



"Dissemination of Education for Knowledge, Science and Culture"
- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha Kolhapur's



RAJE RAMRAO MAHAVIDYALAYA, JATH

Dist- Sangli (Maharashtra) 416 404

UGC Recognition under 2F & 12 (B) UGC Act 1956

(Affiliated to Shivaji University, Kolhapur)

NAAC "A" Grade with 3.02 CGPA (2024)

INTERNAL COMPLAINT CELL

Academic Year 2025-26

Report on

SELF DEFENCE CERTIFICATE COURSE

Submitted to

Internal Quality Assurance Cell (IQAC)

Raje Ramrao Mahavidyalaya, Jath,

Dist-Sangli (MS)

2025-2026

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Brief Information of the Course

Internal Complaint cell of Raje Ramrao Mahavidyalaya, Jath successfully organized a *Self-Defence Certificate Course* with the objective of empowering students, especially girls, with essential self-protection skills. The program aimed to build confidence, physical fitness, and awareness about personal safety.

The course was conducted over a period of 10 days, with active participation from students across various departments. A large number of female students enthusiastically enrolled in the program.

The training sessions were conducted by Ms .Shital Bamne Which is a qualified self-defence trainer with expertise in martial arts and personal safety techniques. The trainer provided both theoretical knowledge and practical demonstrations.

For self defence certificate course our college principle guide to organize this course.Also NAAC Coordinator Dr.Kulal sir gives the brief information about how to arrange this course ICC coordinator and ICC member also WEC Coordinator and member helps to organize this course This Self defence course organized at Badminton hall of our college.Non teaching faculty also helps us to organize this course

Broucher



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Shri Swami Vivekanand Shikshan Sanstha's

Raje Ramrao Mahavidyalaya, Jath

Dist: Sangli - 416404, Maharashtra, India (Affiliated to Shivaji University, Kolhapur)



Ten Days Training Programme On Women Self Defence Organised By

Internal Complain cell , Women Empowerment Cell And IQAC

Day and Date : 23 December 2025 to 05 January 2026

Time : 9.00 Am to 11.00 Am

Venue: Indoor Sport Hall

President



Prof. (Dr.) Suresh S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath



Resource Person



Miss Shital D Bamane
Karate Coach

Organizing committee

Miss R. A. Shinde- Co-ordinator Internal Complain Cell
Miss. Mali B.N.- Member

Miss. Patil. D.S. - Member

Dr. M.Y. Shinde - Women Empowerment Cell
Miss.Kamble V. P. - Member

Syllabus

	Title	Activity
Day 1	Introduction & Awareness	Introduction to self-defence and its importance Basic safety awareness and situational alertness Understanding body language and surroundings
Day 2	Physical Fitness & Warm-Up Techniques	Stretching and warm-up exercises Basic fitness drills (strength, flexibility, stamina) Importance of physical fitness in self-defence
Day 3	Basic Self-Defence Stances & Movements	Fighting stance and balance Footwork and body movement Maintaining safe distance
Day 4	Blocking Techniques	Upper and lower block techniques Defending against punches and slaps Practice sessions
Day 5	Escaping Techniques	Escaping from wrist grabs Escaping from holds (front and back)

		Use of leverage and balance
Day 6	Striking Techniques	Basic strikes (punches, palm strikes, elbow strikes, knee strikes) Target areas of the body Controlled practice
Day 7	Defence Against Common Attacks	Defence against grabbing, pushing, and choking Reaction techniques for sudden attacks Situational practice
Day 8	Use of Everyday Objects for Defence	Using items like bags, keys, pens for protection Improvised self-defence techniques Safety precautions
Day 9	Mental Strength & Confidence Building	Stress management and quick decision-making Building confidence and presence of mind Role-play and simulation exercises
Day 10	Revision & Assessment	Revision of all techniques Practical demonstration by students Evaluation and feedback session Certificate distribution

