

**MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR**  
(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)  
**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING**

Date: 21/08/2023

**Report of Activity- KARATE: A Defense Move**

<b>Type of activity:</b>	Training Session an Extension Activity
<b>Title of activity:</b>	<b>KARATE: A Defense Move</b>
<b>Date and Duration of activity:</b>	18-Aug-2023 (04:00 PM to 06:00 PM)
<b>Number of participants:</b>	80+
<b>Organized by:</b>	Head of the Department and Coordinator Name: Prof Smita Parte. Prof. Aashi S Bhadouria, Prof. Kratika Sharma Discipline-Coordinators
<b>Objectives of the activity:</b>	<ol style="list-style-type: none"><li>1. To bring them out of digital world like mobile laptop which help in their physical conditioning</li><li>2. To develop self-discipline</li><li>3. To make student acquaint with physical education.</li><li>4. To motivate student towards self defence very much needed in their student life.</li><li>5. To develop street awareness.</li><li>6. To build confidence.</li></ol>
<b>Outcomes of the activity:</b>	<ol style="list-style-type: none"><li>1. Students done practice for tactics of karate taught by expert.</li><li>2. Student participated in the session very enthusiastically.</li><li>3. Students learnt many skills for self defence especially female participants.</li><li>4. Students motivated for such more activities.</li><li>5. Students got awareness for physical education and sports need</li><li>6. All faculties were present for motivating students</li></ol>

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**Event poster and some glimpses of the activity:**

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A GOVT. AIDED UGC AUTONOMOUS & NAAC ACCREDITED INSTITUTE, AFFILIATED TO R.G.P.V. BHOPAL (M.P.), INDIA  
NAAC Accredited with A++ Grade

**Department of Computer Science & Engineering**  
&  
**Karate-Do Association of Gwalior**  
**Presents a Training Session**

**"KARATE : A DEFENCE MOVE"**

**FRIDAY**  
18 AUGUST 2023

**4:00PM - 6:00PM**

**Director Office Lawn**

**REGISTER NOW**

**E-CERTIFICATE TO ALL PARTICIPANTS**

**SENSEI SANTOSH PANDEY**  
(TECHNICAL DIRECTOR)  
KARATE-DO ASSOCIATION OF GWALIOR, MP

**Dr. Manish Dixit**  
Professor & Head (CSE)

**Prof. Smita Parte**  
Coordinator

**Co-Coordinator**  
**Prof. Aashi S. Bhadouria**  
**Prof. Kratika Sharma**

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KARATE : A DEFENCE MOVE

Questions Responses **185** Settings

185 responses [View in Sheets](#)

Accepting responses

Summary Question Individual

Who has responded?

Email

- diyamangal89@gmail.com
- 22cd10an797@mitsgwl.ac.in
- 2021cs10sn@mitsgwl.ac.in
- 2021cs48nr@mitsgwl.ac.in



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## 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

**ZOOM** रिपोर्टर  
patrika.com

ग्वालियर. एमआइटीएस के कम्प्यूटर 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 कार्ई कराते एसोसिएशन ने आत्मरक्षा की विभिन्न टेक्निक्स सिखाईं। 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 सुदृढ़ 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 सुदृढ़ बनाते हैं। इस मौके पर आशी भदोरिया, कृतिका शर्मा और सीनियर फैकल्टी स्टाफ मौजूद रहा।



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**Attendance**

Name	Enrollment number	Branch	Email ID	Mobile Number	Sign
Arpit Kumar	0901CE221201	Civil	2022010202@nitgwalior.in	7000202273	Arpit
Rishabh Aggarwal	0901CE221061	Civil	Rishabhkumar@gmail.com	7224046456	Rishabh
Anshu Kumar	0901CE221005	CSD	anshu200208@gmail.com	749711132	Anshu
Utkarsh Singh	0901CE221102	Civil	utkarshsingh2002@gmail.com	6300935402	Utkarsh
Shreyansh Singh	0901CE221002	EC	shreyanshsingh@gmail.com	8809089488	Shreyansh
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Rahul Rathore	0901MC221059	MBC	rathore Rahul@gmail.com	7637827232	Rahul
Hemant Kumar	0901MC221003	MBC	hemantkumar@gmail.com	6617514604	Hemant
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Rishabh Singh	0901CE221003	CE	rishabhsharma@gmail.com	848800242	Rishabh
Om Prakash	0901CE221003	MBC	omprakash@gmail.com	848800242	Om Prakash
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Dev Bahadur Singh	0901CE221003	CE	devbahadur@gmail.com	8962888888	Dev Bahadur
Devraj Sharma	0901CE221003	CE	devrajsharma@gmail.com	8839509261	Devraj

S.No	Name	Enrollment number	Branch	Email ID	Mobile number	Sign
1	Shubam Sharma	0901CE221070	CSE	shubamsharma@gmail.com	816191887	Shubam
2	Rishabh Sharma	0901CE221113	CSE	rishabhsharma@gmail.com	8249127858	Rishabh
3	Divya Kumar	0901CE221115	CSE	divyakumar@gmail.com	8249127858	Divya
4	Rahul Patel	0901CE221065	CSE	rahulpatel@gmail.com	763079777	Rahul
5	Vishal Kumar	0901CE221149	CSE	vishalkumar@gmail.com	9007576000	Vishal
6	Kirti Gupta	0901MC221063	MBC	kirtigupta@gmail.com	7874667228	Kirti
7	Saahil Choudhary	0901CE221101	EC	saahilchoudhary@gmail.com	7874667228	Saahil
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9	Pransh Apoorva	0901CE221078	CSD	pranshapoorva@gmail.com	8859222100	Pransh
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12	Kirti Choudhary	0901CE221067	CSE	kirtichoudhary@gmail.com	8251000000	Kirti
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*[Handwritten signature]*

**Prof. Smita Parte**  
Event Coordinators

*[Handwritten signature]*

**Dr. Manish Dixit**  
(Prof. & Head)