



**Dr S.C. Gulhane Prerna College of
Commerce, Science and Arts**

Run by Prerna Sewa Mandal
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

E-mail: prernacollegengp@gmail.com



To
The Director
Dr S.C. Gulhane Prerna College
of Commerce, Science and Arts,
Reshimbag, Nagpur 440009.

Subject: Request to grant permission for organizing the self-defense program for the girl students.

Respected Sir,

The Women's Cell and Internal Complaint Committee of Dr S.C. Gulhane Prerna College of Commerce, Science and Arts are jointly organizing the one-week long '**Self-defense**' training program for all the girl's students from Tue, 20th Feb. 2024 to Mon, 26th Feb. 2024 from 9:30 am to 12:30 pm on the 5th floor of the New Building premises.

We therefore request you to kindly grant permission.

Thanking you.

Date: 10/02/2024

Place: Nagpur

Permitted
12-02-2024

Program Coordinators

[Signature]
Ms Neha Samundre
Women's Cell

[Signature]
Dr Bharti Deshmukh
Internal Complaint Committee



Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

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Date: 12/02/2024

Notice

All the girl students are hereby informed that the Women's Cell and Internal Complaint Committee of Dr S.C. Gulhane Prerna College of Commerce, Science and Arts are jointly organizing the one-week long '**Self-defense**' training program for all the girl's students from Tue, 20th Feb. 2024 to Mon, 26th Feb. 2024 from 9:30 am to 12:30 pm on the 5th floor of the New Building premises.

Coordinators

Dr Bharti Deshmukh

Internal Complaints Committee

Ms Neha Samundre

Women's Cell

Womens's Cell and Internal Complaint Committee

Jointly organize

SELF DEFENCE TRAINING PROGRAM 2023-24

Tue, 20th to Mon, 26th Feb, 2024.

9.30 am 12:30 pm

TRAINER

SENSEI SANJAY INGOLE

CHIEF INSTRUCTOR & TECHNICAL
DIRECTOR NATIONAL SHOTOKAN
KARATE ASSOCIATION INDIA Black
Belt 6th Dan - JAPAN
In Karate Since 1980



Our Inspiration



Dr. Pravin Joshi

Director,

Dr S. C. Gulhane Prerna College of Commerce,
Science and Arts, Nagpur



Dr. Ratna Sarkar

Principal,

Dr S. C. Gulhane Prerna College of Commerce,
Science and Arts, Nagpur

Coordinators



Miss. Neha Samundre

Womens's Cell

Dr S. C. Gulhane Prerna College of Commerce,
Science and Arts, Nagpur



Dr. Bharti Deshmukh

Internal Complaint Committee

Dr S. C. Gulhane Prerna College of Commerce,
Science and Arts, Nagpur

Registration Form

2/20/24, 7:44 AM

Women's Cell and Internal Complaint Committee jointly organize 'Self Defence Training Program 2023-24'

Women's Cell and Internal Complaint Committee jointly organize 'Self Defence Training Program 2023-24'

Date:- 20-02-2024 to 26-02-2024

Time:- 09:30 AM onward

Venue:- New Building

Note: This training program only for Girls Students

* Indicates required question

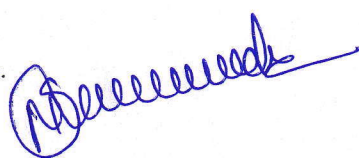
1. Email *

2. Name of students *

3. Class *

4. Contact Number(Whatsapp only) *

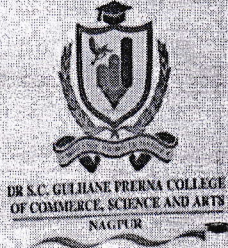
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Coordinator
Women's Cell
Dr S. C. Gulhane Preme College of
Commerce, Science and Arts, Nagpur-24

Google Forms

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1/1



DR S.C. GULHANE PRERNA COLLEGE OF COMMERCE, SCIENCE AND ARTS

Reshimbag Square, Nagpur - 24

(Run by PRERNA SEWA MANDAL, Regd. No. Sr Act 1860-370/83, BPT Act - 1950. F/3826)
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NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA - 2.32) | College Code : 144

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Date: 17/02/2024

Ref. No.:

PRERNA SEWA MANDAL, B
Dr S.C. Gulhane Prerna College Of
Commerce Science And Arts
INWARD NO. PCC/4764
OUTWARD NO.
DATE 17/2/2024

To

SENSEI SANJAY INGOLE

Chief Instructor & Technical Director
National Shotokan Karate Association India,
Nagpur.

