

**AHM's
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
BHATKAL**

Add-On Course

on

Self Defense for Women

**Under the
Department of Physical Education**

Academic Year: 2019-20

Course Coordinator

**Mr. K Kaleemulla
Physical Director
Department of Physical Education**



From

Date: 12/06/2019

Mr. K Kaleemulla

Physical director

Department of Physical education

Anjuman Arts, Science and Commerce College

Bhatkal

To

The Principal

Anjuman Arts, Science and Commerce College

Bhatkal

Sub: Request to grant the permission to start the add-on course on Self Defense for Women for the academic year 2019-20

Respected Sir,

We would like to start the add-on course on "Self Defense for Women" for the girl students who do not know Self Defense techniques. Please permit us to start the Self Defense course for the academic year 2019-20.

Thanking You



Physical Director

Department of Physical Education

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BHATKAL

Meeting Report of Institutional Board of Studies for Add-on Course on Self Defense

The Institutional Board of Studies of the Department of Physical Education for an add-on course on Self Defense for Women held on 16-06-2019 in the principal chamber at 11:30 AM.

1. **Prof. Mushtaque K Shaikh**
Principal, Chairman
2. **Prof. B H Nadaf**
IQAC Coordinator
3. **Mr. K Kaleemulla**
Course Coordinator

In the beginning of the meeting the Chairman of BoS Prof. Mushtaque K Shaikh welcomed all the members and briefed them about the academic activity of the Self Defense for women course. The members expressed their appreciation and satisfaction about the activities of the department.

After that institutional BOS discussed and resolved the following points:

1. **Starting of the add-on course on the Self Defense for women**

BoS discussed the point and resolved to start a course on Self Defense for women in order to empower the students with techniques to handle the Self Defense

Approval of the syllabus for add-on course

The BoS discussed and approved the syllabus for the add-on course on Self Defense for Women

● **Approval of admission criteria.**

The BoS discussed and approved the admission criteria and resolved that the students who did not have knowledge on Self Defense techniques can enroll in this course



The meeting of the BoS was concluded with the vote of thanks by Mr. K Kaleemulla, Physical Director of Physical Education.

The following members were present in the meeting:

1. Prof. Mushtaque K Shaikh
2. Prof. B H Nadaf
3. Mr. K Kaleemulla



Principal

PRIN SIPAL
Anjuman Arts, Science & Commerce College
& PG Centre
BHATKAL 581 326



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BHATKAL
Department of Physical Education

NOTICE

Date: 27/06/19

All the students are hereby informed that the Department of Physical Education starts the Add-on course on "Self Defense for women" for the students who do not know about the Self Defense Techniques from the date 13/07/19. Interested students can enroll their names on or before 04/07/19 in the Department of Physical Education.



Physical director

Department of Physical Education



Principal

Anjuman Arts, Science & Commerce College,
& P.G. Centre
BHATKAL-581 320



 B.Sc. Ist sem


B.Sc. Ist sem

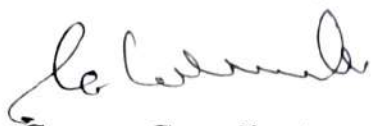

B.Sc. II sem


B.A. I sem

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ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
BHATKAL

Department of Physical Education
Add-on course on Self Defense for Women
Time Table for the academic year 2019-20

Days	Timings	Room No.
Saturday to Thursday	2:00 P.M. to 4:00P.M. (2 hrs)	3


Course Coordinator


IQAC Coordinator


Principal
Anjuman Arts, Science & Commerce College
& P.G. Centre
BHATKAL

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ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
BHATKAL

Department of Physical Education
Add-on Course 2019-20 "Self Defense for Women"

Enrollment List

Sl. No.	Name of the Student	Class
1	FATIMA FIZA	B.Sc. I
2	AKSHATA MANJUNATH NAIK	B.Sc. I
3	FELCY SAVER DSOUZA	B.Sc. I
4	GAYATRI MANJUNATH MOGER	B.Sc. I
5	KAVYA NARAYAN NAIK	B.Sc. I
6	KUSUMA	B.Sc. I
7	LAVANYA NAIK	B.Sc. I
8	NETRAVATI MASTAPPA NAIK	B.Sc. I
9	NAHDIYA NAZISH JUKKA	B.Sc. I
10	CHITRA TIMMAYYA NAIK	B.Sc. I
11	SHWETA MANJUNATHA NAIK	B.Sc. I
12	POORNIMA NAGAPPA GOND	B.Sc. I
13	DHANYASHREE G. MOGER	B.Sc. I
14	SHOBHA RAMACHANDRA MOGER	B.Sc. I
15	YASHASWINI RAMA NAIK	B.Sc. I
16	NAYANA ANANTA MOGER	B.Sc. I


