



TARANATH SHIKSHANA SAMSTHE'S

SOMA SUBHADRAMMA RAMAN GOUD WOMEN'S COLLEGE

Station Road, Raichur - 584101

(Affiliated to Akkamahadevi Women's University, Vijayapur)

Re-Accredited by NAAC with "B" Grade



Website: www.ssrarians.org

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 YEAR 2022-2023

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

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



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Academic council /BOS meeting Resolution

Agenda

ESTABLISHMENT OF ACADEMIC COUNCIL /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 enhance the 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 for each 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 to conduct meeting with their faculties and ensure that each student must be enrolled in any one of the certificate courses available in the college.
- It was hereby resolved that the certificate courses are to be conducted in the Academic year 2022-23

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Principal: Sri. Satyanarayan. M.Com.

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

Date:20-06-2023

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

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



Respected 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

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AISHE Code: C-8703

Fax: 08542,226770

Principal: Sri. Satyanarayan. M.Com.



Board of Advisory Committee

Chairman : Sri. Amaregouda S
Principal S.S.R.G Womens College Raichur

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


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Email: ssrgwcr20@gmail.com

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Fax: 08532-225770

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: 30Hours

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

INTAKE: 60 students


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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.




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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.

IQAC CO-ORDINATOR

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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.


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Safe DGFENCE 2023-24

No	Name	Class	Mobile Number	Signature
Date - 09-01-24				
1	K. Shwetha	B.A III rd sem	8722157057	
2	Rekha D. Raghunayak	B.COM I st sem	9886569866	
3	K. Ramya Lahari	B.COM I st sem	9353943800	
4	madhuri.t	B.COM I st sem	9972387258	
5	Priyanka	B.COM I st sem	8317476754	
6	Nikhila G	B.COM I st sem	9035130228	
7	Soumya.v	B.COM I st sem	9380177935	
8	Kalyani Nayak	B.COM I st sem	8088290230	
9	priyanka	?	7338504344	
10	k. Eshwari	B.A. I st sem	7022497187	
11	Norasamma	B.A III rd sem	9353612792	
12	Pajeshwari	B.COM I st sem	7338692983	
13	Manjula	B.COM I st sem	9972505520	
14	mahe muskan	B.COM I st sem	9380798890	
15	Rukeena	BA I st sem	9880415153	
16	Madiha Mohammed	B.COM I st sem	9538494775	
17	Shaista Anjum	B.COM I st sem	9164197822	
18	Ayesha Muskan	B.COM I st sem	7411155461	
19	Malang	B.COM I st sem		
20	Soubhagya	B.COM I st sem	7892315861	
21	Jayalakshmi	B.COM I st sem	8217261169	
22	Shanti	B.COM I st sem	9110442380	
23	Sony	B.COM I st sem	7892203141	
24	Anitha P. Basanagouda	B.COM I st sem	6361971135	
25	Hareesreeya	B.A III rd sem	8082975582	
26	R. Rithu	B.A I st sem	9986425560	
27	P. Keerthi	B.COM I st sem	9480367169	
28	Kavitha pat.	B.COM I st sem	8861505405	
29	Keerthana, M. Nayak	B.COM I st sem	9060707423	

S.NO	NAME	Class	MOBILE NO	Sign
30.	Umashree	B.com III rd Sem	8050110522	Umashree
31.	Y. Nikhitha	B.A I st	6362651440	NIKK
32.	Rakshita	B.com III rd Sem	8073760680	Raksh:
33]	Vijaya Lakshmi	BA I sem	7349416021	<u>Deval</u>


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Certificate Course on:

SELF DEFENCE

STUDENTS ATTENDANCE LIST



Sl. No	Students Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1.	K. Shreetha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2.	Rakha	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3.	M. Ganaya Lakshmi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4.	Madhusmit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5.	Pratyanka	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6.	Nikhilesh	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7.	Seemaya.v	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8.	Kalyaninagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9.	Pratyanka	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
10.	M. Eshwari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11.	Naseeramma	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12.	Rajeshwari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13.	Narajela	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
14.	Rutisana	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15.	Madhusmit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
16.	Madhusmit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

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Certificate

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

Sri. Veeresh Nayak **Sri. Chidanand Guruji**
Course Co-ordinator Karate Master
Dept. of Physical Education (Black Belt III DAN)
S.S.R.G Women's College, Raichur

Sri. Sanjay Pawar **Sri. Amaregouda S**
IQAC Co-ordinator Principal
S.S.R.G Women's College, Raichur

Photo Galary Self Defence Karate Certificate Course



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