Sub: - Request to be the Trainer.

Dear Sir,

We are profoundly thankful to you for having promptly accepted our request to be the **Trainer** in the **Five day Self Defence Training Program** from **Tuesday, 20th February to Saturday, 24th February, 2024.**

We heartily thank you for granting us your kind consent.

Thank you once again!

Yours sincerely


Dr Pravin Joshi
Director

Dr S.C. Gullane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal

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Women's Cell and Internal Complaint Committee jointly organize 'Self Defence Training Program'

Session 2023-24

Attendance Sheet

Sr. No.	Name of Student	20-02-2024	21-02-2024	22-02-2024	23-02-2024	24-02-2024	26-02-2024
1	Aayushi Durgawar	Aayushi	Aayushi	Aayushi	Aayushi	Aayushi	Aayushi
2	Kajal P. Bhargava	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
3	Sejal K. Thete	Sejal	Sejal	Sejal	Sejal	Sejal	Sejal
4	Khushi G. Bang	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi
5	Payal R. Chauhan	Payal	Payal	Payal	Payal	Payal	Payal
6	Saloni N. Meshke	Saloni	Saloni	Saloni	Saloni	Saloni	Saloni
7	Aaravani L. Shrikhandkar	Aaravani	Aaravani	Aaravani	Aaravani	Aaravani	Aaravani
8	Shweta S. Rinde	Shweta	Shweta	Shweta	Shweta	Shweta	Shweta
9	Pooja S. Bisen	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja

BCCA-III

Sr. No.	Name of Student	20-02-2024	21-02-2024	22-02-2024	23-02-2024	24-02-2024
10	Heena S. Bisen	H.M.	H.M.	H.M.	H.M.	H.M.
11	Nisha M. Beoghare	D.M. Beoghare	D.M. Beoghare	D.M. Beoghare	D.M. Beoghare	D.M. Beoghare
12	Nikki V. Agre	Maaghe	Maaghe	Maaghe	Maaghe	Maaghe
13	Tanmayee S. Mungelwar	Jur	Jur	Jur	Jur	Jur
14	Nandini R. Shende	Nishure	Nishure	Nishure	Nishure	Nishure
15	Komal D. Ambore	Komal	Komal	Komal	Komal	Komal
16	Sampada D. Khanna	Khanna	Khanna	Khanna	Khanna	Khanna
17	Meenali M. Yerpude	Yerpude	Yerpude	Yerpude	Yerpude	Yerpude
18	Tanushree M. Mahale	Mahale	Mahale	Mahale	Mahale	Mahale
19	Shreya S. Masane	Shreya	Shreya	Shreya	Shreya	Shreya
20	Vaibhavi R. Sakhare	Vaibhavi	Vaibhavi	Vaibhavi	Vaibhavi	Vaibhavi
21	Pragati S. Paragad	Pragati	Pragati	Pragati	Pragati	Pragati
22	Shandha S. Khur	Shandha	Shandha	Shandha	Shandha	Shandha
23	Ragini A. Torande	R	R	R	R	R
24	Anjali R. Dhurur	Anjali	Anjali	Anjali	Anjali	Anjali
25	Charmi H. Jengod	Charmi	Charmi	Charmi	Charmi	Charmi
26	Nisha H. Malagani	Nisha	Nisha	Nisha	Nisha	Nisha
27	Pratiksha J. Kulkarni	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha
28	Yogita W. Paware	Yogita	Yogita	Yogita	Yogita	Yogita

