

## SELF FINANCED CERTIFICATE COURSE IN CAKE MAKING

Women empowerment cell organizes self-financed certificate course for B. Com & M. Com students in cake making. The following members are selected as BOS members.

- 1) Smt. S.I.Madiwallapagol - Chairman  
Principal,  
L.K.Khot college of commerce, Sankeshwar.
- 2) S.S. Hunachyali - Coordinator  
Chairman,  
Women Empowerment Cell  
L.K.Khot college of commerce, Sankeshwar.
- 3) Mrs. M.R.Kotagi - Member  
Resource person  
Hukkeri
- 4) N.J.Hawaladar - Member  
Lecturer P.G.Dept. of Commerce  
L.K.Khot college of commerce, Sankeshwar.

  
Chairman

Women Empowerment Cell

  
Principal

Estd : 1970

☎: (08333) 273364  
Fax : 08333- 272471

S.D.V.S. Sangh's

## Shri L. K. Khot College Of Commerce, Sankeshwar.



Tal. Hukkeri Dist. Belagavi, Karnataka Pin- 591 313  
Reaccredited With B Grade by NAAC

ಶ್ರೀ ಡು. ಎ. ಸಂ. ಸಂಘದ

ಶ್ರೀ ಎಲ್. ಕೆ. ಖೋತ ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ, ಸಂಕೇಶ್ವರ.

ತಾ. ಹುಕ್ಕೇರಿ. ಜಿ. ಬೆಳಗಾವಿ. (ಕರ್ನಾಟಕ) ಪಿನ್ : 591 313.

www.slkkcc.edu.in

e-mail : lkkhot@rediffmail.com.

Ref. No

Date : 10.07.2023

## Women empowerment cell

### Notice

It is here by informed to all the students of B. Com & M. Com that Women Empowerment Cell is organizing 30 Hours Certificate Course in Cake Making. Course commences from 14/08/2023.

Interested students can enroll their names to S.S. Hunachyali, P.G Department of commerce, on or before 11/07/2023.

  
Chairman

Women Empowerment cell

  
Principal  
PRINCIPAL  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt. Belgaum

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Ref. No

Date : 10.07.2023

### **Certificate course in cake making**

**Date:**

#### **Agenda**

1. Basic information about cake making
2. Student batch preparation
3. Framing the syllabus
4. Student attendance
5. Distribution of the work among the staff

#### **Resolution**

1. The registered students are asked to bring the writing materials required to note down the process and important materials needed to make cakes.
2. S.S. Hunachyali and the resource person Mrs. M.R. Kotagi framed the syllabus for the above-mentioned course.
3. It is resolved that the student attendance is made compulsory.

**PRINCIPAL**

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Sankeshwar-591313 Dt. Belgaum



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e-mail : lkkhot@rediffmail.com.

Ref. No

Date: 10.07.2023

### Women Empowerment Cell-2023

### Certificate course in cake making

### Syllabus

#### Theory

05 hours

1. Introduction to basics of cake making.
2. Introduction to vessels moulds & equipment required for cake making.
3. Different types of cakes.
4. Various methods to make a design.
5. Preservation & care of cakes

#### Practical

25 hours

1. Tools & materials used for cake making
  - 1.1 Selection, use and maintenance of tools and equipment for cake making.
  - 1.2 Various vessels, moulds & equipment's used in cake making.
  - 1.3 Accessories used in making a cake.
  - 1.4 Various types of moulds & equipment temperature with its impact on quality parameters.
2. Various methods to make a cake.
3. Preservation and care of cakes.

  
Chairman

Women Empowerment Cell

  
Principal  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt. Balgaum

## Content of Syllabus

1. Sponge cake
2. Slice cake
3. White forest cake
4. Black forest cake
5. Pineapple cake
6. Mirror glaze cake
7. Mixed fruit cake
8. Strawberry cake
9. Rose cake
10. Butterscotch cake
11. Chocolate cake
12. Milk cake
13. Plum cake
14. Ice cream cake
15. Honey cake

  
Chairman  
Women Empowerment cell

  
Principal  
PRINCIPAL  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt. Raichur

## Sponge cake

Basic vanilla sponge cake recipe which is made using simple ingredients. This sponge cake is super fluffy and super soft, light and airy. Preheat oven to 180-degree C. Line a 7-inch square cake pan with parchment paper. Take flour, baking soda, baking powder in a sifter and sieve it into a bowl.



