



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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ACTIVITY REPORT

ACADEMIC SESSION	2017-2018
ORGANIZER	Bhiwapur Mahavidyalaya's Late Bhausaheb Mulak Sports Academy and International Japan Karate Association (Bhiwapur Branch)
NAME OF THE ACTIVITY WITH TITLE	Self Defense Camp of Karate
DATE OF ACTIVITY	From 1 st May 2018 to 15 th May, 2018
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	Department of Physical Education and Sports
PROGRAMME COORDINATOR	Asst. Prof. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Asst. Prof. Dr. V. S. Dighore Asst. Prof. Swapnil Dakhole Asst. Prof. Dr. Nitisha Patankar
NUMBER OF STUDENTS / BENEFICIARIES PARTICIPATED	45



BRIEF REPORT

Karate Training offers many benefits to students. Improved physical fitness, superior mind-body coordination and self-discipline are some of the benefits of the game. Karate Training is something that many youngsters aspire to undertake, especially during their Summer holidays. At the outset, Late Bhausaheb Mulak Sports Academy of our Institute, under the aegis of IQAC, in collaboration with International Japan Karate Association (Bhiwapur Branch), organized a 'Free Karate Training Camp' in the premises of Bhiwapur Mahavidyalaya, Bhiwapur.

The Camp was inaugurated on 1st May, 2017 at the hands of Dr. Jobi George, the Principal of the College. Mr. Shankar Dadmal, Deputy Chairman, Nagar Panchayat, Bhiwapur was the Keynote Speaker and Head-coach of the Camp. On this occasion, Mr. Sonu Sandekar, Kabaddi Coach, Mr. Ritesh Raut, Volleyball Coach and Asst. Prof. Dr. Mangesh Kadu, IQAC Coordinator were prominently present. Players like Miss Puja Uike (Three Dan Black Belt) and Mr. Himanshu Wagh (Three Dan Black Belt) were the Centre of attraction of this Camp. In all, 45 students availed the benefits of this Camp.

PROGRAMME OBJECTIVES

- To train players to surmount any obstacle tangible or intangible.
- To impart training to the players to enable them to overcome mental obstacles like fear, anger, excitement etc.



- To develop the physique of the trainees to overcome any kind of physical obstacle.
- To promote the game of Karate among the youngsters of Bhiwapur Taluka.
- To provide platform to exhibit the latent potential of students.
- To provide opportunity to compete with other athletes.
- To inculcate sense of sportsmanship among students.
- To boost the level of confidence and sense of empowerment among students.
- To develop physical talent of students to their maximum potential.
- To engage boys in competitive sports activities so as to enhance their sound health, safety and physical fitness.
- To exemplify good conduct among students.
- To enable sportspersons to become good teammates, making positive contributions, regardless of their roles in the team or activity.
- To engage sportspersons in organizing various activities with other students whose backgrounds may be dissimilar from others.
- To ensure the holistic development of students.



**PROGRAMME
OUTCOMES**

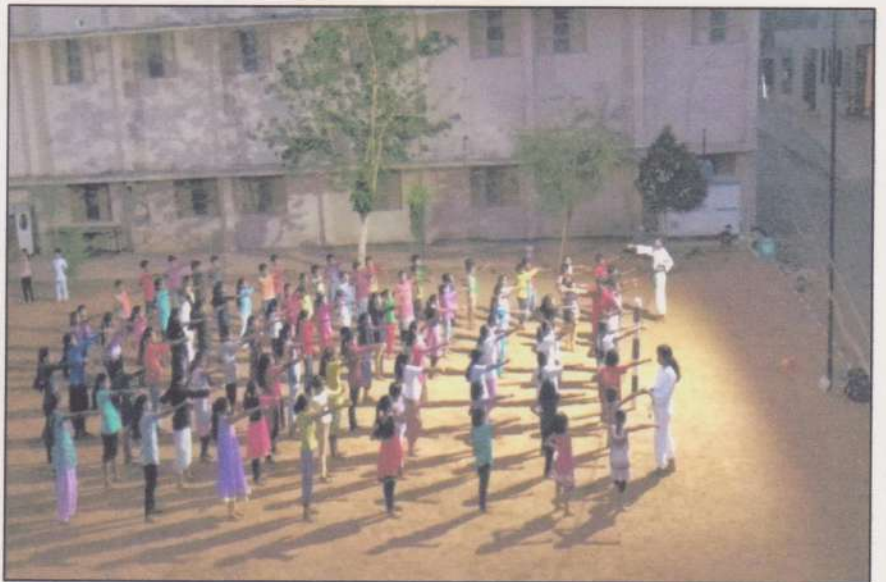
- Trained players to surmount any obstacle tangible or intangible.
- Imparted training to enable players to overcome mental obstacles like fear, anger, excitement etc.
- Developed the physique of the trainees to overcome any kind of physical obstacle.
- Promoted the game of Karate among the youngsters of Bhiwapur Taluka.
- Provided platform to exhibit the latent potential of students.
- Provided ample of opportunities to compete with other athletes.
- Inculcated sense of sportsmanship among students.
- Boosted the level of confidence among students.
- Developed physical talent of boys to their maximum potential.
- Engaged boys in competitive sports activities so as to enhance their sound health, safety and physical fitness.
- Exemplified good conduct among students.
- Enabled sportspersons to become good teammates, making positive contributions, regardless of their roles in the team or activity.
- Engaged sportspersons in organizing various activities with other students whose backgrounds may be dissimilar from others.
- Ensured the holistic development of students.



**PHOTO GALLERY
WITH CAPTIONS**



The Worship of Karate Training Spot is done by Mr. Sonu Sandekar



Students undergoing Karate Training Programme under the supervision of Shri. Shankar Dadmal.





Glimpses of Karate Training Camp in the College Campus



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PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur