

"Dissemination of Education for Knowledge, Science and Culture"

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur

(An Empowered Autonomous Institute)



National Cadet Corps

(6 MAH GIRLS BN NCC, KOP)

NOTICE

24/11/2025

All SW NCC Cadets are informed that the NCC Department and IQAC are organizing a **Self-Defence Demonstration and Training Programme** from 29th November to 01st December 2025.

All SW cadets must report before 0800hrs in tracksuit at the College Skating Ground during the above-mentioned period. Attendance is compulsory.


Maj. Sunita Bhosale

MAJOR MS SUNITA BHOSALE
ANO, NCC
VIVEKANAND COLLEGE, KOLHAPUR


Dr. S. P. Throat

Principal
Vivekanand College, Kolhapur
(An Empowered Autonomous Institute)

SELF DEFENCE LATHI-KATHI TRAINING

(29/12/2025 to 03/01/2026)



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ATTENDANCE

Name of the programme : Self-Defence Demonstration and Training Programme
Date: 29/11/2025 TO 1/12/2025

Sr. No.	Name of Cadets/ Participants	Signature
1.	SVO Sayali Vadkar	
2.	JVO Diksha Lohar	
3.	JVO Rajlaxmi Bhosale	
4.	L/CPL Priyada Gurav	
5.	cdt Sai Chechar	
6.	CGMS Shravani Adsul	
7.	CPL vivika Kadam	
8.	Sgt Trupti Sawant	
9.	L/CPL Srishti Patil	
10.	cdt Purva kole	
11.	edt Prachi Chavan	
12.	cdt Shreya Anantpure	
13.	cdt Srushti Pandit	
14.	L/CPL Purva Chougale	
15.	cdt Prathna More	
16.	cdt Shruti Bhosale	
17.	cdt Payal Ligade	
18.	cdt Diksha Shirale	
19.	cdt Shivani Londhe	
20.	cdt Manasawi Magdum	
21.	cdt Samiksha Patil	



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One Page Report
Self Defense Training (2025-26)

1.	Name of the Department	National Cadet Corps			
2.	Name of the Activity	Self Defense Lathi-Kathi Training			
3.	Date / Duration	29/12/2025 to 03/01/2026			
4.	Aims & Objectives	To equip students with the knowledge and skills to protect themselves, build self-confidence, and enhance their personal safety.			
5.	No. of Beneficiaries	<u>Total attendee</u>	50	50 girls	
6.	Expenditure & Fundings	WOMEN EMPOWERMENT CELL, SUSHILADEVI SALUNKHE WOMEN'S STUDY CENTER, NCC & IQAC Dept			
7.	Brief Discussion	A Self-Defence Workshop was organized by the NCC Girls' Unit of Vivekanand College in collaboration with the IQAC, Women Empowerment Cell, and Sushiladevi Salunkhe Women's Study Centre. The workshop was conducted at the college skating ground for NCC cadets and other girl students. Mr. Sandip Lad and Ms. Rohini Kale, coaches from Chanakya Martial Arts Academy, were invited to train the participants in various self-defence techniques and to promote self-confidence and personal safety. The programme was successfully conducted under the guidance of Major Sunita Bhosale, ANO, Girls' Battalion, NCC Kolhapur.			

8.	Outcomes	• Enhanced self-confidence and self-defence skills. • Increased awareness of personal safety and surroundings. • Improved physical fitness, strength, and agility. • Developed a sense of fearlessness and mental resilience. • Empowered participants to respond confidently in potentially dangerous situations.
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I/C Prin. (Dr.) S. P. Thorat
— I/c Principal
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