Course Coordinator




Principal

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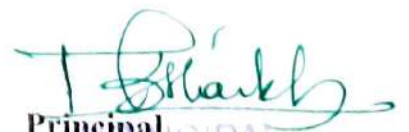
Department of Physical Education
Add-on Course 2019-20 "Self Defense for Women"

Enrollment List

Sl. No.	Name of the Student	Class
17	SWATI SHANKAR NAIK	B.Sc. I
18	SHAKEELA BALEENDRA GOND	B.Sc. I
19	ANUSHA MASTAPPA MOGER	B.Sc. III
20	GAYATRI GANAPATI SHETTY	B.Sc. III
21	ANJALI	B.Sc. III
22	NIKITA K. HARIKANTRA	B.Sc. III
23	VIDYA MADEV NAIK	B.Sc. III
24	JYOTI CHANNAVEERAPPA HOSAMANI	B.Sc. III
25	BHAVANA PARAMESHWAR MOGER	B.Sc. III
26	CHANDRIKA NAGAPPA GOND	B.Sc. III
27	ANITA HANUMANTH MOGER	B.A. I
28	AKSHATA SUBRAYA DEVADIG	B.A. I
29	UZMA	B.A. I
30	DEEPA SUKRA GOND	B.A. I
31	JAYASHREE GOVIND HASLAR	B.A. I
32	YASHODA V	B.A. I


Course Coordinator




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Department of Physical Education
Add-on Course 2019-20 "Self Defense for Women"

Enrollment List

Sl. No.	Name of the Student	Class
33	AKSHATA KRISHNA KORAR	B.A. III
34	KAMALAXI UDAY NAIK	B.A. III
35	AKSHATA SATISH NAIK	M.Com III
36	AMRATA CHANDRU NAIK	M.Com III
37	ASIFA ANSAR SAYED	M.Com III
38	BHOODEVI GIRISH GOUDA	M.Com III
39	CHAITRA RAGHAVA BHATKAL	M.Com III
40	CHETANA ISHWAR DEVADIGA	M.Com III
41	GANGOTRI MANJU GOUDA	M.Com III
42	LAVANYA MADEV NAIK	M.Com III
43	LIKHITA ANANDA NAIK	M.Com III
44	MADHURI GANAPATI NAYAK	M.Com III
45	MUKTA MAHABALESHWAR SHETTY	M.Com III
46	NAGARATHNA	M.Com III
47	NETRAVATI MARTU NAIK	M.Com III
48	RAJESHWARI SHANIYAR NAIK	M.Com III


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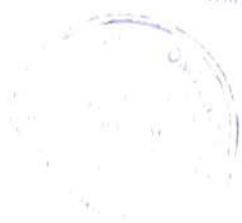
Department of Physical Education
Add-on Course 2019-20 "Self Defense for Women"

Enrollment List

Sl. No.	Name of the Student	Class
49	RAKSHA MARUTI NAYAK	M.Com III
50	RAKSHITA RADHAKRISHNA PRABHU	M.Com III
51	RAMYA SUBRAY NAIK	M.Com III
52	RANJITA VENKATESH GOUDA	M.Com III
53	RESHMA RAMESH NAIK	M.Com III
54	RUBINA PEDRU D'COSTA	M.Com III
55	SABIHA SHARBANU ARMAR	M.Com III
56	SAROJA MANJUNATH NAIK	M.Com III
57	SHREEKALA	M.Com III
58	SNEHA MASTAPPA NAIK	M.Com III
59	SWATI KESHAV KHARVI	M.Com III
60	TANZEELA ABDUL KADIR MUKHTESAR	M.Com III
61	UMA NAGESH NAIK	M.Com III
62	USHA MANJAPPA NAIK	M.Com III
63	VANI VISHNU PAI	M.Com III
64	VINUTA MADEV NAIK	M.Com III


Course Coordinator


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Department of Physical Education

