



Sant Dnyaneshwar Shikshan Sanstha's,

**Hon. Shri. Annasaheb Dange Arts  
Commerce and Science College,  
Hatkanangale**

Tal. Hatkanangale, Dist. Kolhapur, 416 109  
(Maharashtra)

Est. 20 JUNE 1998 ISO 9001 : 2015  
Permanent Affiliation : UGC-2(f) & 12 (b)  
Junior College Index No. 23.06.022



Affiliated to Shivaji University, Kolhapur

Outward No. ADACS/2024-25

Date: 01/01/2025

### Circular/Notice

The girl students from all programs/courses (UG & PG) are hereby informed that HSADACS College in collaboration with Sahyadri Taekwondo & Sports Academy, Rukadi is organizing a **Three-Month Training Program on Karate and Self-Defence for Girl Students** from 15<sup>th</sup> January 2025 to 15<sup>th</sup> March 2025. You are instructed to enroll your names to this training program up to 14<sup>th</sup> January 2025.

**Venue:** Gymkhana Building, **Time:** 11.00 am to 12.00 (noon). **Contact:** Mr. Ramesh Patil



  
T/C PRINCIPAL,  
Shri. Annasaheb Dange Arts, Commerce & Science  
College, HATKANANGALE, Dist. Kolhapur.

**About College:** At present, the institution offers 15 UG programs (BA in English, Hindi, Marathi, History, Economics, and Geography, Bachelor of Commerce, BSc in Chemistry, Physics, Maths, Botany, Zoology and Computer Science, Bachelor of Computer Application, BBA) and 03 PG Programs (MA History, English & M.Com)

**Dept of Phy. Edu:** Sports department contributes significantly by organizing various sports competitions, fitness camps, Yoga and Meditation etc every year.

**About NSS:** In our college, NSS unit was introduced in 1998 with the primary objective of developing the personality and character of the student-youth through voluntary community service.

**WEC:** Women Empowerment Cell (WEC) contributes through the organization of gender equity and sensitization programs.

**IQAC:** IQAC looks into the matter of Quality Initiative, Assurance and sustenance.



*Sant Dnyaneshwar Shikshan Sanstha's*  
**Hon. Shri. Annasaheb Dange**  
**Arts, Commerce and Science**  
**College, Hatkanangale (MS)**  
*4th Cycle NAAC Accreditation 'A' Grade*

Dept of Phy.Edu., NSS, WEC, and  
IQAC jointly organize

## **THREE MONTH TRAINING PROGRAM ON KARATE AND SELF-DEFENCE FOR GIRL STUDENTS**

15<sup>th</sup> Jan. 2025 to 15<sup>th</sup> March 2025

### **Training Program Includes:**

- Basic Karate Techniques
- Self Defence Techniques
- Pad Work and Bag Work
- Stretching & Mobility Training
- Karate Based Yoga
- Karate-Competition Training
- Physical Fitness Workout

**Enrolment Date:** 1<sup>st</sup> Jan. to 14<sup>th</sup> Jan. 2025

**Contact:** Mr. Ramesh M. Patil  
(Mob. 9823416577)



### **Organizing Committee**

Prof. (Dr.) Niranjan Kulkarni, I/C- Principal  
Mr. Ramesh Patil, Mr. Sandip Lavate (Sports)  
Dr. S. S. Telsinge, Dr. V. S. Tandale, Dr. S. V. Sarvade, Mrs. Komal Musai, Mrs. Sunita Patil  
Dr. Digambar S. Kulkarni (IQAC Coordinator)

### **Trainers**

Ms. Ashlesha Parit, Director of STSA  
Mr. Ramesh Patil, Director of Phy. Education  
Mr. Sandip Lavate, Sports Teacher

### **Collaborating Institute**

**Sahyadri Taekwondo & Sports  
Academy, Rukadi**