Brief Summary of the Course

Sr.No	Particulars	Details
1	Course Name	Self-Defence Certificate Course
2.	Duration	10 Days
3.	Organized By	Internal Complaint Cell ,Women Empowernment Cell and IQAC
4.	Objective	To develop self-confidence and teach basic self-defence techniques, especially for safety and awareness
5.	Participants	15
6.	Trainer/Instructor	Ms.shital Bamne -Expert in martial art
7.	Activities Conducted	Upper and lower block techniques Defending against punches and slaps Escaping from wrist grabs Escaping from holds (front and back) Use of leverage and balance
8.	Outcomes	Increased self-confidence, ability to handle unsafe situations, improved physical strength

Summary about Guest

Photo



Name

Miss.Shital Dilipkumar Bamne

Education

Diploma in Karate

Experience

5 years at self couching centre

Invitation Letter

 Dissemination of Education for Knowledge, Science & Culture Shikshanmaharshi Dr. Bapuji Salunkhe Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's RAJE RAMRAO MAHAVIDYALAYA, JATH Dist. Sangli (Maharashtra) 416 404 UGC Recognition under 2(F) & 12 (B) UGC Act 1956 (Affiliated to Shivaji University, Kolhapur) NAAC Reaccredited "A" Grade (Fourth Cycle), ISO Certified 9001-2015		 Shivaji University Kolhapur		
Office : (02344) 246251, Fax : (02344) 246015, Res : (02344) 247251 Email : rajeramrao@gmail.com Website : www.rccollege.org				
FOUNDER Dr. Bapuji Salunkhe D.Lit.	PRESIDENT Hon. Chandrakant Dada Patil Minister Govt. of Maharashtra, Mumbai.	CHAIRMAN Prin. Abhaykumar Salunkhe M.A.	SECRETARY Prin. Mrs. Shubhangi Gawade M.Sc., B.Ed.	PRINCIPAL Prof. (Dr.) Suresh S. Patil M.Sc., SET, Ph.D.

Ref No. RRMJ/ 528 A/2025-26 Date : 20/12/2022

Invitation Letter

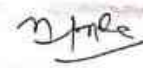
To
Miss. Shital Dilipkumar Bamane,
Karate coach

Subject: Invitation as Karate Coach (Trainer) for self-defence certificate Course.

Respected Madam,

It is with great pleasure that we extend our heartfelt invitation to you to be the guest Trainer for a session titled: "Self-defence Certificate Course" to be held on 23rd Dec. 2025 to 3rd Jan.2026 at 10:00 am to 11 am., jointly organized by the Women Empowerment Cell and the Internal Complaint Committee and IQAC of our college. Given your esteemed experience and contribution in the field of Self-defence, we believe your insights will greatly benefit our students in understanding and managing their personal safety. Your gracious presence will aware and encourage all attendees, and it would indeed be an honour for us to welcome you on this special occasion.
We look forward to your positive response.

Thanking you,

Yours sincerely,

Prof. (Dr.) S. S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath
Yashwantrao Dist. Sangli.

Thanking Letter

		"Dissemination of Education for Knowledge, Science & Culture" -Shikshanamaharshi Dr. Bapuji Salunkhe Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's RAJE RAMRAO MAHAVIDYALAYA, JATH Dist. Sangli (Maharashtra) 416 404 UGC Recognition under 2(F) & 12 (B) UGC Act 1956 (Affiliated to Shriwaji University, Kolhapur) NAAC Reaccredited "A" Grade (Fourth Cycle), ISO Certified 9001-2015 Office : (02344) 246251, Fax : (02344) 246015, Reil : (02344) 247251 Email : rajaramrao@gmail.com Website : www.rcollege.org		
FOUNDER Dr. Bapuji Salunkhe D.Lit.	PRESIDENT Hon. Chandrakant Dada Patil Minister Govt. of Maharashtra, Mumbai.	CHAIRMAN Prin. Abhaykumar Salunkhe M.A.	SECRETARY Prin. Mrs. Shubhangi Gawade M.Sc., B.Ed.	PRINCIPAL Prof. (Dr.) Suresh S. Patil M.Sc., SET, Ph.D.