Syllabus - Self Defense For Women

(Total 30 hours)

Unit 1

Introduction and Basic Techniques

15 HOURS

Importance of Self-Defense, Warm-Up Exercises, Basic Stances and Footwork

Situational Awareness

Understanding your Environment , Recognizing Potential Threats, Avoidance Strategies

Confidence Building

Role-Playing Scenarios , Assertiveness Training, Mental Preparedness

(Practical)

Unit 2:

Basic Strikes

10 HOURS

Punching Techniques (Jab, Cross, Hook), Elbow Strikes, Palm Strikes

Basic Kicks

Front Kick, Side Kick, Knee Strikes

Unit 3:

Ground Defense

5 HOURS

Basic Ground Positions, Escaping from the Ground, Defending from the Ground



T. Shaikh

Anjuman Arts, Science & Commerce College
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BHATKAL - 581320

ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE, BHATKAL

ATTENDANCE SHEET FOR THE VALUE ADDED COURSE ON SELF DEFENSE FOR WOMEN - 2019-2020

S.N.	Name of the Students	Class & Sem	13/12/2019	14/12/2019	15/12/2019	16/12/2019	17/12/2019	18/12/2019	19/12/2019	20/12/2019	21/12/2019	22/12/2019	23/12/2019	24/12/2019	25/12/2019	26/12/2019	27/12/2019	28/12/2019	29/12/2019	30/12/2019
1	FATIMA FIZA	B.Sc. I	Pr	Pr	Pr	Pr	Pr	AB	Pr	Pr	Pr	Pr	Pr	Pr	AB	Pr	Pr	Pr	Pr	Pr
2	AKSHATA MANJUNATH NAIK	B.Sc. I	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls	Uls
3	FELCY SAVER DSOUZA	B.Sc. I	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL
4	GAYATRI MANJUNATH MOGER	B.Sc. I	Gayab	Gayab	Gayab	Gayab	AB	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	Gayab	AB
5	KAVYA NARAYAN NAIK	B.Sc. I	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya
6	KUSUMA	B.Sc. I	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	AB	Kusum	Kusum	Kusum	Kusum	Kusum
7	LAVANYA NAIK	B.Sc. I	Ln	Ln	Ln	Ln	Ln	AB	Ln	Ln	Ln	Ln	Ln	Ln	Ln	Ln	Ln	Ln	Ln	Ln
8	NETRAVATI MASTAPPA NAIK	B.Sc. I	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	Netra	AB	Netra	Netra
9	NAHDIYA NAZISH JUKKA	B.Sc. I	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh	Nh
10	CHITRA TIMMAYYA NAIK	B.Sc. I	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch
11	SHWETA MANJUNATHA NAIK	B.Sc. I	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh
12	POORNIMA NAGAPPA GOND	B.Sc. I	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo	Poo
13	DIHANYASHREE G. MOGER	B.Sc. I	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh	Dh
14	SHOBHA RAMACHANDRA MOGER	B.Sc. I	Shobha	Shobha	Shobha	AB	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha	Shobha
15	YASHASWINI RAMA NAIK	B.Sc. I	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash	Yash
16	NAYANA ANANTA MOGER	B.Sc. I	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny	Ny
17	SWATI SHANKAR NAIK	B.Sc. I	Sw	Sw	Sw	Sw	Sw	AB	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw
18	SHAKEELA BALEENDRA GOND	B.Sc. I	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	AB	Sh	Sh	Sh	Sh	Sh	Sh	Sh
19	ANUSHA MASTAPPA MOGER	B.Sc. III	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu
20	GAYATRI GANAPATI SHETTY	B.Sc. III	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	Gt	AB	Gt	Gt
21	ANJALI	B.Sc. III	ANJALI	ANJALI	ANJALI	ANJALI	AB	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI	ANJALI
22	NIKITA K. HARIKANTRA	B.Sc. III	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	Niku	AB	Niku	Niku
23	VIDYA MADEV NAIK	B.Sc. III	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya	Vdya
24	JYOTI CHANNAVEERAPPA HOSAMANI	B.Sc. III	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy
25	BHAVANA PARAMESHWAR MOGER	B.Sc. III	Moger	Moger	Moger	Moger	Moger	Moger	AB	Moger	Moger	Moger	Moger	Moger	Moger	Moger	Moger	Moger	Moger	Moger
26	CHANDRIKA NAGAPPA GOND	B.Sc. III	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika	Chandrika
27	ANITA HANUMANTH MOGER	B.A. I	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita
28	AKSHATA SUBRAYA DEVADIG	B.A. I	A	A	A	A	A	A	A	A	A	A	A	A	AB	A	A	A	A	A
29	UZMA	B.A. I	Uzma	AB	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma
30	DEEPA SUKRA GOND	B.A. I	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa
31	JAYASHREE GOVIND HASLAR	B.A. I	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH	JGH
32	YASHODA V	B.A. I	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda
33	AKSHATA KRISHNA KORAR	B.A. III	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK

