

Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Internal Quality Assurance Cell (IQAC) 2021-2022



Sports Department

- 1. Name of Activity- Webinar on Self Defense**
- 2. Date and Time- 11th Jan. 2022 Time- 4.00pm to 5.00pm**
- 3. Aim and purpose-**

Self Defense train you to defend yourself Physically and Mentally. Introduction of all basic skills of taekwondo. This is a very important activity for every person for their Self-defense. The purpose of this activity was to improve endurance, Focus, Improve Personality, Self Confidence, Physical Conditioning, Self-aware, Self-respect and personality development under the students. So, it was decided to provide webinar on Self-defense for the students.
- 4. Inauguration and Resource Person and topic-**

Online Webinar on Self Defense was conducted on 11th Jan. 2022. The resource person was Mr. Prathamesh Dabhole.(NIS in Taekwondo & Athletics, National referee for Taekwondo, Iskrima kali Arnis, Choikwng do.)

Topic- 1. Basic skills in Taekwondo 2.How to face in different situation 3. Importance of self defense 4. Carrier opportunity in Taekwondo

5. Number of Participation-

The session had approximately 50 Participants and 4th faculty members in the college.

6. About overall conduct-

For this webinar registration link using G meet and password was created. The link was circulate among the students. More than 30 Students and 3 Sports Committee members, 2 other faculty members have participated.

The activity briefly-

In these webinar students was actively participate. Mr. Prathamesh Dabhole sir clear all doubts to the students regarding all important concept of Taekwondo. That is way the overall workshop session is good and students are satisfied beacause they given good information about Taekwondo. Mr. Prathamesh Dabhole sir explain all basic skills of Taekwondo. He was also explainhow to face in different situation, importance of Self defense, Carrier opportunity in taekwondo.

7. About Feedback-

The overall feedback for webinar was Excellent. The audience participated actively and cleared their doubtsthrough the Questions and Answer Session.

Self-Defense webinar (Responses)

1	Name of Participant	Class	How informative did you find it?	Rate about organizing it	Overall how satisfied were you?	Any Suggestion	Are there any topics you'd like to see covered in future?
2	Pratik Muskan Abhai Ra	S.Y.B.Com.	Very Informative	Good	Satisfied	No	No
3	YADAV MIHAR MILIND	S.Y.B.Com.	Extremely Informative	Excellent	Very Satisfied	No	Yes
4	Dr. Sangita Kulkarni	Other	Extremely Informative	Excellent	Very Satisfied	No	Yes
5	Muskaan Sheegufa Muskan	S.Y.B.Sc.	Extremely Informative	Excellent	Satisfied	None	None
6	Om Rajesh Ramphurkar	S.Y.B.Sc.	Extremely Informative	Excellent	Very Satisfied	Keep it up	Any type of such sessions
7	Sara Deshmukh	F.Y.B.Com.	Very Informative	Excellent	Satisfied	None	Women Empowerment
8	Rubika Joshi	Other	Moderately Informative	Good	Satisfied	No	No
9	Shivani Sachin Desai	S.Y.B.Sc.	Extremely Informative	Good	Very Satisfied	Nothing	Awareness about depression in today's youth and solutions is
10	Gurpreet Rachana Babasaheb	T.Y.B.Sc.	Very Informative	Good	Very Satisfied	No	No
11	Nandini Bhushan Joglekar	Other	Extremely Informative	Excellent	Satisfied	No	---
12	Narika Inayat Rakhange	F.Y.B.Com.	Moderately Informative	Good	Satisfied	No	No
13	Mansi Varsha Nathuram	T.Y.B.Com.	Very Informative	Good	Very Satisfied	No	Yes
14	AZHAN AZHANA SALIM	F.Y.B.Com.	Extremely Informative	Excellent	Very Satisfied	None	None
15	MamLile Aadita Inayatulla F.Y.B.Com.	F.Y.B.Com.	Very Informative	Good	Satisfied	No	No
16	Wabid Afiyaz pathan	F.Y.B.Com.	Extremely Informative	Excellent	Very Satisfied	No	No
17	Muskaan Muzaffer Taghi	S.Y.B.Com.	Very Informative	Good	Satisfied	No	Something better
18	Sahibow hanifa munawar	F.Y.B.Com.	Extremely Informative	Excellent	Very Satisfied	No	No
19	Shrusi Sandip Agre	S.Y.B.Com.	Very Informative	Good	Satisfied	No	Yes
20	Kunal pratapsingh Rappu M.Sc. Part I		Extremely Informative	Excellent	Satisfied	No	Wushu seminar u can conduct in dig
21	Prachi usay kashir	S.Y.B.Com.	Very Informative	Excellent, Good	Very Satisfied	No	Guidance for after graduation career guidance