## Slice cake

The most common size for homemade cake recipes is a large rectangle. It's baked in a standard 9-by-13-inch cake pan. This is a perfect size for parties, and you can expect to get between 12 and 20 slices from a single cake.



## **White forest cake**

White Forest Cake is a new twist on the classic European cake. Layers of vanilla sponge cake are filled with sour cherries, white chocolate cream and plenty of Kirshwasser. This cake includes all the essential components of a classic Black Forest Cake; chocolate, sponge cake, real whipped cream, cherries and cherry liquor.



## **Black forest Cake**

Black forest cake is the perfect amalgamation of chocolate, whipped cream frosting and cherry liqueur garnished with fresh cherries. It looks decadent and tastes heavenly and that is all one needs for any sweet and joyous celebration.





## **Pineapple cake**

Pineapple cake is soft, moist, juicy and one of the easiest kinds of cakes to make. It consists of layers of pineapple, sponge cake & whipped cream. It is light and moist, with the added taste of fresh pineapple poached in a vanilla-scented syrup.



## **Mirror glaze cake**

Mirror cake glaze is a shiny cake made by pouring a delicious chocolate sugar glaze that has gelatin in it over a frozen cake. You can use a variety of colors and shaped molds to make the frozen cake to get that super reflective surface which is how the cake got its name.





## **Rose cake**

Rose cake tastes like rose bushes blooming in the spring. It's filled with many raspberry fillings and topped with sweet tangy raspberry buttercream making this cake super light, soft and overall beautiful.



## **Butterscotch cake**

This butterscotch cake is made with moist and tender brown sugar cake layers, homemade butterscotch sauce, and topped and filled with butterscotch buttercream. This cake is topped with more butterscotch sauce and is smoothed out with a spatula creating a marble design.



Different Cakes in Workshop



*Diva*

*Principal*  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt. Balgaum












## Certificate Course in Cake Making

### Course Outcomes

1. Students will be able to earn while they learn.
2. Students will be able to start their own ventures in the future.
3. Students will be able to teach others about cake making.
4. Students developed skills such as teamwork, patience, problem solving creativity & time management.
5. Students will be capable of handling different tools, molds & equipment needed for baking as well as basic cooking.

  
(Chairman Women  
Empowerment Cell)

  
PRINCIPAL  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt. Balgaon

## **Certificate Course In Cake Making**







Estd : 1970

☎: (08333) 273364  
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S.D.V.S. Sangh's

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www.slkccc.edu.in

e-mail : lkkhot@rediffmail.com.

Ref. No

Date: 4.09.2023

### CERTIFICATE COURSE IN SELF DEFENCE

The following members are selected as BOS members for certificate course in Self Defense.

- 1) Smt. S.I.Madiwalappagol  
Principal,  
L.K.Khot college of commerce, Sankeshwar. - Chairman
- 2) Manjunath Bhoivi  
Black Belt 5<sup>th</sup> DAN - Member
- 3) Deepa Abhinandan Lakkannavar  
Resource person  
Black Belt 1<sup>st</sup> DAN - Member
- 4) Shankar Raymane  
Black Belt 3<sup>rd</sup> DAN - Member

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www.slkkcc.edu.in

e-mail : lkkhot@rediffmail.com.

Ref. No

### Meeting Notice

Date : 4.09.2023

All the BOS members are here by requested to attend the meeting on 11/08/2023 in the principal chamber to discuss about the certificate course on self-defense.

- 1) Smt. S.I. Madiwalappagol - Chairman  
Principal,  
Shri. L.K. Khot college of commerce, Sankeshwar.
- 2) Manjunath Bhovi - Member  
Black Belt 5<sup>th</sup> DAN
- 3) Deepa Abhinandan Lakkannavar - Member  
Resource person  
Black Belt 1<sup>st</sup> DAN
- 4) Shankar Raymane - Member  
Black Belt 3<sup>rd</sup> DAN

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www.slkcc.edu.in

e-mail : lkkhot@rediffmail.com.