34	KAMALAXI UDAY NAIK	B.A. III	Kar	Kar	Kar	AB	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar
35	AKSHATA SATISH NAIK	M.Com III	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR
36	AMRATA CHANDRU NAIK	M.Com III	ED	ED	ED	ED	AB	ED	ED	ED	ED	ED	ED	ED	ED	ED	ED
37	ASIFA ANSAR SAYED	M.Com III	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-	-/-
38	BHOODEVI GIRISH GOUDA	M.Com III	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist	ist
39	CHAITRA RAGHAVA BHATKAL	M.Com III	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch	ch
40	CHETANA ISHWAR DEVADIGA	M.Com III	AB	L	L	L	L	L	L	L	L	L	L	L	L	L	L
41	GANGOTRI MANJU GOUDA	M.Com III	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G
42	LAVANYA MADEV NAIK	M.Com III	Nadar	Nadar	Nadar	Nadar	Nadar	Nadar	AB	Nadar	Nadar	Nadar	Nadar	Nadar	Nadar	Nadar	Nadar
43	LIKHITA ANANDA NAIK	M.Com III	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA
44	MADHURI GANAPATI NAYAK	M.Com III	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
45	MUKTA MAHABALESHWAR SHETTY	M.Com III	MMMS	AB	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS	MMMS
46	NAGARATHNA	M.Com III	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
47	NETRAVATI MARTU NAIK	M.Com III	N	N	AB	N	N	N	N	N	N	N	N	N	N	N	N
48	RAJESHWARI SHANIYAR NAIK	M.Com III	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj
49	RAKSHA MARUTI NAYAK	M.Com III	Rak	Rak	Rak	Rak	Rak	Rak	AB	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak
50	RAKSHITA RADHAKRISHNA PRABHU	M.Com III	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak	Rak
51	RAMYA SUBRAY NAIK	M.Com III	Ramya	Ramya	Ramya	Ramya	Ramya	Ramya	AB	Ramya	Ramya	Ramya	Ramya	Ramya	Ramya	Ramya	Ramya
52	RANJITA VENKATESH GOUDA	M.Com III	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
53	RESHMA RAMESH NAIK	M.Com III	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
54	RUBINA PEDRU D COSTA	M.Com III	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
55	SABINA SHARBANU ARMAR	M.Com III	SAB	SAB	SAB	SAB	SAB	SAB	AB	SAB	SAB	SAB	SAB	SAB	SAB	SAB	SAB
56	SAROJA MANJUNATH NAIK	M.Com III	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj	Sarj
57	SHREEKALA	M.Com III	st	st	st	st	st	st	st	st	st	st	st	st	st	st	st
58	SNEHA MASTAPPA NAIK	M.Com III	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
59	SWATI KESHAV KHARVI	M.Com III	Swati	Swati	Swati	Swati	Swati	Swati	AB	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati
60	TANZEELA ABDUL KADIR MUKHTESAR	M.Com III	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam	Tam
61	UMA NAGESH NAIK	M.Com III	U	U	U	U	U	U	U	U	U	U	U	U	U	U	U
62	USHA MANJAPPA NAIK	M.Com III	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush	Ush
63	VANI VISHNU PAI	M.Com III	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani	Vani
64	VINUTA MADEV NAIK	M.Com III	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu	Vinu

T. S. Phale
PRINCIPAL

Admission Arts, Science & Commerce To all
SOS Centre
B. 101, 102, 103

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BHATKAL

Department of Physical Education
Add-on course on Self Defense for Women
Exam Time Table for the academic year 2019-20

