



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

Time-4.00pm



Mr. Dabhole Prathamesh Pradip
NIS in Taekwondo & Athletics



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



Dapoli Education Society's

Dapoli Urban Bank Senior Science College, Dapoli

Internal Quality Assurance Cell (IQAC) 2021-2022

Women Development Cell

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 trained 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 key-note speaker-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. Career opportunity in Taekwondo

5. Number of Participation-

The session had approximately 25 Participants and 4th faculty members in the college

6. About overall conduct-

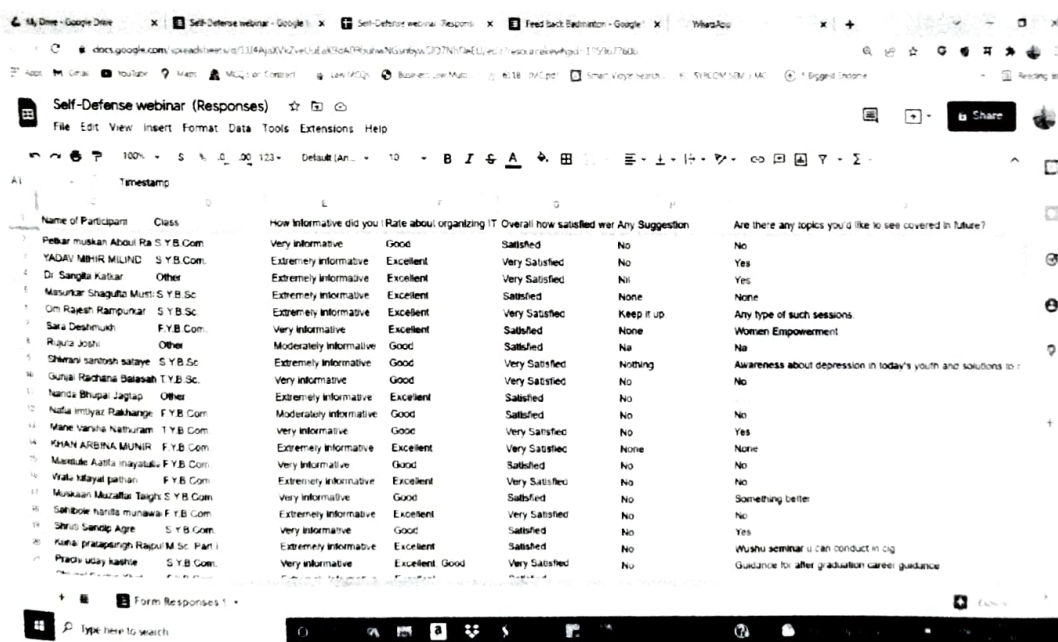
For this webinar registration link using G meet and password was created. The link was circulate among the students. More than 100 Students and 3 Sports Committee members, 2 other faculty members have participated.

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 because they given good information about Taekwondo. Mr. Prathamesh Dabhole sir explain all basic skills of Taekwondo. He was also explain how 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 doubt through the Questions and Answer Session.