Ref. No

Date: 5.09.2023

### Notice

It is here by informed to the students of B. Com that the college is organizing 30 Hours Certificate Course in Self Defense. Course commences from 10/09/2023.

Interested students can enroll their names, to Prof. N.J.Hawaladar / Prof. S.S.Hunachyali on or before 06/09/2023.

  
**Principal**  
PRINCIPAL  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dt Raikam

# Certificate Course in Self defense

## Course Outcomes

1. Students became aware on physical fitness & health.
2. Students became aware on defense techniques against offense attack.
3. It has created assertiveness among the students.
4. This course has promoted self-esteem among the students.
5. It has led to increase in confidence level & decrease in anxiety helplessness, fear & avoidance.
6. They have been aware on ground fighting & use it as per their need.
7. They have been aware on escaping techniques against different hold & chokes.

**PRINCIPAL**  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dist. Belgaon

S.D.V.S SANGH'S

Shri L.K.Khot College of Commerce, Sankeshwar

Certificate course on Self Defence Syllabus

SL. NO	DATE	TEACHING TECHNIQUES	INSTRUCTOR SIGN	PRINCIPAL SIGN
1	10/11/2023	<ul style="list-style-type: none"> <li>➤ Teaching about Karate</li> <li>➤ Meaning of Karate</li> <li>➤ Information about karate background</li> <li>➤ How to bow and who does bow for?</li> <li>➤ Teach Re</li> <li>➤ Two counts bowing and which use the bowing.</li> </ul>		
2	15/11/2023	<ul style="list-style-type: none"> <li>➤ Flexible exercise</li> <li>➤ Say Re means What</li> <li>➤ Introduce four count Shiko Dachi (Horse stance)</li> <li>➤ Standing Sukhies (Pucha)-</li> <li>➤ Introduce four count Zenkutsu Dachi (Forward Stance)</li> <li>➤ Introduction to all sukies</li> </ul>		
3	16/11/2023	<ul style="list-style-type: none"> <li>➤ Teaching all standing exercises.</li> <li>➤ Revision of previous class.</li> <li>➤ All Zentsu Dachi Exercises                             <ul style="list-style-type: none"> <li>• Mayageau- Straight sheep</li> <li>• Achi Mawachi – outside Rotation</li> <li>• Sato Mawashi – Inside Rotation</li> </ul> </li> <li>➤ Heiko Dachi all punch Chodan Suki Gidan Suki, jodan Suki.</li> </ul>		
4	17/11/2023	<ul style="list-style-type: none"> <li>➤ Standing Exercises</li> <li>➤ Heiko Dachi all ukes (Blocks)                             <ul style="list-style-type: none"> <li>• Gidan Barai – Down Block</li> <li>• Achi Uke – Middle Block</li> <li>• Age Uke – Upper Block</li> <li>• Shoto Uke</li> </ul> </li> <li>➤ Introduction to Zenkutsu Dachi First kick</li> <li>➤ Chodan Giri – Thrust Kick</li> <li>➤ Teaching shikho Dachi all Sukhi and Uke.</li> </ul>		
5	18/11/2023	<ul style="list-style-type: none"> <li>➤ All Flexible exercises</li> <li>➤ Zenkutsu Dachi all kicks four counts                             <ul style="list-style-type: none"> <li>• Chodan Geri – Thrust Kick</li> <li>• yeko Geri – Side Kick</li> <li>• Mawashi Geri – Slap Kick</li> </ul> </li> <li>➤ Heiko Dachi all punch and Blocks revision.</li> <li>➤ Introduction to empies (Elbows)                             <ul style="list-style-type: none"> <li>• Ushi ro Empi</li> <li>• Ekko Empi</li> <li>• Mawashi Empi.</li> </ul> </li> </ul>		



