



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)

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Report

Committee Name: Women's Cell and Internal Complaint Committee

Title of the programme: Self Defence Training Program

Trainer: Sensei Sanjay Ingole, Chief Instructor & Technical Director National Shotokan Karate Association India, Nagpur.

Chief Guest of valedictory Function: Dr Vaishali Ashish Atloye

Guest of Honour of valedictory Function: Dr Snehal Bhoyar, Ayurvedacharya Nagpur

Coordinators: Ms. Neha Samundre and Dr Bharti Deshmukh

Date: 20th March 2024

Time: 10.00 am to 12.00 pm

Objectives:

1. To empower girl students with the knowledge, skills, and confidence necessary to protect themselves in potentially dangerous situations.
2. To equip participants with practical techniques and strategies to effectively defend against physical threats and to enhance their overall personal safety and security.
3. To develop awareness, assertiveness, and physical capabilities to mitigate risks and respond effectively to various forms of aggression or violence.
4. To promote self-reliance, resilience, and well-being among girl students, enabling them to navigate challenging situations with confidence and competence.

Highlights:

1. Sensei Sanjay Ingole the trainer for "Self Defence Training Program" taught girl students about various skills useful in self defence.
2. In training program the girl students participated and learned the skills and showed some defence skills during valedictory function.
3. Dr Vaishali Atloye, M.D. Ayurveda, Proprietor, Trisha Ayurveda Rughnayak, Nagpur addressed the students.
4. She talked about Shrimad Bhagavad Gita, "In the modern education system, students often face immense pressure and stress. The Bhagavad Gita offers practical techniques for managing stress and achieving mental equilibrium. It teaches the art of detachment, mindfulness, and the importance of maintaining inner calm amidst life's challenges."
5. She also talked that Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness.
6. To overcome depression, anxiety, and stress with the help of Bhagavad Gita we must start it with the spiritual power questions like who I, what is the reason of my birth.
7. Lastly, Dr Poonam Budhlani proposed formal vote of thanks.

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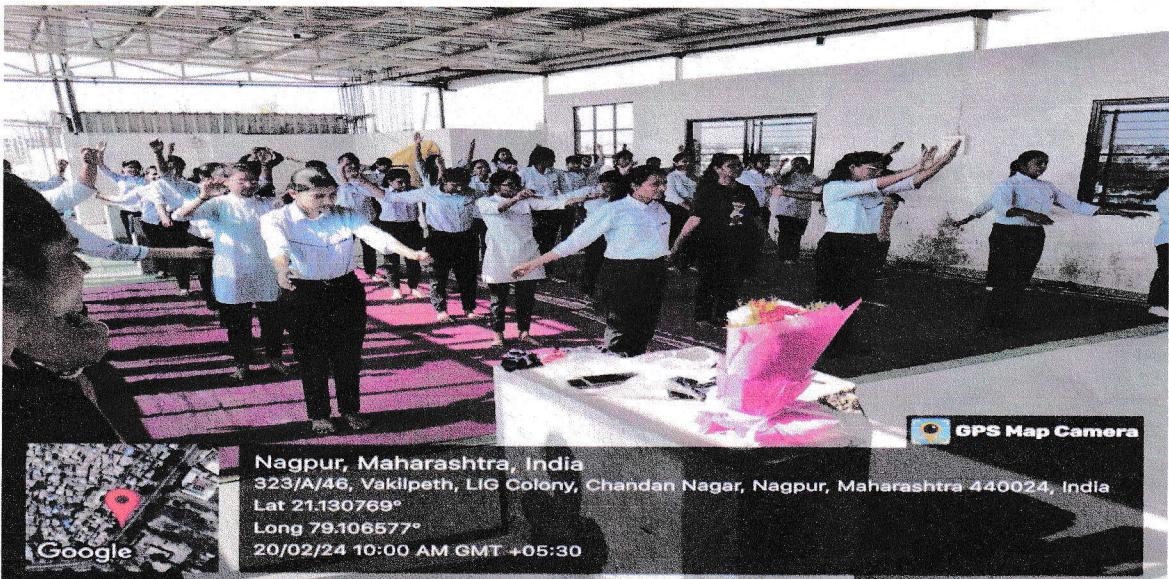
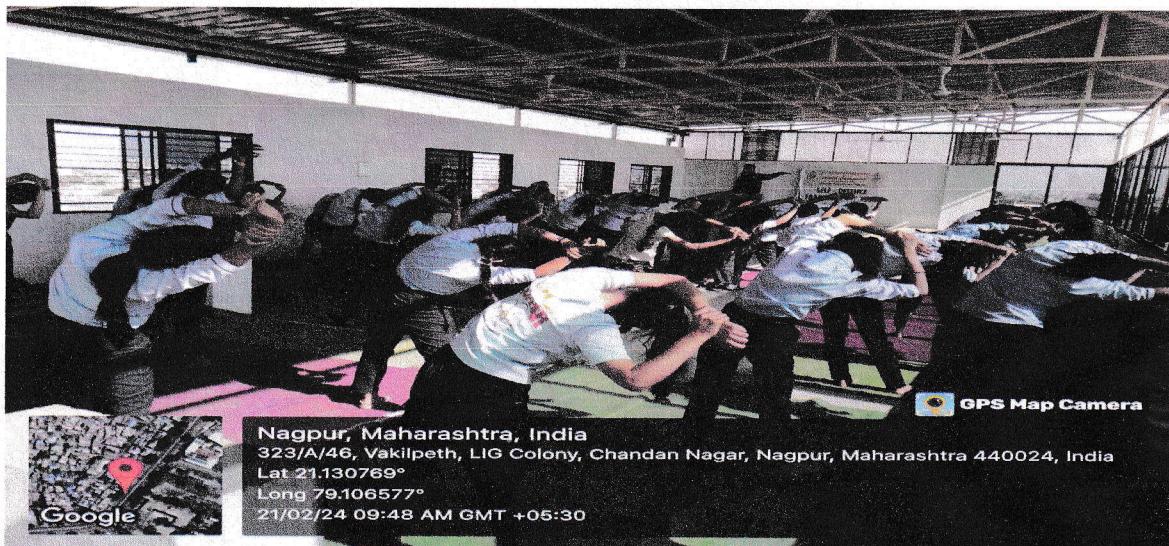
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Outcomes:

1. Participants would develop a heightened sense of situational awareness, enabling them to recognize potential threats and assess risks more effectively in various environments.
2. Through progressive training and skill development, participants would gain confidence in their ability to protect themselves and respond assertively to threatening situations.
3. Participants would learn and practice a range of self-defence techniques, including strikes, blocks to effectively defend against physical attacks.
4. The program seeks to empower participants to take control of their personal safety and well-being, allowing them to live more confidently and independently.

No. of Beneficiaries: 63

Glimpses of Program:



Students perform Self Defence Techniques

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Valedictory Function of Self Defence Training Program

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

Ms. Anamika Bhagat