26-02-2024
H.M.
D.M. Beoghare
Maaghe
Jur

Nishure
Komal
Khanna
Yerpude
Mahale
Shreya
Vaibhavi
Pragati
Shandha
R

Anjali
Charmi
Nisha
Pratiksha
Yogita

23

Sr. No.	Name of Student	20-02-2024	21-02-2024	22-02-2024	23-02-2024	24-02-2024
29	Tanisha R Kamble	Kamble	Kamble	Kamble	Kamble	Kamble
30	Pamikssha P. Ghatale	Ghatale	Ghatale	Ghatale	Ghatale	Ghatale
31	Anjali Y. Kuzerkar	Kuzerkar	Kuzerkar	Kuzerkar	Kuzerkar	Kuzerkar
32	Vedanti D. Sawarbanche	Sawarbanche	Sawarbanche	Sawarbanche	Sawarbanche	Sawarbanche
33	SHREYA MUKESH DHOPKAR	Dhopkar	Dhopkar	Dhopkar	Dhopkar	Dhopkar
34	Kamal L. Jaiswal	Kamal	Kamal	Kamal	Kamal	Kamal
35	Peiti G. Bansod	Peiti	Peiti	Peiti	Peiti	Peiti
36	Tejashree P. Sammit	Sammit	Sammit	Sammit	Sammit	Sammit
37	Kalyani U. Kaikade	K. U. Kaikade	K. U. Kaikade	K. U. Kaikade	K. U. Kaikade	K. U. Kaikade
38	Saleshi V. Malikar	S. V. Malikar	S. V. Malikar	S. V. Malikar	S. V. Malikar	S. V. Malikar
39	Apeksha J. Ghadale	Ghadale	Ghadale	Ghadale	Ghadale	Ghadale
40	Pratiksha P. Kathoke	Kathoke	Kathoke	Kathoke	Kathoke	Kathoke
41	Sonal N. Kulkarni	Kulkarni	Kulkarni	Kulkarni	Kulkarni	Kulkarni
42	Shruti d. Dhodare	Dhodare	Dhodare	Dhodare	Dhodare	Dhodare
43	Harsha G. Urude	Urude	Urude	Urude	Urude	Urude
44	Tejashree P. Sammit	Sammit	Sammit	Sammit	Sammit	Sammit
45	Shrutika S. Bawankar	S. Bawankar	S. Bawankar	S. Bawankar	S. Bawankar	S. Bawankar
46	Nidhi M. Titaramare	Titaramare	Titaramare	Titaramare	Titaramare	Titaramare
47	Saloni P. Tebrwar	Tebrwar	Tebrwar	Tebrwar	Tebrwar	Tebrwar

26/02/24

Kamble

Ghatale

Ghatale

Bansod

Sammit

Kamal

Peiti

Sammit

K. U. Kaikade

S. V. Malikar

Ghadale

Kathoke

Kulkarni

Dhodare

Urude

Sammit

S. Bawankar

Titaramare

Tebrwar

Tebrwar

Tebrwar

Tebrwar

Tebrwar

Sr. No.	Name of Student	20-02-2024	21-02-2024	22-02-2024	23-02-2024	24-02-2024
48	Bhagyashree S. Meshram	Bhagyashree	Bhagyashree	Bhagyashree	Bhagyashree	Bhagyashree
49	Dipti Dillip Wankar	D.D. Wankar	D.D. Wankar	D.D. Wankar	D.D. Wankar	D.D. Wankar
50	Nayana T. Rathod	Rathod	Rathod	Rathod	Rathod	Rathod
51	Sarpada D. Kharne	Kharne	Kharne	Kharne	Kharne	Kharne
52	Puja N. Sharnagale	Puja	Puja	Puja	Puja	Puja
53	Shreya Dharmathok	Shreya	Shreya	Shreya	Shreya	Shreya
54	Minash Shukla	Minash	Minash	Minash	Minash	Minash
55	Chanchal Sontare	Sontare	Sontare	Sontare	Sontare	Sontare
56	Petal Palak. O. Gaurav	Petal	Petal	Petal	Petal	Petal
57	Parul. Palarkar	Parul	Parul	Parul	Parul	Parul
58	Muskan. A. Vetaun	Muskan	Muskan	Muskan	Muskan	Muskan
59	Siddhi K. Manwatkar	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi
60	Neha R. Bhisiar	Neha	Neha	Neha	Neha	Neha
61	Parva S. Thakur	Parva	Parva	Parva	Parva	Parva
62	Bhoomika P. Verma	Bhoomika	Bhoomika	Bhoomika	Bhoomika	Bhoomika
63	Pooja Lakhar	Pooja	Pooja	Pooja	Pooja	Pooja
64						
65						
66						