6	20/11/2023	<ul style="list-style-type: none"> <li>➤ To say all flexible Exercises</li> <li>➤ Single suki single breathing <ul style="list-style-type: none"> <li>• Chodan suki</li> <li>• Gidan suki</li> <li>• Jodan suki</li> </ul> </li> <li>➤ Introduction Hansagu Dachii (Fighting Stance)</li> <li>➤ Double suki Double breathing.</li> </ul>		
7	21/11/2023	<ul style="list-style-type: none"> <li>➤ Flexible Exercises – standing and sleeping Exercises.</li> <li>➤ Zenkutsu Dachii all geri and uke</li> <li>➤ Chodan Geri and Gidan brai</li> <li>➤ Yecko Geri and Achi Uke</li> <li>➤ Mawashi Geri and age uke</li> <li>➤ Introduction to ura mawashi geri and how to attack others and fight</li> <li>➤ Shiko Dachii all Sukis an ukes <ul style="list-style-type: none"> <li>• Chodan Suki – Chest Punched</li> <li>• Gidan Suki – Stomach Punched</li> <li>• Jodan Suki – Face Punch</li> </ul> </li> <li>➤ End of the class.</li> </ul>		
8	22/11/2023	<ul style="list-style-type: none"> <li>➤ All standing and sleeping exercises</li> <li>➤ Double hand single suki <ul style="list-style-type: none"> <li>• Chodan suki</li> <li>• Gidan suki</li> <li>• Jodan suki</li> </ul> </li> <li>➤ Then I will say how to defence for other attack for me.</li> <li>➤ And how to defence with attack say.</li> <li>➤ Hansagu Dachii all Kicks <ul style="list-style-type: none"> <li>• Chodan geri</li> <li>• Yerko Geri</li> <li>• Mawashi Geri</li> <li>• Uramawashi geri</li> </ul> </li> </ul>		
9	23/11/2023	<ul style="list-style-type: none"> <li>➤ Introducing all loosning exercises</li> <li>➤ Introduce all Dachii</li> <li>➤ Introduce all zenkutsu Dachii Kicks and blocks</li> <li>➤ Hansagu Dachii all kicks and blocks</li> <li>➤ Then next I will say how to defence if other people attack</li> <li>➤ Introduce Ippon kumites and advance Ippon Kumites.</li> </ul>		

10	24/11/2023	<ul style="list-style-type: none"> <li>➤ All flexible exercises</li> <li>➤ Revision of previous class</li> <li>➤ Introduction to Necko-ashi Dachi and shoto Uke and Uraken Uke</li> <li>➤ Introduction about Nukites chope <ul style="list-style-type: none"> <li>• Chodan Nukite</li> <li>• Gidan Nukite</li> <li>• Jodan Nukite</li> </ul> </li> <li>➤ Then next Hansagu Dachi Kicks <ul style="list-style-type: none"> <li>• Mawashi Geri</li> <li>• Ura mawashi geri</li> </ul> </li> </ul>		
11	25/11/2023	<ul style="list-style-type: none"> <li>➤ All loosning exercises</li> <li>➤ All zenktsu dachi Kicks blocks</li> <li>➤ All Heiko Dachi Punch (Suki) <ul style="list-style-type: none"> <li>• Single count single breathing</li> <li>• Double suki double breathing</li> <li>• Double hand single suki</li> </ul> </li> <li>➤ Hansage dachi defence Techniques defence with attack and how to defence for other people attack</li> </ul>		
12	27/11/2023	<ul style="list-style-type: none"> <li>➤ All dachi revision <ul style="list-style-type: none"> <li>• Zenkutsu dachi</li> <li>• Shiko dachi</li> <li>• Hansagu dachi</li> <li>• Heiko Dachi</li> </ul> </li> <li>➤ Practice all Empies- <ul style="list-style-type: none"> <li>• Ushiro Empi- Back Elbow</li> <li>• Yeko empi- side Elbow</li> <li>• Mawashi Empi- face elbow</li> </ul> </li> <li>➤ Introduce fest – Back Fest single hand and double hand</li> <li>➤ Then introduce ken Geri (Centre Kick) and what time do we use the kick.</li> <li>➤ Introduction to kiken Geri – 45 degree side kick and how to use this kick.</li> </ul>		
13	28/11/2023	<ul style="list-style-type: none"> <li>➤ All kicks and bocks practiced</li> <li>➤ Teaching how to protect yourself if someone else attack you.</li> <li>➤ Teaching students, if someone comes Infront of you and catch the hand or catch the neck then how to defence yourself</li> </ul>		

