

ORIENTAL EDUCATION SOCIETY'S

# ORIENTAL COLLEGE OF PHARMACY

(Approved by AICTE, PCL D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2008)



Date: 14/05/24

Title of Report with Academic year:

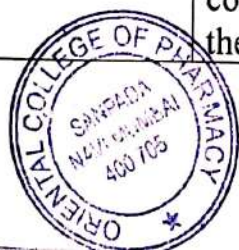
**Karate workshop organised by Women's development committee 2023-2024  
at Oriental college of Pharmacy, Sanpada.**

Details of activity:

Name of the Activity	Karate workshop	Activity Number	WDC/02
Date	30 <sup>th</sup> March 2024	Department /Committee or Faculty	Women's development committee
Venue	Seminar hall and ground	Time	3.30 pm
Nature of Activity (Indoor/Outdoor)	Indoor	Total number of Participants	47

Activity Information:

Objectives	Karate training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.
Methodology or Brief summary	On 30 <sup>th</sup> March, 13 <sup>th</sup> April and 20 <sup>th</sup> April 2024 (3 days) Karate workshop was taken for first year and second year girl students under Women development committee. Mr.Mohit Tupone, Shotokan Karate Self Defence Association International Gold Medalist was invited as a coach for karate session 47 total girls had participated in the workshop.



*S. Rathod*

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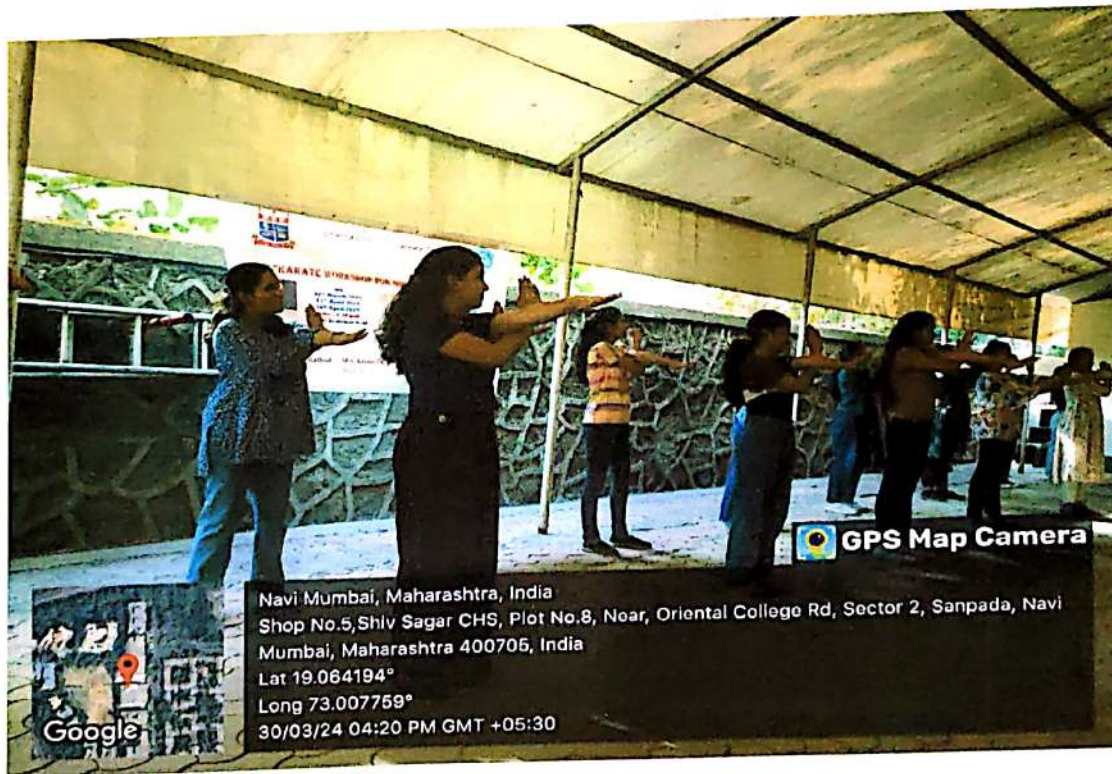
	<p>The Program started with a welcome note by Miss Palak Tiwari, SY student. She introduced the Mr. Mohit Tupone sir to the gathering. He started his session with the introduction of importance of martial arts for personal defence for girl students. He gave the pros and cons of learning karate for girls. In the workshop how to protect our self when some attacks happen and how to save others were taught. Karate is a sport that builds strength, speed, stamina, and endurance in girls, keeping them physically fit, establishes a positive personal image and further promotes confidence in life in general. All the girl students very actively participated in the workshop They felt that it would be really useful for them. Some of the students expressed very good views in their feedback on the program. Mrs Kranti D. Patil, Women development committee incharge was present for the workshop. The workshop ended with Vote of thanks.</p>
Outcome	<ul style="list-style-type: none"> <li>• The confidence level has been increased</li> <li>• Girls have been emotionally, mentally and physically prepared to deal with an attack. They are able to defend and raise their voice.</li> <li>• They have been aware on defense against offense attacks</li> <li>• They have been aware on escaping techniques against different hold and chokes.</li> <li>• They have been aware on ground fighting and use it as per their need.</li> </ul>

Pictures of the workshop attached with the report.

*S. Rathod*  
**Dr. (Mrs.) Sudha Rathod**  
 Principal  
 Oriental College of Pharmacy  
 Plot No. 3, 4 & 5, Sector-2,  
 Sanpada, Navi Mumbai







Karate workshop held at Oriental college of Pharmacy on 30/3/2024 by Women development committee

*Patil*  
Mrs. Kranti Patil  
WDC Convener.



