

A REPORT

On

Shri.Yashwantrao Bhonsale Education Society's

Yashwantrao Bhonsale College of Pharmacy

College Women Development Cell

Organised

3 Days Workshop on Self defence Techniques



Shri.Yashwantrao Bhonsale Education Society
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A report on Self Defence technique Camp

Own safety has become a part of women life in now a days at utmost important level . Courage ,bravery these kind of emotions should be nurtured in mind first. The bravery should be generated first in the brain automatically it gets transmitted in the action.

The budding pharmacists girls will need to work for late hours , need to travel by different routes for their bread and butter as well as further education through different citites where pampering wont be provided in a future life. As they grow different responsibilities will be headed by the girls . Accident never happens with prior intimation. We need to be prepared for the every accident in a life. Most of time accidents like acid attck , kidnapping , mishonour, honour killing wherein the body of the victim is the taeget to be destroyed or dihonored. But if the girl or lady is smart enough , brave enough can handle the situation properly and get rescue for herself .

With the aim to train minds of the budding lady pharmacist College women development cell of Yashwantrao Bhonsale College of Pharmacy Sawntwadi organised 3 days workshop on Self defence technique.

The session was organised on 13th,14th and 16th of December 2019 .

Session was inaugurated by auspicious hands of Honorable Sou. Sunetra Phatak Madam, Administrative Coordinator , Pricipal Dr.Vijay Jagtap Sir, Censui Mr.Jadhav sir , Akido Teacher Mr.Pandit Sir by lamp lightening . All the dignitaries were welcome by offering bouquet of flowers.

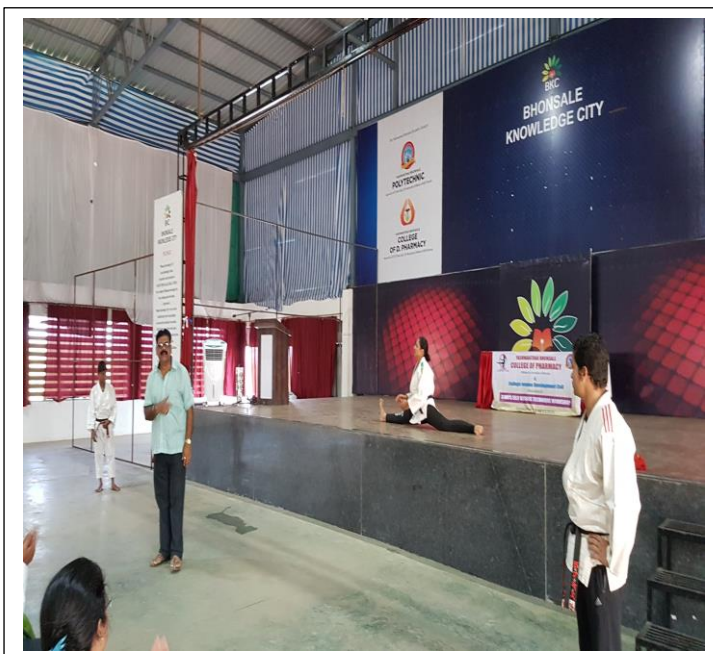


In the welcome speech Dr. Vijay Jagtap sir highlighted importance of self defence and quick decision making power. These two things if the person has never fails n the life or any drastic condition .

Honorable censui Mr.JAdhav, AKIDO teacher Mr. Pandit both were falicitated by shawl, Shreefal ,bouquet of flowers nd memento as a token of respect. CWDC Convener Ms.Rashmi Mahabal introduced Censui Mr.Jadhav and his team's contribution towards nation building .



Mr.Jadhav has stated this akido institute 40 years back in Sawantwadi. He is trainer and have successfully upgraded upto 3rd level of black belt . He is giving training to different age group for JUDO, KARATE, TAIQUONDO , AKIDO. He has conducted more than 350 self defence cam specially for the women. He is also a certified trainer for Police reriutment , Army and Naval recruitments.



Chief Guest Sou. Sunetra Phatak Madam also highlighted importance of self defence technique with examples of Birbals story . She expressed her best wishes to the students.

Further the session was handed over to Mr.Jadhav . He showed some practical session with his team such as split, continuous jumping ,some athletic tricks to create awareness about flexibility of the body.

Futher with the help of team members Ms.Vaishnavi Rasam and Mr.Pandit Censui Mr.Jadhav explained simple tricks where any attack by any strong person can be arrested with simple things like duppatta,

belt, Ball point pen hair pin , safety pin , bag bottle etc.

He further continued with some factual stories of his experiences.