14	29/11/2023	<ul style="list-style-type: none"> <li>➤ Teaching how to defence for others attack on him.</li> <li>➤ Then said Ippon kumites and all advance Ippon Kumites.</li> <li>➤ Then how to defence if attacked by four people.</li> <li>➤ Introduction to bonkay's</li> <li>➤ All kicks, punch and blocks</li> <li>➤ Repeate the empies and /Nukites <ul style="list-style-type: none"> <li>• Ushiro Empi</li> <li>• Mawashi Empi</li> <li>• Age Empi</li> <li>• Tobbe Empi- front hammer</li> </ul> </li> <li>➤ 45 Degree cross Nukite and sukhi.</li> </ul>		
15	01/12/2023	<ul style="list-style-type: none"> <li>➤ Hiza Geri, how to attack the Ushiro Geri and Hiza Geri.</li> <li>➤ Then introduction to Fomi Komi Suki (Hook Punched) and side test.</li> <li>➤ How to fight to others and how to defence with attack.</li> <li>➤ All Tppon Kumites and all advance Tppon kumites Practiced.</li> <li>➤ Then lastly self defence.</li> <li>➤ Hansagu dachi all suki <ul style="list-style-type: none"> <li>• Gyaku Suki</li> <li>• Oyi Suki</li> </ul> </li> </ul>		

## Photos of certificate course in self defence

### Inauguration



  
**PRINCIPAL**  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Tal. Balgaum





Google

GPS Map Camera

Sankeshwar, Karnataka, India  
7F8G+5WG, Sankeshwar, Karnataka 591313, India  
Lat 16.265283°  
Long 74.476558°  
10/11/23 12:02 PM GMT +05:30