26/02/2024

Bhagyashree

D.D. Wankar

Rathod

Kharne

Puja

Shreya

Minash

Sontare

Petal

Parul

Muskan

Siddhi

Neha

Parva

Bhoomika

Pooja

(Signature)



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Valedictory Function of Self-Defence Training Program & Certificate Course in Yoga

Date : Wednesday, 20th March 2024

Time : 11:00 am

Sr.No	Name of Teacher	Work Allotted	Signature
1.	Requisition & Refreshment	Ms.Neha Samundre Dr Bharti Deshmukh Dr Manjiri Pathak	
2.	Invitation and Thanks Letters	Shikha Gajbhiye Mrunali Nikure	
3.	Certificates of Self-Defence Awareness	Mr.Chandrashekhar Tople	
4.	Compering	Dr Sapna Ghutke	
5.	Vote of Thanks	Poonam Budhlani	
6.	Report of Self-Defence Training Program	Poorva Wagh Rupali Surve Anamika Bhagat	
7.	News of Self-Defence Training Program	Amol Waghmare Jyotsna Channe Dr Ekadashi Jaitwar	
8.	Stage Decoration	Chandani Shahare (SG) Deepa Upadyaya Manjiri Gajarlawar Sakshi Hajare Aditi Gothe	
9.	Seating Arrangement	Dr Jai Nishad Sandip Alone Priya Godbole	
10.	Flyer of Valedictory function	Mr Sandeep Kshirsagar	
11.	Technical arrangements, Photos and Videos	Mohit Mourya Manoj Athur Nigranth Meshram	
12.	Submission of Soft Copy and Hard Copy of all documents to IQAC	Nancy Vyas Snehal Shrivastava	

Cordinator
Women's Cell
Dr S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur-24

Program Co-ordinator



DR S.C. GULHANE PRERNA COLLEGE
OF COMMERCE, SCIENCE AND ARTS
NAGPUR

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Ref. No.:

Date: 24/02/2024

To

SENSEI SANJAY INGOLE

Chief Instructor & Technical Director

**National Shotokan Karate Association India,
Nagpur.**

Subject: Letter of thanks.

Dear Sir,

We are profoundly thankful to you for your kind presence on the occasion of Self Defence Training Program from Tuesday, 20th February to Monday, 26th February, 2024.

Sir, your august presence with your erudite training to the students has immensely benefitted the participants.

We look forward to the same kind of co-operation from you in future too.

Thank you.

**Dr Pravin Joshi
Director**



DR S.C. GULHANE PRERNA COLLEGE
OF COMMERCE, SCIENCE AND ARTS
NAGPUR

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Ref. No.:

Date: 24/02/2024

Dr S.C. Gulhane Prerna College Of
Commerce, Science And Arts

INWARD NO.....

OUTWARD NO.....

DATE.....

PCC/4781
24/2/24

To

SENSEI SANJAY INGOLE

Chief Instructor & Technical Director

**National Shotokan Karate Association India,
Nagpur.**

Subject: Letter of thanks.

Dear Sir,

**We are profoundly thankful to you for your kind presence on
the occasion of Self Defence Training Program from Tuesday,
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**Sir, your august presence with your erudite training to the
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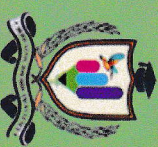
**We look forward to the same kind of co-operation from you in
future too.**

Thank you.

**Dr Pravin Joshi
Director**



Dr S. C. Gulhane Prerna College of Commerce, Science and Arts



Reshimbagh, Nagpur

(Run By Prerna Sewa Mandal) NAAC Accredited with "B" Grade

CERTIFICATE

SELF-DEFENCE TRAINING PROGRAM

This certificate is being awarded to

Ms. Shreyal Bharti Deshmukh of 09.8.6.97 (F)
for having successfully completed a week-long 'Self Defence
Training Course' organised by the college from Tue, 20th Feb to
Mon, 26th Feb 2024.

Hearty congratulations!