Date	Timings	Room No.
03/08/2019	2:00 P.M. to 3:00P.M. (1hr)	3


Course Coordinator


IQAC Coordinator


Principal
ANJUMAN
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Department of Physical Education
Add-on course on Self Defense for Women

Time : 1 hour

Total marks : 15

Choose the right answer

(15x1=15)

1. Which part of the body is typically used for a knee strike?
 - A) The shin
 - B) The thigh
 - C) The knee cap
 - D) The foot

2. What is the primary target area for a front kick?
 - A) The head
 - B) The chest
 - C) The groin
 - D) The back

3. What is the best initial reaction when someone grabs you from behind?
 - A) Try to run away immediately
 - B) Drop your weight and try to break free
 - C) Scream and hope for help
 - D) Stand still and wait for the attacker's next move

4. Which technique is effective for escaping a bear hug from the front?
 - A) Headbutt
 - B) Stomping on the attacker's foot
 - C) Elbow strikes to the attacker's sides
 - D) Pulling the attacker's arms apart

5. What should you do if you suspect someone is following you?
 - A) Confront the person
 - B) Walk to a public, well-lit area
 - C) Speed up and run
 - D) Ignore them and continue walking

6. Which is a common mistake to avoid when confronted by an attacker?
 - A) Making direct eye contact
 - B) Showing fear
 - C) Running away



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- D) Yelling for help
7. What should you do after successfully defending yourself from an attacker?
- A) Stay and talk to the attacker
 - B) Get to a safe place and call for help
 - C) Look for other attackers
 - D) Go home immediately
8. Which of the following is a mental strategy to improve self-defense readiness?
- A) Meditation
 - B) Visualization of scenarios
 - C) Reading self-help books
 - D) Avoiding thinking about attacks
9. Why are mock attack scenarios useful in self-defense training?
- A) They help you learn new techniques
 - B) They allow you to practice in a realistic setting
 - C) They improve your physical fitness
 - D) They help you make new friends
10. Which of the following is an important aspect of self-defense training?
- A) Building physical strength
 - B) Improving agility
 - C) Developing mental resilience
 - D) All of the above
11. Which stance is fundamental in self-defense?
- A) Sitting Stance
 - B) Walking Stance
 - C) Fighting Stance
 - D) Sleeping Stance
12. What is the purpose of a palm strike?
- A) To push an attacker away
 - B) To grab the attacker
 - C) To block an attack
 - D) To confuse the attacker
13. Why is situational awareness important in self-defense?
- A) It helps you avoid dangerous situations
 - B) It improves your physical strength
 - C) It teaches you how to fight
 - D) It makes you more flexible




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14. Which block is used to defend against a high punch?

- A) Low Block
- B) Inside Block
- C) High Block
- D) Outside Block

15. What should you do if someone grabs your wrist?

- A) Pull straight back
- B) Twist and pull in the direction of their thumb
- C) Push towards them
- D) Stand still



Shakib

30 18 0 100
10 20 30 40 50 60 70 80 90
100 110 120 130 140 150 160 170 180 190 200

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Department of Physical Education
Add-on Course 2019-20 "Self Defense for Women"

Marks List

Sl. No.	Name of the Student	Marks Obtained
1	FATIMA FIZA	26
2	AKSHATA MANJUNATH NAIK	28
3	FELCY SAVER DSOUZA	28
4	GAYATRI MANJUNATH MOGER	26
5	KAVYA NARAYAN NAIK	24
6	KUSUMA	28
7	LAVANYA NAIK	26
8	NETRAVATI MASTAPPA NAIK	26
9	NAHDIYA NAZISH JUKKA	30
10	CHITRA TIMMAYYA NAIK	26
11	SHWETA MANJUNATHA NAIK	28
12	POORNIMA NAGAPPA GOND	28
13	DHANYASHREE G. MOGER	24
14	SHOBHA RAMACHANDRA MOGER	26
15	YASHASWINI RAMA NAIK	26
16	NAYANA ANANTA MOGER	26


Course Coordinator




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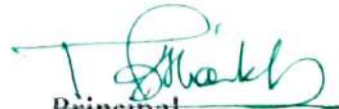
Department of Physical Education
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Marks List