Self-Defense webinar (Responses)

1	Name of Participant	Class	How informative did you find it?	Rate about organizing it	Overall how satisfied were you?	Any Suggestion	Are there any topics you'd like to see covered in future?
16	MamLile Aadita Inayatulla F.Y.B.Com.	F.Y.B.Com.	Very informative	Good	Satisfied	No	No
17	Wabid Afiyaz pathan	F.Y.B.Com.	Extremely informative	Excellent	Very Satisfied	No	No
18	Muskaan Muzaffer Taghi	S.Y.B.Com.	Very informative	Good	Satisfied	No	Something better
19	Sahibow hanifa munawar	F.Y.B.Com.	Extremely informative	Excellent	Very Satisfied	No	No
20	Shrusi Sandip Agre	S.Y.B.Com.	Very informative	Good	Satisfied	No	Yes
21	Kunal pratapsingh Rappu M.Sc. Part I		Extremely informative	Excellent	Satisfied	No	Wushu seminar u can conduct in dig
22	Prachi usay kashir	S.Y.B.Com.	Very informative	Excellent, Good	Very Satisfied	No	Guidance for after graduation career guidance
23	Shivani Sachin Khol	F.Y.B.Com.	Extremely informative	Excellent	Satisfied	No	Career guidance, business growth and job advice
24	Maigundkar Kirt Vidyadhi T.Y.B.Com.		Very informative	Excellent	Very Satisfied	No	Yes
25	Iram Kadir Sakhanikar	F.Y.B.Com.	Extremely informative	Good	Satisfied	you should conduct more	About cutting trees
26	Wakankar Isha Jaisuddin	F.Y.B.Com.	Extremely informative	Excellent	Very Satisfied	NO.	Help to reduce poverty & literacy in India.
27	Nayalee Balu Bhargat	F.Y.B.Com.	Very informative	Good	Satisfied	No suggestions	Some army related information
28	Jalgaonkar Vashnavi Ga F.Y.B.Com.	F.Y.B.Com.	Very informative	Excellent	Satisfied	The attacker may not just	Presenting and speaking in public
29	Sanika Naresh Bhole	F.Y.B.Com.	Very informative	Good	Very Satisfied	No	Yes
30	Sanya Byas pedekar	S.Y.B.Com.	Very informative	Excellent	Satisfied	No	Presenting and speaking in public
31	Mansi Uday Prasad	T.Y.B.Sc.	Very informative	Good	Satisfied	No	Social awareness
32	Sanika Bhushan Kalaska F.Y.B.Com.	F.Y.B.Com.	Extremely informative	Good	Satisfied	No	Career guidance, business growth and job advice
33	Lakshmi Murtidhar Gajbhi	Other	Extremely Informative	Excellent	Very Satisfied	Conducted nicely	No

Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Sports Department

Webinar on "Self Defense"

On 11th Jan. 2022

Time- 4.00pm to 5.00pm

Programme Schedule

Time	Topic	Resource person
4.00 pm to 4.15pm	Inauguration	Mrs. Varsha Dhamane
4.15pm to 4.30pm	Presentation on Taekwondo	Mr. Prathamesh Dabhole.
4.30pm to 4.45pm	Practical Demonstration	Mr. Prathamesh Dabhole.
4.45pm to 4.55 pm	Question Answers session	Mr. Prathamesh Dabhole.
4.55pm to 5.00pm	Vote of Thanks	Miss. Siddhi Salgaownkar


Sports Director

Pamphlet/ Notice



Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli -Ratnagiri (Maharashtra)
Sports Department, WDC & IQAC

Organizes
"Webinar On
Self Defense"

Date-11 January 2022



Mr. Dabhole Prathamesh Pradip
NIS in Taekwondo & Athletics

Time-4.00pm



- ❖ Black belt in Hapkido(korea), Taekwondo(korea), Choikwang Do (U.S.A.),Karate.
- ❖ National Referee for Taekwondo, Eskrima Kali Arnis, choikwang do.
- ❖ Suvama Lakshya Award-2018
- ❖ Pahilwan Khashaba Jadhav Award-2019
- ❖ Phonic Award-2019

Points to be Discuss-

- ❖ Basic skills in Taekwondo
- ❖ How to face in different situation
- ❖ Importance of self defense
- ❖ Carrier opportunity in Taekwondo