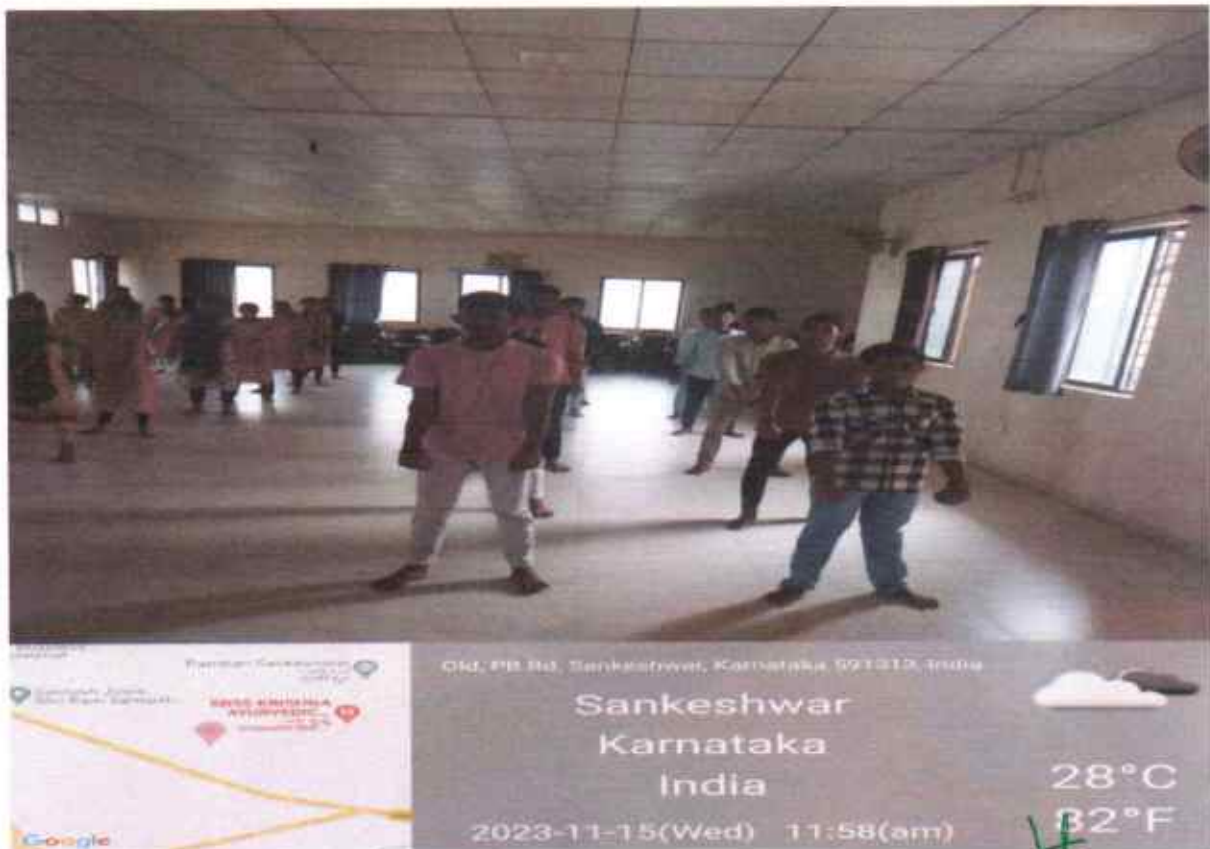
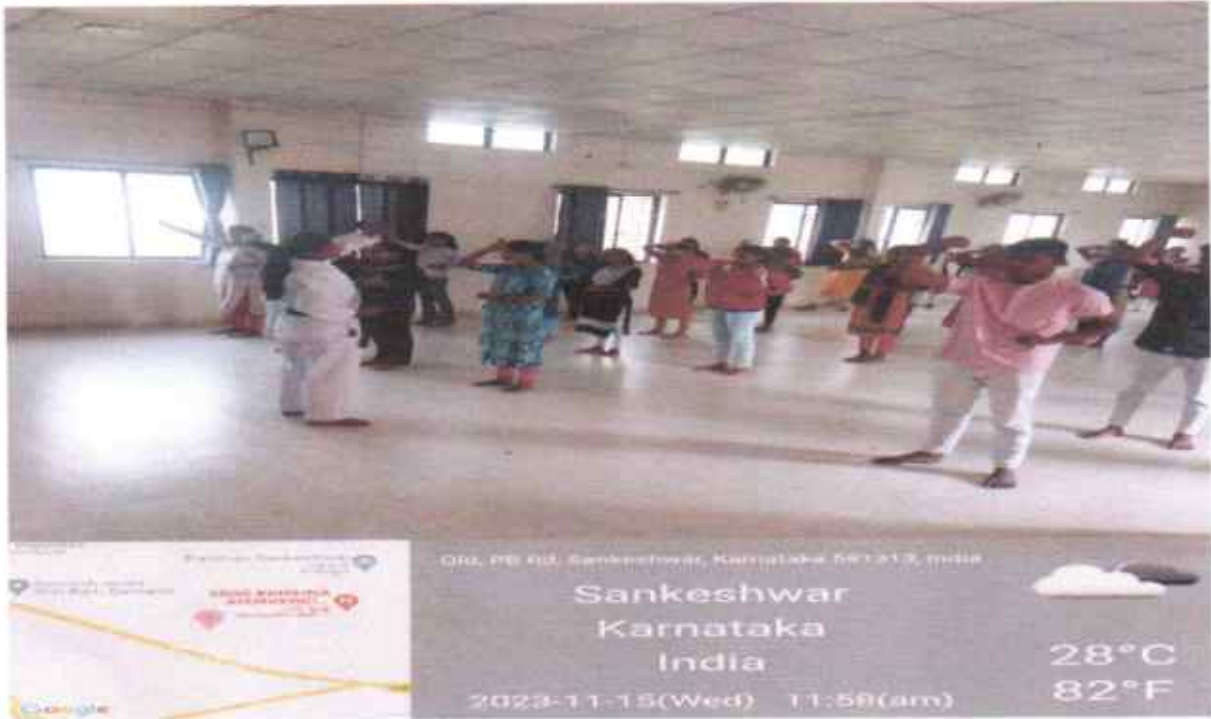
Google