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?
Petkar muskan Abhaila	B.A. S.Y.B. Com.	Very Informative	Good	Satisfied	No	No
YADAV MIHIR MILIND	S.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	No	Yes
Dr. Sangita Kulkarni	Other	Extremely Informative	Excellent	Very Satisfied	No	Yes
Masunkar Shagun Murti	S.Y.B. Sc.	Extremely Informative	Excellent	Satisfied	Nil	None
Om Rajesh Rampunwar	S.Y.B. Sc.	Extremely Informative	Excellent	Very Satisfied	Keep it up	Any type of such sessions
Sara Deshmukh	F.Y.B. Com.	Very Informative	Excellent	Satisfied	None	Women Empowerment
Rajula Joshi	Other	Moderately Informative	Good	Satisfied	Na	Na
Shirani Santosh Sataye	S.Y.B. Sc.	Extremely Informative	Good	Very Satisfied	Nothing	Awareness about depression in today's youth and solutions to it
Gurjal Rachana Dadasah	T.Y.B. Sc.	Very Informative	Good	Very Satisfied	No	No
Nandini Bhupaji Jagtap	Other	Extremely Informative	Excellent	Satisfied	No	No
Natasha Imtiyaz Rahkhanje	F.Y.B. Com.	Moderately Informative	Good	Satisfied	No	No
Mane Vansha Nathuram	T.Y.B. Com.	Very Informative	Good	Very Satisfied	No	Yes
KHAN ARBINA MUNIR	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	None	None
Mantulke Anshu Mayasabai	F.Y.B. Com.	Very Informative	Good	Satisfied	No	No
Wale Mayad Pathan	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	No	No
Muskan Muscatla Tashir	S.Y.B. Com.	Very Informative	Good	Satisfied	No	Something better
Satishbharada Munawar	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	No	No
Shridi Sanjay Agre	S.Y.B. Com.	Very Informative	Good	Satisfied	No	Yes
Kumar Prashant Ravi M. Sc. Part I		Extremely Informative	Excellent	Satisfied	No	Wushu seminar u can conduct in dig
Pradyumna Kashir	S.Y.B. Com.	Very Informative	Excellent	Very Satisfied	No	Guidance for after graduation career guidance



Self-Defense webinar (Responses)

Name of Participant	Class	How informative did you find the webinar?	Rate about organizing IT	Overall how satisfied were you?	Any Suggestion	Are there any topics you'd like to see covered in future?
Murugan Aulfa Inamkhan	F.Y.B. Com.	Very Informative	Good	Satisfied	No	No
Wahid Mubai Pathan	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	No	No
Muskan Musaffar Toogh	S.Y.B. Com.	Very Informative	Good	Satisfied	No	Something better
Sanku Hanish Mundwa	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	No	No
Drool Sande Agr	S.Y.B. Com.	Very Informative	Good	Satisfied	No	Yes
Kunal Paragprabhu Rapsu M.Sc. Part I		Extremely Informative	Excellent	Satisfied	No	Wushu seminar u can conduct in dig
Prachi Uday Kachit	S.Y.B. Com.	Very Informative	Excellent, Good	Very Satisfied	No	Guidance for after graduation career guidance
Soravi Sachin Khos	F.Y.B. Com.	Extremely Informative	Excellent	Satisfied	No	Career guidance, business growth and job advice
Meghna Kirti Vojadi	F.Y.B. Com.	Very Informative	Excellent	Very Satisfied	No	Yes
Vinay Kadir Sachin	F.Y.B. Com.	Extremely Informative	Good	Satisfied	you should conduct more About cutting trees	
Shamir Ali Janurudin	F.Y.B. Com.	Extremely Informative	Excellent	Very Satisfied	NO	Help to reduce poverty & literacy in India
Neharika Bhatnagar	F.Y.B. Com.	Very Informative	Good	Satisfied	No suggestions	Some army related information
Jyoti Kulkarni	F.Y.B. Com.	Very Informative	Excellent	Satisfied	The attacker may not just	Presenting and speaking in public
Sanku Namish Bhise	F.Y.B. Com.	Very Informative	Good	Very Satisfied	No	Yes
Sanshu Shas Prasad	S.Y.B. Com.	Very Informative	Excellent	Satisfied	No	Presenting and speaking in public
Mansi Uday Prasad	T.Y.B. Sc.	Very Informative	Good	Satisfied	No	Social awareness
Sanku Shubham Kulkarni	F.Y.B. Com.	Extremely Informative	Good	Satisfied	No	Career guidance, business growth and job advice
Lakshmi Mundhar Gajgh Othar		Extremely Informative	Excellent	Very Satisfied	Conducted nicely	No

Gajghale

WDC- Completed

Principal

Dapoli Education Society's
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Dapoli, Dist. Ratnagiri

Photos