Sl. No.	Name of the Student	Marks Obtained
17	SWATI SHANKAR NAIK	28
18	SHAKEELA BALEENDRA GOND	26
19	ANUSHA MASTAPPA MOGER	28
20	GAYATRI GANAPATI SHETTY	24
21	ANJALI	28
22	NIKITA K. HARIKANTRA	30
23	VIDYA MADEV NAIK	30
24	JYOTI CHANNAVEERAPPA HOSAMANI	24
25	BHAVANA PARAMESHWAR MOGER	30
26	CHANDRIKA NAGAPPA GOND	28
27	ANITA HANUMANTH MOGER	30
28	AKSHATA SUBRAYA DEVADIG	26
29	UZMA	28
30	DEEPA SUKRA GOND	26
31	JAYASHREE GOVIND HASLAR	24
32	YASHODA V	26


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Marks List

Sl. No.	Name of the Student	Marks Obtained
33	AKSHATA KRISHNA KORAR	26
34	KAMALAXI UDAY NAIK	24
35	AKSHATA SATISH NAIK	26
36	AMRATA CHANDRU NAIK	28
37	ASIFA ANSAR SAYED	30
38	BHOODEVI GIRISH GOUDA	26
39	CHAITRA RAGHAVA BHATKAL	24
40	CHETANA ISHWAR DEVADIGA	26
41	GANGOTRI MANJU GOUDA	24
42	LAVANYA MADEV NAIK	26
43	LIKHITA ANANDA NAIK	26
44	MADHURI GANAPATI NAYAK	30
45	MUKTA MAHABALESHWAR SHETTY	30
46	NAGARATHNA	30
47	NETRAVATI MARTU NAIK	28
48	RAJESHWARI SHANIYAR NAIK	28


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Marks List

Sl. No.	Name of the Student	Marks Obtained
49	RAKSHA MARUTI NAYAK	28
50	RAKSHITA RADHAKRISHNA PRABHU	26
51	RAMYA SUBRAY NAIK	24
52	RANJITA VENKATESH GOUDA	26
53	RESHMA RAMESH NAIK	26
54	RUBINA PEDRU D'COSTA	26
55	SABIHA SHARBANU ARMAR	28
56	SAROJA MANJUNATH NAIK	24
57	SHREEKALA	28
58	SNEHA MASTAPPA NAIK	26
59	SWATI KESHAV KHARVI	28
60	TANZEELA ABDUL KADIR MUKHTESAR	26
61	UMA NAGESH NAIK	28
62	USHA MANJAPPA NAIK	30
63	VANI VISHNU PAI	28
64	VINUTA MADEV NAIK	30


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Certificate

A.H.M.s

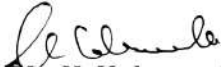


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Accredited at 'B' Level by NAAC

This is to certify that Mr/Miss BHAVANA PARAMESHWAR MOGER with
register No. 18516506 has successfully completed Add-On Course on Self Defense for
Women during 13-07-2019 to 29-07-2019 and secured A++ grade.


Mr. K. Kaleemulla
Course Co-Ordinator


Prof. S.A. Indikar
IQAC Co-Ordinator


Prof. Mushtaque K. Shaikh
Principal



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Certificate

A.H.M.s



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This is to certify that Mr/Miss AKSHATA MANJUNATH NAIK *with*
register No. 19516702 *has successfully completed Add-On Course on Self Defense for*
Women during 13-07-2019 to 29-07-2019 and secured A+ *grade.*


Mr. K. Kaleemulla
Course Co-Ordinator


Prof. S.A. Indikar
IQAC Co-Ordinator


Prof. Mushtaque K. Shaikh
Principal

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Department of Physical Education
Report and Outcome Analysis

Name of the Course: Self Defense for Women

Name of the Department: Physical Education

Number of students enrolled: 64

BoS meeting Date: 16/06/2019

Start Date of the Course: 13/07/2019

End Date of the Course: 29/07/2019

The Department of Physical Education has conducted an add-on course on Self Defense for the girl students from 13/07/2019 to 29/07/2019 who are unaware of self defense techniques.

The course was about basic techniques of self defense, awareness and confidence building exercises. Total 64 students were enrolled in this course and they benefited with the fundamental knowledge on self defense. Students also applied these skills and concepts during the assignments.

Course concluded with final examination and certificate distribution.

Outcomes of the Course:

- **To enhance the ability to protect and defend**
- **To enhance confidence building**
- **To inculcate the knowledge on life skills**
- **To facilitate the students in improving the physical and mental health**




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