

**Rayat Shikshan Sanstha's
D. P. Bhosale College, Koregaon**

**Health Care Committee and Department of NCC organizes Workshop on
Physical Fitness and self Defence Skills**

NOTICE


Date: 28th September 2024

This is to inform all students of D. P. Bhosale College, Koregaon that the Healthcare Committee and the Department of NCC are organizing a Workshop on '**Physical Fitness and Self-Defence Skills**' on 30th September 2024. The workshop aims to promote the importance of physical fitness and teach essential self-defence techniques to enhance personal safety and well-being.

All students are encouraged to participate actively in this workshop to gain valuable knowledge and skills that will contribute to their physical health and personal safety.



**Chairman
Health Care Committee**



Shri. Bhosale B.D.
Director of Physical
Education (Sr.)
D.P.B.C. Koregaon

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Report

On 30th September 2024, the Healthcare Committee and the Department of NCC at D. P. Bhosale College, Koregaon organized a comprehensive Workshop on Physical Fitness and Self-Defence Skills. The workshop was held in collaboration with the Mahila Bachat Gat, Koregaon aiming to equip students with essential skills for both personal safety and health.

The program was inaugurated by Mr. B.D. Bhosale, the Head of NCC, who delivered the inaugural speech emphasizing the importance of maintaining physical fitness and being aware of self-defense techniques for self-preservation.

The session included insightful talks from Vaishali Shinde, a renowned expert in self-defense, who educated the participants about various self-defense techniques, empowering them to protect themselves in critical situations. She demonstrated practical strategies and highlighted the significance of being alert and prepared.

In addition, Mrs. Shivani Revaje and Ms. Sonika Sagvan shared their expertise on setting and achieving fitness goals. They discussed the various aspects of physical fitness, such as the importance of regular exercise, proper nutrition, and maintaining a healthy lifestyle. Their session was interactive, motivating the students to develop a fitness routine tailored to their individual needs.

The program was presided over by Principal Dr. B.S. Chavan, who encouraged students to adopt healthier lifestyles and make self-defense an integral part of their personal development. He expressed his gratitude to the resource persons for their valuable contributions to the workshop.

The vote of thanks was delivered by Dr. Mrs. S.P. Nalawade, Chairperson of the Healthcare Committee, who extended her heartfelt appreciation to the resource persons, participants, and organizers for making the workshop a success. She also acknowledged the support of the Mahila Bachat Gat for their collaboration in organizing this event.

The workshop concluded with enthusiastic participation from the students, who gained practical insights into both physical fitness and self-defence. The event was a significant step towards fostering a culture of health, fitness, and personal safety among the students of the college.





Qualawadi

**Chairman
 Health Care Committee**

Bhosale

**Shri. Bhosale B.D.
 Director of Physical
 Education (Sr.)
 D.P.B.C. Koregaon**



Bhosale
**Principal,
 D.P. Bhosale College,
 Koregaon.**



Rayat Shikshan Sanstha's

D. P. BHOSALE COLLEGE, KOREGAON

Health Care Committee and Department of NCC organizes Workshop on Physical Fitness and self Defence Skills

30th September 2024

Attendance

Sr. No.	Name of the student	Class	Sign
1.	Aerati Belasahab Chavan	B.Sc - I	<u>Abhavas</u>
2.	Jadhav shradha Harmanit	B.Sc - I	<u>Jadhav</u>
3.	Gaikwad Sanika Shrimant	B.Sc - I	<u>Gaikwad</u>
4.	Ghorpade Nita Suryakant	B.Sc I	N.S. Ghorpade
5.	Ghadge Ankita Dipak	B.A - II	<u>Aghole</u>
6.	Kadam Tejaswini Mahendra	B.Com ±	<u>KD</u>
7.	Chavan Sayali Bapurao	B. Com I	<u>S. B. Chavan</u>
8.	Salunkhe Sakshi Sakharom	B. Com I	<u>S.S. Salunkhe</u>
9.	Salunkhe Pratiksha Ramchandra	B. Com I	<u>PR. Salunkhe.</u>
10.	Katwale Aditya Dattatray	B. Sc I	<u>AD</u>
11.	Madane Vishnu Chaitraraj	B. Sc. I	<u>G.V.M.</u>
12.	Khilare prathamesh	M.A - II	<u>Khilare</u>
13.	Chavan Pransav	B. S.C - III	<u>R.</u>
14.	Raj Dattatray Dixit	BCA III	<u>Dixit.</u>
15.	Shrinraj Dadasayapwar	BCA III	<u>Shrinraj</u>
16.	Sahil Mandkumar Shinde	BCA III	<u>Shinde</u>
17.	Ajinkya Sachin ^{Nimbalkar} Patil	BCA III	<u>Ajinkya</u>
18.	Om Vijay Phadate	BCA III	<u>Om</u>