GPS Map Camera

Sankeshwar, Karnataka, India  
7F8G+5WG, Sankeshwar, Karnataka 591313, India  
Lat 16.265283°  
Long 74.476558°  
10/11/23 12:07 PM GMT +05:30

**PRINCIPAL**  
Shri L. K. Khot College of Commerce  
Sankeshwar-591313 Dist. Dharwad

## Photos during Classes



**PRINCIPAL**  
Shri L. K. Khot College of Commer  
Sankeshwar-591313 Dt. Balgaum











# ಓಬಾವು ಸ್ವರಕ್ಷಣೆ ಕಲೆ ಮತ್ತು ಕರಾಟೆ ಸ್ಪೋರ್ಟ್ಸ್ ಅಸೋಸಿಯೇಷನ್(ರಿ)



## OBAVA SELF DEFENCE ART AND KARATE SPORTS ASSOCIATION (R)

Affiliated By: Shito-Ryu Karate Do India Academy & India Youth Sports Association  
Recognition by Karate India organization (KIO), world karate federation (WKF)



### COLOR BELT EXAM

100  
100

Monthly Fee: 300 + Exam Fee: 150 Total Fees: 450

- 1) Full Name: Sekhya. Adhyappa. Kunar.
- 2) DOB: 07/09/2005 Age: \_\_\_\_\_ Weight: \_\_\_\_\_
- 3) Branch: Sankeshwar Present Grade: \_\_\_\_\_ Grade Appearing: \_\_\_\_\_
- 4) Address: Kone tal. Kochanur. Mob: \_\_\_\_\_

Exercise (15)	Kihon (15)	Waza (15)	Katas (20)	Kumite (20)	Others (15)
Meditation	Stances	Through	Test	Ippon	Attendance
5	5	5	4	5	5
Faxable	Punch & Blocks	Locks	Fitness	Extra	Activities
5	5	5	10	6	5
Push-ups	Kicks & strikes	Basic	Hand Tech.	Stamina	Character
5	5	5	6	9	5

Remark: Pass/Retest

Note: 1) I will obey the all rules & regulations of the association.

2) I am participating in the Karate grading test in my own risk.

3) In case of any injury will be occurred to me I will be responsible for that.

S.A.Kurani

Signature of Student

Signature of Parents

Signature of Instructor

Signature of Examiner

ಓಬಾವ್ ಸ್ವರಕ್ಷಣೆ ಕಲೆ ಮತ್ತು ಕರಾಟೆ ಸಂಸ್ಥೆ ಅಸೋಸಿಯೇಷನ್(ರಿ)



**OBAVA SELF DEFENCE ART AND KARATE SPORTS  
ASSOCIATION (R)**

Affiliated By: Shito-Ryu Karate Do India Academy & India Youth Sports Association  
Recognition by Karate India organization (KIO), world karate federation (WKF)



**COLOR BELT EXAM**

68  
100

Monthly Fee: \_\_\_\_\_ + Exam Fee: \_\_\_\_\_ Total Fees: \_\_\_\_\_

- 1) Full Name: Ramesh Hunchyale
- 2) DOB: 11/03/2005 Age: 18 Weight: 52
- 3) Branch: Sankeshwan Present Grade: \_\_\_\_\_ Grade Appearing: \_\_\_\_\_
- 4) Address: A/P Wadral Mob: 7892399302

Exercise (15)	Kihon (15)	Waza (15)	Katas (20)	Kumite (20)	Others (15)
Meditation	Stances	Through	Test	Ippon	Attendance
4	3	3	4	4	4
Faxable	Punch & Blocks	Locks	Fitness	Extra	Activities
4	3	5	5	4	3
Push-ups	Kicks & strikes	Basic	Hand Tech.	Stamina	Character
4	7	4	4	4	4

Remark:  Pass/Retest

Note: 1) I will obey the all rules & regulations of the association.


2) I am participating in the Karate grading test in my own risk.

3) In case of any injury will be occurred to me I will be responsible for that.

