Shram Sadhana Bombay Trust's
COLLEGE OF ENGINEERING AND TECHNOLOGY
BAMBHORI, POST BOX NO. 94, JALGAON – 425001. (M.S.)
Brief Report
One day Workshop for girls on "Self Defence"

Date and Venue / Location	:	09/10/2024, SSBT's COET, Bambhori, Jalgaon.
Aim / Purpose	:	Extension Activity for Women Empowerment
Objectives	:	• Self-Defiance awareness • To assimilate Self-defence technique
Participant's Profile	:	226 girls participant attended the sessions
Description about the Program	:	• On 09.10.2024, one day Workshop on **"Self-defence"** was jointly organized by SSBT's College of Engineering & Technology and KBC North Maharashtra University, Jalgaon • Grant Received from KBC, NMU : Rs.20,000/- • Mr.Rajendra M.Janjale demonstrated self-defense technique. • Captain Rajendra Rajput conducted counseling session. • Dr. Pavitra Patil, Management Council member, representative KBC NMU • Dr. Sunita S.Patil coordinated the event under IQAC

Glimpses

Program Report

Program : One-day Workshop " Counselling and demonstration on self-defence"

College/Institution/Name: SSBT's College of Engineering and Technology Bambhori, Jalgaon.

Sponsored by: Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon
Department of Lifelong Learning and Extension
Knowledge Expansion Program 2024-25

Date of the activity: 09 October 2024

Participants: College Students: 226 girls

Details:
KBC, North Maharashtra University Approval Letter No.KBC NMU /19/A.A.V.VV /V.Ka. /94 /2024 as per the e-letter SSBT. A one-day workshop on "Counselling and Demonstration on Self-Defence" was organized for rural and urban girls' students at SSBT's College of Engineering and Technology, Bambhori, Jalgaon.

The workshop was inaugurated by Shri. Rajendra M. Janjale (District Swayamsiddha Instructor, Government of Maharashtra) and Ashwini Pratap Nikam (Female Police Constable, Karate Instructor, Jalgaon) as the instructors. On this occasion, the Dr. G. K. Patnaik (Principal,SSBT's COET) Dr. Sunita Patil (Prgram Coordinator), Dr.S.A.Thakur (Chairman, Internal Quality Assurance Cell)and Smt. Meera Kulkarni (Chairperson, Womens Grievance Redressal Committee) were present.

In the morning session of the workshop, Shri. Rajendra M. Janjale (District Swayamsiddha Instructor, Government of Maharashtra) and Ashwini Pratap Nikam (Female Police Constable, Karate Instructor, Jalgaon) were present as the chief instructors. Both explained the importance of self-defence to the students and demonstrated various techniques required for self-defence.

The participants of the workshop participated enthusiastically in the training and also practiced it. While explaining the self-defence techniques, the students' were also taught about the importance of proper coordination, physical strength and timely reaction.

Captain Dr. Rajendra Rajput (Associate NCC, Officer, Dhanaji Nana Mahavidyalaya, Faizpur) was invited for the afternoon session. Dr. Pavitra Devidas Patil was present as the KBC NMU representative. Captain Dr. Rajendra Rajput guided the students on how to remain alert and fearless. The trainer explained the importance of defence skills to the participants and guided them in depth on the techniques. The examples and guidance made the participants more alert and confident.
The trainers also introduced mental techniques aimed at building self-confidence and boosting morale. The core message of the workshop emphasized that such sessions empower women, enhancing their confidence and equipping them to handle any situation effectively.

Dr. G. K. Patnaik, Principal of the College, attended the concluding session and expressed gratitude to the trainers. He also assured the participants that similar workshops would be organized in the future.

The participants responded positively to the programme, expressing increased confidence after learning self-defence techniques and becoming more conscious of personal safety.

Overall, the self-defence workshop was a success, providing valuable skills and empowering all participants to better protect themselves.

Dr. Sunita S.Patil
Programme Coordinator