



KHARAGPUR COLLEGE

KHARAGPUR

ESTD. : 1949

P.O.– Inda, Kharagpur, Municipality– Kharagpur, Sub-Division– Kharagpur,
P.S.– Kharagpur (T), Dist.– Paschim Medinipur, West Bengal, PIN– 721305.

This is in answer to your DVV Query against metric 1.2.1 of Criterion 1 of the SSR:

The HEI wishes to inform that the below mentioned certificate courses are not part of any course under the university curriculum. They have been designed keeping in mind the extension of the knowledge base of the students and tend to align more towards being value added courses. In response to the question raised in the DVV query of a few courses being more of vocational structure, the HEI would like to clarify that unlike the modules of Vocational courses, these courses have been designed keeping in mind:

- Imparting more of theoretical knowledge than practical knowledge unlike vocational courses
- Not part of any University prescribed curriculum
- Adds to the knowledge domain of the students and extends them

A few of the courses mentioned in the DVV query are purely theoretical in nature of their knowledge extension and has already been mapped with their respective core courses. The following courses are not part of any of the University curriculum and thus their modules are provided for mapping :

Name of the Course	Offered By:
Certificate Course on First Aid organised in association with St John Ambulance	NSS Unit
Certificate course on Karate, Self-defense, Kick-Boxing and Fitness	NSS Unit
GREEN AUDIT	Kharagpur College
YOGA	Kharagpur College



ATTESTED

 Principal
 Kharagpur College

Kharagpur College
Course Module on
Karate, Self –Defense, Kick Boxing & Fitness

Module-1 Basic Exercises, Stretching, Technical Terms,
Hand & Leg Drills

Module-2 Punch Kick Coordination Kick pad Training
Kick boxing, Leg Drills, Punches, and Blocks

Module-3 Wrestling, Stepping, Techniques, Katas of Karate
Rank Classification


Module-4 Self- defense Techniques, Fighting Movements
Defense of attacks, Strikes of Karate

Module-5 Kick boxing, Point Scoring System, Karate Point
Scoring System


Module-6 Differences between Kick boxing and uses of
Self -defense Techniques, Control over oneself
, Different Fighting Techniques

Module-7 CQR(Close Quarter Combat, Unarmed Combat,
Armed Combat, Weapons Training, Use of pens
Dupatta in real life fights by Girls for their
Self-defense.

13.03.2023.


Signature of the Head Coach
Self-defense and Fitness Academy
Kharagpur




Signature of the Principal
Kharagpur College

Principal
Kharagpur College