19	BCA III	Raj Manohar Barge.	RAJ
20	BCA III	Sanvesh S. Dhanu	Sanvesh
21	BCA III	Tejas Y. Bhosale	Tejas
22	BCA III	Sanket S. Chavan	Sanket
23	BCA III	Tanish Gaikewad	Tanish
24	BA III	Anbhute Ankita	Anbhute
25	BA III	Ghadge Adit.	A.G. Ghadge
26	BCA III	Sayash Raut	S.Raut
27	BCA III	Prathmesh Barge	P.V. Barge
28	M.A.I	Sneha Ghansat	S.S. Ghansat
29	M.A.I	Aditi Avinash kashid	Aditi
30	M.A.I	Aditi dadasa Bhosale	A.D. Bhosale
31	B.Sc I	Jagadale vaishnavi	V. Jagadale
32	B.Sc I	Shinde pradnya	P.D. Shinde
33	B.Sc I	Idate Sanika	S. Idate
34	BA III	Divya Sankpal.	Divya Sankpal
35	BA III	Suvidha vijay kshirsagar	Suvidha
36	BA III	Divya Krishna Adsar	Divya
37	BCA III	Roman Apaksha Anen	Roman
38	B.S.C - III	Asharani sampat Makhate	Asharani
39	B.Sc - III	Jadhav Prajakta	Jadhav
40	B.Sc - III	Kamble Amrapali	Kamble
41	B.Sc - III	Kamble Sanika	Kamble
42	B.Sc - III	mane Arapita	Mane
43	B.Sc - III	Patane Purwa	Patane
44	B.Sc I	Jadhav Gauri	Jadhav

45)	B. S. C III	Mane Kinan	<u>Kinane</u>
46)	B. Com II	Suwant Tanvi	<u>Suwant</u>
47)	B. Com. II	Priyanka Jadhav	<u>P.R. Jadhav.</u>
48)	B. Com. II	Sonali Nikam	<u>S.K. Nikam</u>
49)	B. Com. II	Payal Mahave.	<u>P.H. Mahave.</u>
50	B. Com II	Pratiksha Gaikwad	<u>P.Gaikwad</u>
51	B. Com II	Nikita Jagtap	<u>N.N. Jagtap.</u>
52	B. Com II	Mohini Dhane	<u>M.V. Dhane.</u>
53	B. S. C I	Sutan Shrutti	<u>S.V. Sutan</u>
54	B. S. C I	Pawar Disha	<u>D.Pawar</u>
55	B. S. C I	Gaikwad Shrutti	<u>Shrutti.</u>
56	B. S. C I	mai Anushka	<u>Amali</u>
57	B. S. C I	Saste Sakshi	<u>Sakshi</u>
58.	B. S. C I	Amhule Indraser	<u>Amhule</u>
59	M. Com I	Mane Pradnya	<u>Mane</u>
60	M. Com I	shinde Mayuni	<u>M.R. Shinde</u>
61	M. Com I	Ghadage Shrutani	<u>Ghadage</u>
62	BA. I.	Pooja Budhawal	<u>P.B. Budhawal</u>
63	BA. I	Paiya Madane	<u>P.V. Madane</u>
64)	BSC - II	Karjal Khan	<u>K.Khan</u>
65.	BSC - I	Revati Shinde	<u>Revati P.</u>
66.	BSC. I	Godse Srushti	<u>G. Godse</u>
67.	BSC. I	Salina Shreshth	<u>Shreshth</u>
68	BSC. I	Samiksha Jadhav	<u>S.A. Jadhav.</u>
69	B. Com. III	Bhosale Dipti	<u>D.B. Bhosale.</u>
70	B. Com. III	Bhosale Vaishnavi	<u>Bhosale</u>