B. Deshmukh

Dr Bharti Deshmukh
Coordinator

Miss. Neha Samundre

Miss. Neha Samundre
Coordinator

Dr. Ratna Sarkar

Dr Ratna Sarkar
Principal

Dr. Pravin Joshi

Dr Pravin Joshi
Director



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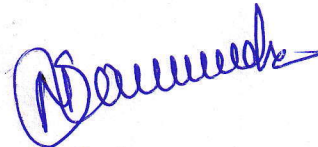


Dr S. C. Gulhane Prerna College of Commerce, Science & Arts, Nagpur

Dr S. C. Gulhane Prerna College of Commerce, Science & Arts has recently organized Valedictory Function of Self - Defense Training program, Bhagwat Geeta Shloka Recitation Competition and certificate course in Yoga on Wednesday , 20 March 2024.

Dr Vaishali Ashish Atoliya , MD in Ayurveda was the Chief Guest whereas Dr Sneha Bhoyar, Ayurvedacharya was the Guest of Honor of the program. Dr Pravin Joshi the director of the college made an introductory remarks about the three confluences of programmes namely self-defense, yoga, and the 14th Adhyay of Bhagwad Geeta Pathan .He said all these activities played a vital role in human lives. Dr Vaishali Ashish Atoliya , enlightened the students about the benefits of Yoga's Asanas on their health . On this occasion, Dr Sneha Bhoyar, Ayurvedacharya, spoke about how to reduces stress with the help of meditation and pranayan . Mr. Sanjay Ingole-Trainer of Self Defense Program, highlighted the need of Self Defence and need to learn Martial-Arts by every girl. Mrs Shryeyasi Joshi was Resource Person of the Bhagwad Geeta Pathan course.She spoke about her experience during the course. Bhagwat Geeta Shloka Recitation Competition was adjudged by Mr Jayasimha Acharyaji and Ms. Gauri Sontakke. The coordinator of the program Dr Bharti Deshmukh, Ms Neha Samundre, Mrs Sarika Gurve, Mrs Kritika Munshi, faculty members were prominently present during the programme.

The program was compered by Dr Sapna Gutkhe whereas Dr. Punam Budhlani proposed a vote of thanks.


Cordinator
Women's Cell
Dr S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur-24



GPS Map Camera Plus

323/A/46, Vaklipeth, LIG Colony, Chandan Nagar, Nagpur, Maharashtra 440024, India
 21.130868°, 79.106621°
 Altitude: 263m - Accuracy: 10m
 07/02/24 07:02 AM IST
 Captured by GPS Camera
 42.10µT 241.48°SW



GPS Map Camera

Nagpur, Maharashtra, India
 323/A/46, Vaklipeth, LIG Colony, Chandan Nagar, Nagpur, Maharashtra 440024, India
 Lat 21.130788°
 Long 79.106577°
 20/02/24 10:01 AM GMT +05:30



GPS Map Camera Plus

Dr. S. C. College Reshim Bagh, LIG Colony, Raghuji Nagar, Nagpur, Maharashtra 440009, India
 21.131174°, 79.107434°
 Altitude: 264m - Accuracy: 14m
 20/03/24 10:50 AM IST
 Captured by GPS Camera
 42.35µT 355.60°N



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डॉ. एस. सी. गुलहाने प्रेरणा वाणिज्य, विज्ञान व कला महाविद्यालय, नागपुर में आत्मरक्षा प्रशिक्षण, योग, भगवदगीता श्लोक सस्वर पाठ का त्रिवेणी संगम

डॉ. एस. सी. गुलहाने प्रेरणा वाणिज्य, विज्ञान व कला महाविद्यालय, नागपुर में बुधवार, 20 मार्च 2024 को आत्मरक्षा प्रशिक्षण कार्यक्रम, भगवद गीता श्लोक सस्वर पाठ तंत्र प्रतियोगिता और योग में प्रमाणपत्र पाठ्यक्रम का समापन समारोह आयोजित किया।

