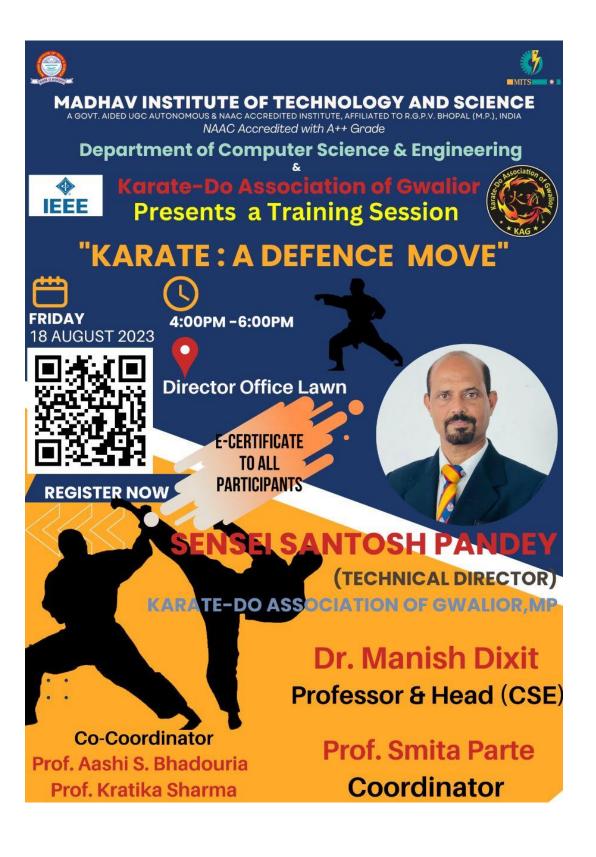
Date: 21/08/2023

	Training Cossion on Fratension Asti-it-
Type of activity:	Training Session an Extension Activity
Title of activity:	KARATE: A Defense Move
Date and Duration of activity:	18-Aug-2023 (04:00 PM to 06:00 PM)
Number of participants:	80+
Organized by:	Head of the Department and Coordinator Name: Prof Smita Parte. Prof. Aashi S Bhadouria, Prof. Kratika Sharma Discipline-Coordinators
Objectives of the activity:	 To bring them out of digital world like mobile laptop which help in their physical conditioning To develop self-discipline To make student acquaint with physical education. To motivate student towards self defence very much needed in their student life. To develop street awareness. To build confidence.
Outcomes of the activity:	 Students done practice for tactics of karate taught by expert. Student participated in the session very enthusiastically. Students learnt many skills for self defence especially female participants. Students motivated for such more activities. Students got awareness for physical education and sports need All faculties were present for motivating students

Report of Activity- KARATE: A Defense Move

Event poster and some glimpses of the activity:



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KARATE : A DEFENCE MOV	E @ ☆		Ø	0	5	¢	Send	:	6
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	2021cs10sn@mitsgwl.ac.in								
	2021cs48pr@mitsgwl.ac.in								





Media Coverage

एमआइटीएस में आत्मरक्षा प्रशिक्षण सत्र

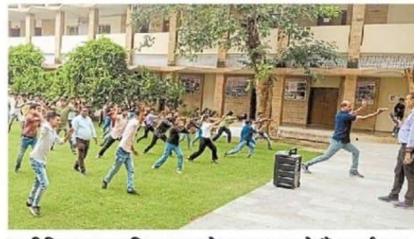
स्टूडेंट्स ने सीखी आत्मरक्षा की स्किल, दोस्तों के साथ की प्रैक्टिस

बताया कि बिना हथियार के कैसे करें सुरक्षा

patrika.com

ग्वालियर. एमआइटीएस के कम्यूटर साइंस एंड इंजीनियरिंग डिपार्टमेंट और कराते डू एसोसिएशन ऑफ ग्वालियर के संयुक्त तत्वाधान में आत्मरक्षा प्रशिक्षण सत्र हुआ। इसमें एक्सपर्ट सेंसुई संतोष पांडेय, प्रेसीडेंट सीको काई कराते एसोसिएशन ने आत्मरक्षा की विभिन्न टेक्निक्स सिखाई। छात्र-छात्राओं ने लॉकिंग तकनीक, ऑफ नसिव एवं डिफेंसिव तकनीक का प्रशिक्षण लिया।

धर्मेंद्र नागले, इरफान खान ने अचानक हुए हमले में बिना किसी हथियार के आत्मरक्षा करने का प्रशिक्षण दिया। इस प्रशिक्षण कार्यक्रम में सौ से ज्यादा छात्र-छात्राओं ने भाग लिया। यह सत्र सीएस डिपार्टमेंट के विभागाध्यक्ष डॉ. मनीष दीक्षित और प्रो. स्मिता परते के मार्गदर्शन में हुआ।



शारीरिक व मानसिक रूप से सुद्रण बनाते हैं कार्यक्रम

प्रशिक्षण कार्यक्रम को संबोधित करते हुए डॉ. मनीष दीक्षित ने कहा कि इस तरह के प्रशिक्षण न सिर्फ शारीरिक बल्कि मानसिक तौर पर इंसान को सूद्रण बनाते हैं। इस मौके पर आशी भदोरिया, कृतिका शर्मा और सीनियर फैकल्टी स्टाफ मौजूद रहा।



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Prof. Smita Parte Event Coordinators

Dr. Manish Dixit (Prof. & Head)