*Shahad*  
For *mean*  
15/05/24  
PRINCIPAL  
ORIENTAL COLLEGE OF PHARMACY



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Women's development Committee organizes

2<sup>nd</sup> session of Karate workshop for girls

On 13/04/24

Sr.No	Name	Class	Signature
1	Shaon Mathew	F.Y. B.Pharm	Shaon
2	Chhaya Jaiswal	F.Y. B.Pharm	Chhaya
3	Tanishka Pillay	F.Y. B.Pharm	Tanishka
4	Gayatri Bhosle	F.Y. B.Pharm	Gayatri
5	Ashwini Chaugule	F.Y. B.Pharm	Ashwini
6	Keisha Dhuri	F.Y. B.Pharm	Keisha
7	Pooja Sahu	F.Y. B.Pharm	Pooja
8	Shreya Sutar	F.Y. B.Pharm	Shreya
9	Unnati Jain	F.Y. B.Pharm	Unnati
10	Arya Vazhadi	F.Y. B.Pharm	Arya
11	Kumkum Gupta	F.Y. B.Pharm	Kumkum
12	Swamini Navale	F.Y. B.Pharm	Swamini
13	Anchal verma	F.Y. B.Pharm	Anchal
14	Shweta Gupta	F.Y. B.Pharm 'B'	Shweta
15	Sakshi Phansalkar	F.Y. B.Pharm	Sakshi
16	Swara Mixjurkar	F.Y. B.Pharm	Swara
17	Sakshi Kadam	F.Y. B.Pharm	Sakshi
18	Simran Prajapati	F.Y. B.Pharm	Simran
19	Priya Swaminath	F.Y. B.Pharm	Priya
20	Ananya Singh	F.Y. B.Pharm	Ananya
21	Darshika Bhasin	F.Y. B.Pharm	Darshika
22	Priya Mishra	F.Y. B.Pharm	Priya
23	Vaibhavi Singh	F.Y. B.Pharm	Vaibhavi

*Patil*

WDC Incharge

(Mrs. Kranti Patil)



*Principal*

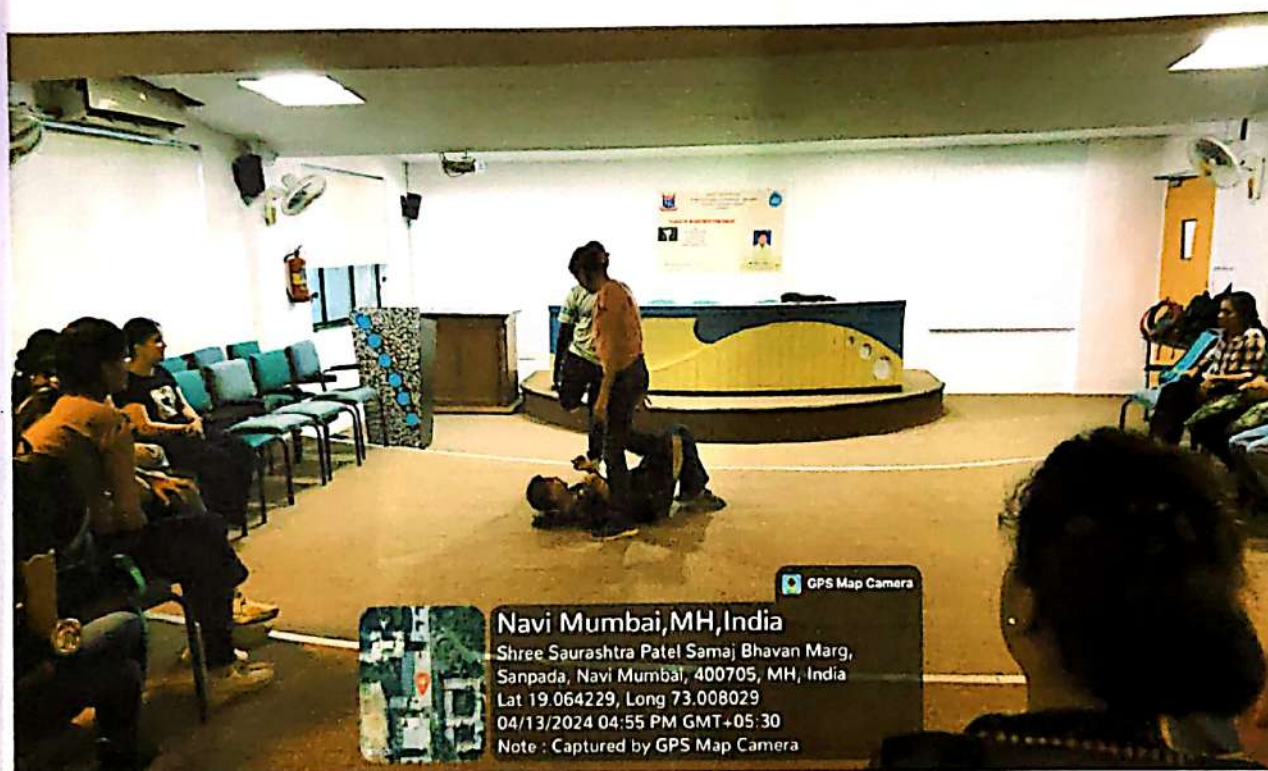
Principal 1

for

PRINCIPAL

ORIENTAL COLLEGE OF PHARMACY





Karate workshop held at Oriental college of Pharmacy on 13/4/2024 by Women development committee

*(Mrs. Kranti Patil)*  
 WDC Convener



*Shashidhar*  
 15/05/24  
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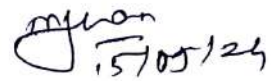
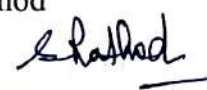




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 WDC Convener



  
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