At the end he answered to the queries raised by budding pharmacists

Q. 1. How can very weak girl or simple girl can protect herself from attack in bus travel by State government bus.

Q.2. How one should protect from abuse during the travel in bus or train?

Answer: They can use pins or safety pins .

The sessions were devided for the sake of easness for travelling localite girls into two session .

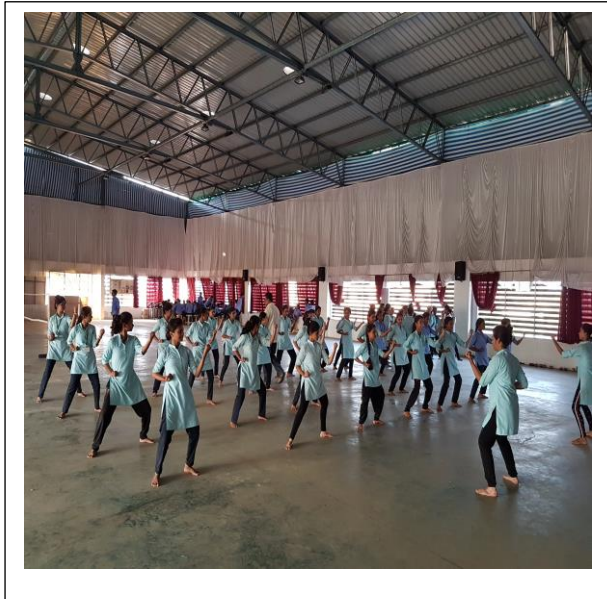
Morning session from 9.00 to 9.45 AM for hostelite girls

Evening session From 4.00 to 5.00 PM for hostelite girls .

Total 69 girls were enrolled for morning session and 52 girls were participated in evening session enthusiastically . Mr.Pandit , Ms. Vaishnavi Rasam, Mr.Tanmay Sawant strted with morning session of 14th December 2019 . in this session basic warm up , some additional tricks and punches were taught and practiced by students. Along with this some basic emergency atikates for the accidental cases like terrorist attack, bomb attack , earthquack, fire catching of building which can save many life with single act were also demonstrated and practiced by learners.

Day 2nd 14.12.2019





Day 3 : 16:12: 2019



The camp was concluded by valedictory function on 17th December 2019. For the same we were pleased to have Hon. President of BKC Advocate Mrs. Asmita Sawant Bhonsale Madam as Chief guest along with Mrs. Mrunalini Kashalikar Madam, Founder Member, Innerwheel NGO Majgaon as a guest of Honour.

Valedictory session was inaugurated by auspicious hands of Mrs. Asmita Sawant Bhonsale Madam, Mrs. Mrunalini Kashalikar Madam along with Dr. Vijay Jagtap Sir, Principal Yashwantrao Bhonsale College of Pharmacy by lamp lightening. At the same platform Ms. Viashnavi Rasam, Student and trainer of the self defence camp was felicitated.

Mrs. Mrunalini Kashalikar as a guest of honour expressed her view towards the defence camp and overall logic for being defended. She intensively expressed her heartfelt blessing towards Ms. Vaishnavi Rasam.

The session was concluded Vote of Thanks presented by Ms.Rashmi H Mahabal Convener ,CWDC . Anchoring of the session was conducted by Ms.Preetam Palkar .



Publicity with Facebook page of YBCP on 13th to 17th December 2019

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Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, Dist: Sindhudurg, MH added an event

7 December 2019

FRI, 13 DEC 2019

Workshop on Self Defense for Girl Students 2019-20

Savantvadi

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14 December 2019 · 🌐

"There's only one basic principle of self-defense: you must apply the most effective weapon, as soon as possible, to the most vulnerable target." - Bruce Lee
Glimpse of YBCP organised "Workshop on Self Defence" for Girls Students



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Defence Workshop for BKC Girl Students" in association with Sindhudurg District Judo Karate Akido Association, Sawantwadi. (13th, 14th and 16th Dec. 2019)
Inauguration of the program was done in the presence of Ms.... See more



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Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, Dist: Sindhudurg, MH is feeling confident.

17 December 2019 · 🌐

Glimpse of valedictory function of 3 days "Self Defence Workshop for Girl Students" 16.12.2019

Hon. Chairman BKC Adv. Ms. Asmita Sawantbhonsale, Hon. Ms. Mrunalini Kashalikar, NGO - Innerwheel, Sawantwadi along with Principal Dr. Vijay A. Jagtap were present for valedictory function of 3 days "Self Defence Workshop for Girl Students" NGO Ms. Kashalikar emphasized importance of self defence since ancient time while students shared their workshop experience. Trainer cum YBCP ... See more