  
Signature of  
Student

Signature of  
Parents

  
Signature of  
Instructor

  
Signature of  
Examiner



# ಕುಬವು ಸ್ವರಕ್ಷಣೆ ಕಲೆ ಮತ್ತು ಕರಾಟೆ ಸ್ಪೋರ್ಟ್ಸ್ ಅಸೋಸಿಯೇಷನ್ (ರಿ)



## OBAVA SELF DEFENCE ART AND KARATE SPORTS ASSOCIATION (R)

Affiliated By: Shito-Ryu Karate Do India Academy & India Youth Sports Association  
Recognition by Karate India organization (KIO), world karate federation (WKF)



### COLOR BELT EXAM

84  
100

Monthly Fee: \_\_\_\_\_ + Exam Fee: \_\_\_\_\_ Total Fees: \_\_\_\_\_

- 1) Full Name: Savita Maali
- 2) DOB: 17/05/2006 Age: \_\_\_\_\_ Weight: \_\_\_\_\_
- 3) Branch: Baneshwar Present Grade: \_\_\_\_\_ Grade Appearing: \_\_\_\_\_
- 4) Address: Baneshwar Mob: \_\_\_\_\_

Exercise (15)	Kihon (15)	Waza (15)	Katas (20)	Kumite (20)	Others (15)
Meditation	Stances	Through	Test	Ippon	Attendance
5	4	4	7	5	5
Faxable	Punch & Blocks	Locks	Fitness	Extra	Activities
3	4	5	2	4	5
Push-ups	Kicks & strikes	Basic	Hand Tech.	Stamina	Character
2	4	3	6	5	5

Remark:  Pass/Retest

Note: 1) I will obey the all rules & regulations of the association.

2) I am participating in the Karate grading test in my own risk.

3) In case of any injury will be occurred to me I will be responsible for that.

Savita  
Signature of Student

Signature of Parents

Dr. P. P.  
Signature of Instructor

Dr. P. P.  
Signature of Examiner

ಕುಬ್ಜ ಸ್ವರಕ್ಷಣೆ ಕಲೆ ಮತ್ತು ಕರಾಟೆ ಸ್ಪೋರ್ಟ್ಸ್ ಅಸೋಸಿಯೇಷನ್ (ರಿ)



**OBAVA SELF DEFENCE ART AND KARATE SPORTS ASSOCIATION (R)**



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Recognition by Karate India organization (KIO), world karate federation (WKF)

**COLOR BELT EXAM**

89  
700

Monthly Fee: 300 + Exam Fee: 150 Total Fees: 450

- 1) Full Name: Naveelata Sadaashiv. Meenur.
- 2) DOB: 4/07/2005 Age: \_\_\_\_\_ Weight: \_\_\_\_\_
- 3) Branch: Sankeshwar Present Grade: \_\_\_\_\_ Grade Appearing: \_\_\_\_\_
- 4) Address: Chikalagualola, Hebbal. Mob: \_\_\_\_\_

Exercise (15)	Kihon (15)	Waza (15)	Katas (20)	Kumite (20)	Others (15)
Meditation	Stances	Through	Test	Ippon	Attendance
5	5	4	8	5	5
Faxable	Punch & Blocks	Locks	Fitness	Extra	Activities
4	5	5	3	7	5
Push-ups	Kicks & strikes	Basic	Hand Tech.	Stamina	Character
3	5	3	8	4	5

Remark:  Pass/Retest

- Note: 1) I will obey the all rules & regulations of the association.  
 2) I am participating in the Karate grading test in my own risk.  
 3) In case of any injury will be occurred to me I will be responsible for that.

*[Signature]*  
Signature of Student

Signature of Parents

*[Signature]*  
Signature of Instructor

*[Signature]*  
Signature of Examiner

## Certificate course in Self Defense

### Course outcomes

1. Students improved physical and mental well being.
2. Students improved self-defense techniques.
3. The course enhanced physical fitness.
4. Students increased sense of self-worth.
5. The Course boosted confidence in students.



CHAIRMAN  
WOMEN EMPOWERMENT CELL



PRINCIPAL



# Ladies Common Room and Washroom



  
**PRINCIPAL**  
Shri L.K. Khot College of Commerce  
Sankeshwar-591313 Dt. Belgaum