Ref No. RRMJ/ 644 A/2025-26 Letter of Thanks Date: 10/1/2026

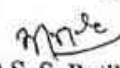
To,
Miss. Shital Dilipkumar Bamane.
Karate coach

Respected Madam,

On behalf of the Internal Complaint Committee, Women Empowerment Cell and the entire Rajaramrao Mahavidyalaya family, I extend our heartfelt gratitude to you for delivering an insightful session on: "Self-defence Certificate Course" Your sessions were highly informative, practical, and empowering. The techniques you taught, along with your clear explanations and real-life examples, have greatly enhanced our confidence and awareness.. Your dedication, patience, and motivating approach made the training both engaging and effective. Beyond physical techniques, you emphasized mental strength, alertness, and self-discipline, which are equally valuable in everyday life.

Thank you once again for your valuable time, efforts, and support in empowering young women.

Thanking you,

Yours sincerely,

Prof. (Dr.) S. S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath
Tal-Jath, Dist-Sangli.

1. Saraswati Raju Bamane

Notice for students



"Dissemination of Education through Knowledge, Science and Culture".
—Shikshanamoharshi Dr. Bapuji Salunkhe
Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
Raje Ramrao Mahavidyalaya, Jath
Dist. Sangli-416 404 Affiliated to Shivaji University, Kolhapur)



Date: 22/12/2025

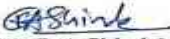
Internal Complain Cell and Women Empowerment Cell

Notice

All the Girl students of UG and PG (B.Sc., B. A, B. Com, BCA and M.Sc.) are hereby informed that **Self-defence Certificate Course** under internal complain cell, Women Empowerment cell and IQAC will be started from these Week. To participate in that course, submit your name to following committee member.

Ms.R.A.Shinde -7058375175
Dr. M.Y.Shinde- 8698773591
Ms.A.B.Pujari-7558366996
Ms.B.N.Mali-9021066301
Ms.D.S.Patil-7350407425
Ms.V.P.Kamble- 9881166039

Internal Complain Cell Co-ordinator


(Ms.R.A.Shinde)


Principal

Prof. (Dr.) S. S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath
Tal. Jath, Dist. Sangli.

Programme Schedule

Day 1

Inauguration of self defence certificate course

Welcoming of trainer of this course by offering flowers by principle of our college



Day 2

Physical Fitness & Warm-Up Techniques

Stretching and warm-up exercises

Basic fitness drills (strength, flexibility, stamina)

Importance of physical fitness in self-defence



Day 3

Basic Self-Defence Stances & Movements

Fighting stance and balance

Footwork and body movement

Maintaining safe distance



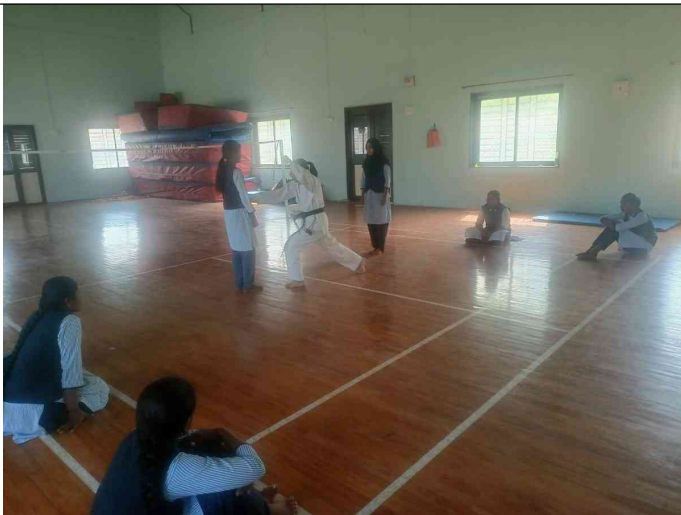
Day 4

Blocking Techniques

Upper and lower block techniques

Defending against punches and slaps

Practice sessions



Day 5

Escaping Techniques

Escaping from wrist grabs

Escaping from holds (front and back)

Use of leverage and balance



Day 6

Striking Techniques

Basic strikes (punches, palm strikes, elbow strikes, knee strikes)

Target areas of the body

Controlled practice



Day 7

Defence Against Common Attacks

Defence against grabbing, pushing, and choking

Reaction techniques for sudden attacks

Situational practice



Day 8

Use of Everyday Objects for Defence

Using items like bags, keys, pens for protection

Improvised self-defence techniques

Safety precautions



Day 9

Mental Strength & Confidence Building

Stress management and quick decision-making

Building confidence and presence of mind

Role-play and simulation exercises



Day 10

Certificate Essuse and Feedback



Registration list

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
Raje Ramrao Mahavidyalaya, Jath
INTERNAL COMPLAIN CELL AND WOMEN EMPOWERMENT CELL
Registration List

Name of the Student	Class	Contact No.	Rs.	Sign.
Saraswadi Raju Bamane	BA I	98857 800 802		SPBane
Mali Bhagyashri Namdeo	B.A.III	9022436696		Pnoli
Nilam Vijay Thavare	BA-III	7507010382		N.V.Thavare
Mohite Pranali Mahadev	BA III	8080828650		(Pnoli)
Mane Sakshi Sambhaji	BA III	7875148574		S.S.Mane.
Alhawalke Gayatri Mahavir	B.A.III	9075612991		Chavale
Korennavar Sumitra Tammam	B.Sc-II	8975913927		Korennavar
Kumbhar bhagyashri Raju	BSc-II	9503805471		BKulkar
Patil Supriya Mahadev	BscII	9075167581		Patil
Veena Shrishail Jibargond	BscII	9022865558		V.S.I
Anuradha Gurubasu Dori	BSc II	93222 38440		(Patil)

Attendance

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
Raje Ramrao Mahavidyalaya, Jath
INTERNAL COMPLAIN CELL AND WOMEN EMPOWERMENT CELL
Self-Defence Certificate Course Attendance 2025-26

[illegible]

Certificates

"Dissemination of Education for Knowledge, Science and Culture"
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Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
RAJE RAMRAO MAHAVIDYALAYA, JATH
Dist: Sangli- 416404, Maharashtra, India
Affiliated to Shivaji University, Kolhapur NAAC Accredited "A" Grade

TRAINING PROGRAM ON WOMEN'S SELF DEFENCE

This is to certify that Miss. Aditi Sanjay Biradar..... Class. B.Sc. I.....
of Rajee Ramrao Mahavidyalaya, Jath, has successfully completed the Ten-Day Training Program on Women's Self-Defence conducted from 23rd December 2025 to 03rd January 2026. This Self-Defence Certificate Course was organized by the Internal Complaints Cell, Women Empowerment Cell, and IQAC of Rajee Ramrao Mahavidyalaya, Jath. We appreciate her active participation and sincere efforts in completing the training program.

Ms. R.A. Shinde
Co-ordinator
Internal Complaints Cell

Dr. M.Y. Shinde
Co-ordinator
Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
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TRAINING PROGRAM ON WOMEN'S SELF DEFENCE

This is to certify that Miss. Rohini Prakash Walekhinde..... Class. B.A. III.....
of Rajee Ramrao Mahavidyalaya, Jath, has successfully completed the Ten-Day Training Program on Women's Self-Defence conducted from 23rd December 2025 to 03rd January 2026. This Self-Defence Certificate Course was organized by the Internal Complaints Cell, Women Empowerment Cell, and IQAC of Rajee Ramrao Mahavidyalaya, Jath. We appreciate her active participation and sincere efforts in completing the training program.

Ms. R.A. Shinde
Co-ordinator
Internal Complaints Cell

Dr. M.Y. Shinde
Co-ordinator
Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
Rajee Ramrao Mahavidyalaya, Jath

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TRAINING PROGRAM ON WOMEN'S SELF DEFENCE

This is to certify that Miss. Madhura Shri Sheshal Tangad..... Class. B.C.A. III.....
of Rajee Ramrao Mahavidyalaya, Jath, has successfully completed the Ten-Day Training Program on Women's Self-Defence conducted from 23rd December 2025 to 03rd January 2026. This Self-Defence Certificate Course was organized by the Internal Complaints Cell, Women Empowerment Cell, and IQAC of Rajee Ramrao Mahavidyalaya, Jath. We appreciate her active participation and sincere efforts in completing the training program.