2 आयोजित कार्यक्रम में आयुर्वेद में एमडी डॉ. वैशाली आशीष अटोलिया मुख्य अतिथि थीं, आयुर्वेदाचार्य डॉ. स्नेहा भोयर कार्यक्रम की सम्मानित अतिथि थीं। महाविद्यालय के निदेशक डॉ. प्रवीण जोशी ने कार्यक्रमों के तीन संगमों अर्थात् आत्मरक्षा, योग और भगवद गीता पठन के 14 वें अध्याय के बारे में अपने सारगर्भित वक्तव्य में उन्होंने कहा कि ये सभी गतिविधियाँ मानव जीवन में महत्वपूर्ण भूमिका निभाती हैं। डॉ. वैशाली आशीष अटोलिया ने छात्रों को उनके स्वास्थ्य पर योग के आसन के लाभों के बारे में बहुत ही महत्वपूर्ण जानकारी दी। इस अवसर पर आयुर्वेदाचार्य डॉ. स्नेहा भोयर ने ध्यान और प्राणायाम की मदद से तनाव को कैसे कम किया जाए, इसके बारे में ज्ञानवर्धक जानकारी साझा की। आत्मरक्षा कार्यक्रम के प्रशिक्षक श्री संजय इंगोले ने आत्मरक्षा की आवश्यकता और हर लड़की को मार्शल-आर्ट सीखने की आवश्यकता पर प्रकाश डाला। श्रीमती श्रेयसी जोशी भगवद गीता पाठन पाठ्यक्रम की विषय विशेषज्ञ थीं। उन्होंने पाठ्यक्रम के दौरान अपने अनुभव छात्रों से साझा किये। भगवद गीता श्लोक पाठ प्रतियोगिता के निर्णायक श्री जयसिम्हा आचार्यजी और सुश्री गौरी सोनटक्के थे। कार्यक्रम की समन्वयक डॉ. भारती देशमुख, सुश्री नेहा समुंद्रे, श्रीमती सारिका गुरवे, श्रीमती कृतिका मुंशी, संकाय सदस्य प्रमुख रूप से उपस्थित थे। कार्यक्रम का संचालन डॉ. सपना गुटके ने किया तथा डॉ. पुनम बुधलानी ने धन्यवाद ज्ञापित किया।



GPS Map Camera Plus

323/A/46, Vaklipeth, LIG Colony, Chandan Nagar, Nagpur, Maharashtra 440024, India
 21.130868°, 79.106621°
 Altitude: 263m - Accuracy: 10m
 07/02/24 07:02 AM IST
 Captured by GPS Camera
 42.10µT 241.48°SW

Dr. S. C. Gulhane Prerna College of Commerce

Google



GPS Map Camera

Nagpur, Maharashtra, India
 323/A/46, Vaklipeth, LIG Colony, Chandan Nagar, Nagpur, Maharashtra 440024, India
 Lat 21.130789°
 Long 78.108577°
 20/02/24 10:01 AM GMT +05:30

Google



GPS Map Camera Plus

Dr. S. C. Gulhane Prerna College of Commerce, Reshim Bagh, LIG Colony, Raghuji Nagar, Nagpur, Maharashtra 440009, India
 21.131174°, 79.107434°
 Altitude: 264m - Accuracy: 14m
 20/03/24 10:50 AM IST
 Captured by GPS Camera
 42.35µT 355.60°N

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बातमी

‘स्वसंरक्षण प्रशिक्षण कार्यक्रम’

