ISO 9001: 2015 Est. 20 JUNE 1998 Permanent Affiliation : UGC-2(f) & 12 (b)

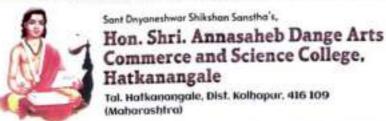






Affiliated to Shivaji University, Kolhapur

Date: 01 / 01 /2025



Outward No. ADACS/ 2024-25

#### 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 15th January 2025 to 15th March 2025. You are instructed to enroll your names to this training program up to 14th January 2025.

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



Shrt. Annasaheb Dange Arts, Commerce & Science College, HATKANANGALE, Dist. Kulhapur.

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.

# **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)



## **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: 1st Jan. to 14th Jan. 2025

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

### **Trainers**

Ms. Ashlesha Parit, Director of STSA

Mr. Ramesh Patil, Director of Phy. Education

Mr. Sandip Lavate, Sports Teacher



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



**Collaborating Institute** 

Sahyadri Taekwondo & Sports Academy, Rukadi