & location techniques, emergency method of rescue rope & knots & practice.

• First aid golden rule, CPR practice, bleeding, fracture & wounds.



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DEPARTMENT OF PHYSICAL EDUCATION

Date: 28/06/ 2023

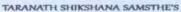
NOTICE TO STUDENTS

All the B.A, B.Com. & B.S.W final year students are hereby informed that the Department of Physical Education is starting a new Certificate Course of 30 hours on "Self Defense". Interested students are hereby informed to enroll their name to Program Coordinator Sri Veeresh Nayak, on or before 01-07-2023. The classes will commence from 01-07-2023. On successful completion of the course, certificates will be issued to the students.

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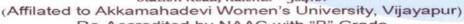
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Scheme of Instruction: There shall be four components of the study viz.,

- · Orientation programme-1 hour
- Lecture, activity and tutorial-05 hours
- Practical- 23 hours
- Test and Feedback -1hour



Pattern of Examination:

Sl. No.	Criteria	Marks	
1	Final examination	20	
2	Practical	30	

Final result will be announced on the notice board on the basis of their secured classes and distinctions.

The certificate will be distributed to each eligible candidate.

S.S.R.G. Women's College, RAICHUR

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Certificate Course on: SELE DEFENCE

STUDENTS ATTENDANCE LIST

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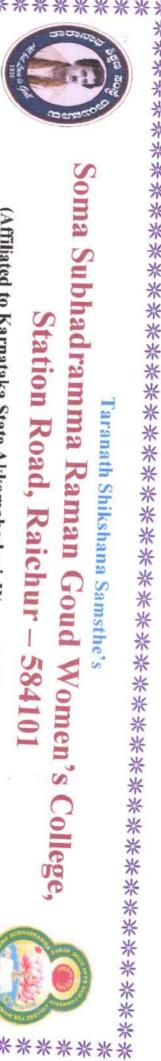
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G. A.C. MEN'S

S.S.R.G! Women's College, RAICHUR-584 101. QAC 66-ordinator

> S.S.R.G. Women's College, RAICHUR PRINCIPAL



Taranath Shikshana Samsthe's

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Fax/Ph: 08532-225770

Certificate

examination with Education Soma Subhadramma Raman Goud Women's College, from..... This is to certify that Kum. has completed the certificate course on Karate Organized by Department of Physical 10 and passed the 01 *****

Sri. Veeresh Nayak

Course Co-ordinator

S.S.R.G Women's College, Raichur Dept. of Physical Education

Sri. Chidanand Guruji

(Black Belt III DAN) Karate Maste

> IQAC Co-ordinator Sri. Sanjay Pawar

Sri. Amaregouda S Principal

S.S.R.G Women's College, Raichur













IQAC Co-ordinator S.S.R.G. Women's College,