डॉ. एस. सी. गुल्हाने प्रेरणा वाणिज्य, विज्ञान, आणि कला महाविद्यालयात महिला सेल आणि अंतर्गत तक्रार समिती यांच्या वतीने स्वसंरक्षण प्रशिक्षण प्रमाणपत्र अभ्यासक्रमाच्या सहा दिवसीय समारोपीय कार्यक्रमाचे आयोजन करण्यात आले होते. समापन कार्यक्रमाचे प्रमुख पाहुणे डॉ. वैशाली आशिष आटलोये अतिथी आयुर्वेदाचार्य नागपूर प्रशिक्षक डॉ. स्नेहल भोयर, मुख्य प्रशिक्षक आणि तांत्रिक संचालक राष्ट्रीय शोतोकेन कराटे असोसिएशन इंडिया, नागपूर सेन्सी संजय इंगोले, तसेच महाविद्यालयाचे संचालक डॉ. प्रवीण जोशी, प्राचार्या रत्ना सरकार मॅडम, समन्वयक कु. नेहा समुंद्रे आणि डॉ. भारती देशमुख उपस्थित होते. डॉ. वैशाली आशिष आटलोये यांनी आपल्या मार्गदर्शनातून विद्यार्थिनींना संभाव्य धोकादायक परिस्थितीत स्वतःचे संरक्षण करण्यासाठी आवश्यक ज्ञान, कौशल्ये आणि आत्मविश्वास सक्षम करणे व शारीरिक धोक्यांपासून प्रभावीपणे बचाव करण्यासाठी आणि त्यांची संपूर्ण वैयक्तिक सुरक्षा आणि सुरक्षितता वाढविण्यासाठी सहभागींना व्यावहारिक तंत्रे आणि धोरणांसह सुसज्ज केले. जोखीम कमी करण्यासाठी जागरूकता, खंबीरपणा आणि शारीरिक क्षमता विकसित करणे आणि विविध प्रकारच्या आक्रमकता किंवा हिंसाचाराला प्रभावीपणे प्रतिसाद देणे. हे सांगितले. तसेच ‘सेल्फ डिफेन्स ट्रेनिंग प्रोग्रॅम’ चे प्रशिक्षक सेन्सी संजय इंगोले यांनी विद्यार्थिनींना स्वसंरक्षणासाठी उपयुक्त असलेली विविध कौशल्ये शिकवली. प्रशिक्षण कार्यक्रमात विद्यार्थिनींनी सहभाग घेतला. आणि कौशल्ये शिकली आणि समापन कार्यक्रमादरम्यान काही संरक्षण कौशल्ये दाखवली. श्रीमदभगवद्गीतेबद्दल सांगितले. आधुनिक शिक्षण व्यवस्थेत विद्यार्थ्यांना अनेकदा प्रचंड दबाव आणि तणावाचा सामना करावा लागतो. भगवद्गीता तणावाचे व्यवस्थापन करण्यासाठी आणि मानसिक संतुलन साधण्यासाठी व्यावहारिक तंत्रे देते. हे अलिप्तपणाची कला, सजगता आणि जीवनातील आव्हानांमध्ये आंतरिक शांतता राखण्याचे महत्त्व शिकवते. असेही सांगितले. की योगाचे अनेक शारीरिक आणि मानसिक आरोग्य फायदे आहेत. ज्यात सुधारित मुद्रा, लवचिकता, सामर्थ्य, संतुलन आणि शरीर जागरूकता यांचा समावेश आहे.

भगवद्गीतेच्या साहाय्याने नैराश्य, चिंता आणि तणावावर मात करण्यासाठी आपण त्याची सुरुवात मी कोण, माझ्या जन्माचे कारण काय यासारख्या आध्यात्मिक शक्तीच्या प्रश्नांनी केली पाहिजे. सहभागींमध्ये परिस्थितीजन्य जागरूकतेची तीव्र भावना विकसित होईल, ज्यामुळे त्यांना संभाव्य धोके ओळखता येतील

आणि विविध वातावरणात जोखमीचे अधिक प्रभावीपणे मूल्यांकन करता येईल. प्रगतीशील प्रशिक्षण आणि कौशल्य विकासाद्वारे, सहभागींना त्यांच्या स्वतःचे संरक्षण करण्याच्या क्षमतेवर विश्वास निर्माण होईल. आणि धोकादायक परिस्थितींना ठामपणे प्रतिसाद दिला जाईल. सहभागींनी शारीरिक हल्ल्यांपासून प्रभावीपणे बचाव करण्यासाठी स्ट्राइक, ब्लॉक्ससह अनेक स्व-संरक्षण तंत्रे शिकून त्यांचा सराव केला. कार्यक्रम सहभागींना त्यांच्या वैयक्तिक सुरक्षिततेवर आणि कल्याणावर नियंत्रण ठेवण्यासाठी सक्षम बनवण्याचा प्रयत्न करतो. ज्यामुळे त्यांना अधिक आत्मविश्वासाने आणि स्वतंत्रपणे जगता येते. सर्व समितीच्या सदस्यांनी कार्यक्रम यशस्वी होण्यासाठी सहकार्य केले. सुत्रसंचालन डॉ. सपना गुटके यांनी केले. तर डॉ. पूनम बुधलानी यांनी औपचारिक आभार मानले.



स्वसंरक्षण प्रशिक्षण समापन कार्यक्रमाची झलक

Sumit

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