Ms. R.A. Shinde
Co-ordinator
Internal Complaints Cell

Dr. M.Y. Shinde
Co-ordinator
Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
Rajee Ramrao Mahavidyalaya, Jath

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TRAINING PROGRAM ON WOMEN'S SELF DEFENCE

This is to certify that Miss. Bhagyashree Raju Kumbhar..... Class. B.Sc. II.....
of Rajee Ramrao Mahavidyalaya, Jath, has successfully completed the Ten-Day Training Program on Women's Self-Defence conducted from 23rd December 2025 to 03rd January 2026. This Self-Defence Certificate Course was organized by the Internal Complaints Cell, Women Empowerment Cell, and IQAC of Rajee Ramrao Mahavidyalaya, Jath. We appreciate her active participation and sincere efforts in completing the training program.

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Co-ordinator
Internal Complaints Cell

Dr. M.Y. Shinde
Co-ordinator
Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
Rajee Ramrao Mahavidyalaya, Jath

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TRAINING PROGRAM ON WOMEN'S SELF DEFENCE

This is to certify that Miss. Shital Praful Patil..... Class. B.C.A. III.....
of Rajee Ramrao Mahavidyalaya, Jath, has successfully completed the Ten-Day Training Program on Women's Self-Defence conducted from 23rd December 2025 to 03rd January 2026. This Self-Defence Certificate Course was organized by the Internal Complaints Cell, Women Empowerment Cell, and IQAC of Rajee Ramrao Mahavidyalaya, Jath. We appreciate her active participation and sincere efforts in completing the training program.

Ms. R.A. Shinde
Co-ordinator
Internal Complaints Cell

Dr. M.Y. Shinde
Co-ordinator
Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
Rajee Ramrao Mahavidyalaya, Jath

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Women Empowerment Cell

Dr. S.R. Katal
Co-ordinator
Internal Quality Assurance Cell

Prof. Dr. S.S. Patil
Principal,
Rajee Ramrao Mahavidyalaya, Jath

Feedback



Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
Raje Ramrao Mahavidyalaya, Jath
INTERNAL COMPLAINT CELL
Self Defence Feedback Form 2025-26

Sr.No.	Name of the Student	Class	Course	Manangement	Guest
1.	Saraswati Raju Bamne	B.A-I	Good	Excellent	Average
2.	Bhagyashri Raju Kumbhar	B.Sc-II	Average	Good	Excellent
3.	Swaliya Ayub Shaikh	B.Sc-I	Good	Average	Excellent
4.	Pratiksha Sachin sawant	B.Sc-I	Average	Good	Excellent
5.	Vitabai Sidram Birajdar	B.Sc-I	Excellent	Average	Good
6.	Madhura Shrishail Tangadi	BCA-III	Good	Excellent	Average
7.	Shital Praful Patil	BCA-III	Average	good	Excellent
8.	Rohini Prakash Walekhinde	BCA-III	good	Excellent	Average
9.	Anita Hanamant Sangolkar	BCA-III	Excellent	Average	Good
10.	Sana Ismail Nadaf	BCA-III	Average	good	Excellent
11.	Mayuri Shivaram Savant	BCA-III	Good	Excellent	Average
12.	Sumitra Tammanna Karennavar	B.Sc-II	Average	good	Excellent
13.	Samruddhi shripati Basarage	B.Sc-I	Excellent	Average	Good
14.	Darshana Sanjay Kalal	B.Sc-I	Good	Excellent	Average
15.	Aditi Sanjay Biradar	B.Sc-I	Average	Good	Excellent Average

Outcomes

1. Improved Self-Confidence

Participants develop confidence in handling difficult situations and feel more secure in daily life.

2 Practical Self-Protection Skills

Students learn techniques such as blocking, escaping, and defending against attacks, helping them protect themselves and others.

3. Increased Awareness & Alertness

The course enhances situational awareness, enabling individuals to पहचान (identify) danger early and avoid risky situations.

4. Physical Fitness & Strength

Regular training improves stamina, flexibility, coordination, and overall physical health.

5. Mental Strength & Stress Management

Participants learn to stay calm under pressure, reducing fear and improving decision-making in emergencies.

2.