Source



Meet



Mrs. Varsha Dhamane Convener Sports Director	Mrs. Chougale Jyoti WDC convener	Dr. R.L. Ghalame IQAC Coordinator Head, Department of Botany	Dr. Sandesh P. Jagdale Principal
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Students Attendance

Sr. No	Students Name	Faculty/ class.	Present Mark
1.	Petkar Muskan Abdul	S.Y.Bcom	P
2.	Yadav Mihir Milind	S.Y.Bcom	P
3.	Dr. Sangita Katkar	Other	P
4.	Masurkar Shagufta M	S.Y.Bsc	P
5.	Rampurkar Om R.	S.Y.Bsc	P
6.	Deshmukh Sara	F.Y.Bcom	P
7.	Sathaye Shivani S.	S.Y.Bsc	P
8.	Gunjal Rachna B.	T.Y.Bsc	P
9.	Rakhange Nafiya I.	F.Y.Bcom	P
10.	Mane Varsha N.	T.Y.Bcom	P
11.	Khan Arbina M.	F.Y.Bcom	P
12.	Mamtule Atifa I.	F.Y.Bcom	P
13.	Pathan Wafa K.	F.Y.Bcom	P
14.	Talgharkar Muskan M.	S.Y.Bcom	P
15.	Sahibole Hanifa M.	F.Y.Bcom	P
16.	Agre Shruti S.	S.Y.Bcom	P
17.	Rajput Kunal P.	MSC-I	P
18.	Kashte Prachi U.	S.Y.Bcom	P
19.	Khot Shivani S.	F.Y.Bcom	P
20.	Malgunkar Kirtee V.	T.Y.Bcom	P
21.	Sakharkar Iram K.	F.Y.Bcom	P
22.	Wakankar Ifra J.	F.Y.Bcom	P
23.	Bhallgat Niyatee B.	F.Y.Bcom	P
24.	Jalgavkar Vaishnavi G.	F.Y.Bcom	P
25.	Bhise Sanika N.	F.Y.Bcom	P
26.	Pedekar Saniya I.	S.Y.Bcom	P
27.	Prasade Mansi U.	T.Y.Bsc	P
28.	Kelaskar Sanika Bhushan	F.Y.Bcom	P
29.	Gajbhaye Lankesh M.	Other	P
30.	Govale Deep R.	F.Y.Bsc	P
31.	Pawar Pratik Vijay	F.Y.Bsc	P
32.	Tabib Dipesh R.	F.Y.Bsc	P
33.	Ainarkar Mauzz M.	F.Y.Bsc	P
34.	Arai Pratik K.	F.Y.Bsc	P
35.	Borkar Shreyas U	F.Y.Bsc	P
36.	Mahadik Satendra A.	F.Y.Bsc	P
37.	More Prasad Vaman	Msc-I	P
38.	Shinde Ketan Sanjeevkumar	Msc-I	P
39.	Mujawar Owais R.	T.Y.Bsc	P
40.	Dahinje Pruthviraj R.	F.Y.Bsc	P
41.	Pate Tejas Santosh	Msc-I	P
42.	Kardekar Aryan Sujit	F.Y.Bsc	P
43.	Borkar shreyash Umesh	S.Y.Bsc	P
44.	Sanas Sai A.	T.Y.Bsc	P

45.	Lawate Saurabh S.	T.Y.Bsc	P
46.	Phatak Anurag M.	F.Y.Bsc	P
47.	Deokate Sakshi R.	S.Y.Bsc	P
48.	Sawant Sae Madhukar	S.Y.Bcom	P
49.	Rumane Ashna I.	T.Y.Bcom	P
50.	Rumane Tanish T.	T.Y.Bcom	P

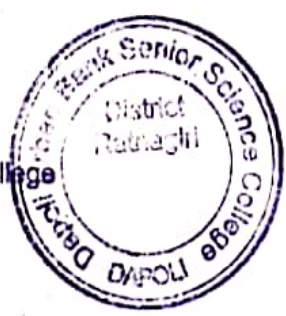
Faculty Members Attendance

Sr. No	Teachers Name	Faculty/ Dept	Present Mark
1.	Mrs. Dhamane Varsha J.	Sports	P
2.	Mrs. Choghule Jyoti A.	Commerce	p
3.	Miss. Siddhi Salgavkar	Commerce	P
4.	Mr. Nandiskar Aniket	Physics	P

Photos



PPM
Principal,
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri



Sternee
Sports Director