








PRIMARY SELF DEFENCE TECHNIQUES

Name of activity : Primary Self Defence Techniques.
Date : 14th Dec 2022
Organized by : DLLE
Venue : Yashwantrao Bhonsale College of Pharmacy,
Sawantwadi.
Event co-ordinator : Ms. Sheetal S. Samant, Ms. Rashmi Mahabal.
Event advisor : Dr Vijay A Jagtap.




**YASHWANTRAO BHONSALE
COLLEGE OF PHARMACY, SAWANTWADI**




**DEPARTMENT OF
LIFELONG LEARNING AND
EXTENSION**


**PRIMARY SELF
DEFENCE TECHNIQUES**




Mr Omkar Sawant
Secretary General
Kudal Taluka Taekwondo Association



Dr. Vijay Jagtap
Principal of Yashwantrao Bhonsle
College Of Pharmacy




Mr. Vyankatesh Bakshi
Principal of Yashwantrao Bhonsle
International School









Rashmi Mahabal
UHV Coordinator

**WEDNESDAY, 14TH DECEMBER 2022
TIME- 10:30AM TO 12:00PM
VENUE- SEMINAR HALL**



YASHWANTRAO BHONSALE COLLEGE OF PHARMACY
Vazarwadi, Charathe, Tal. Sawantwadi. 416510. Dist. Sindhudurg. Maharashtra, India
Phone: (02363) 272233/ 272299, Email: ybpharmacy@gmail.com



FOLLOW US ON :  /sybespharmacy  /ybpharmacy  /ybpharmacy  /yashwantraobhonsalecop  /ybpharmacy

Objectives:

- 1) To educate the students about the different types of violence against them .
- 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- 3) To show case and give demo on different self defence techniques.

About the Program:

We all have heard about Self-defense since we were children, and living in this brutal world of the 21st century where no one is completely safe, it comes as a responsibility that it is only us who can protect us. If we see the basic definition, it is protecting oneself from any external harm by defending the opponent. Self – defense use is under legal jurisdictions called as the “right to self – defense”. In today’s world, it is very important to know to protect yourself.

On this accounts, we the students of Yashwantrao Bhonsale College of pharmacy decided to conduct a seminar on primary self defence techniques for students of 3rd year B Pharmacy along with the students of class 8th Yashwantrao Bhonsale International School.

Before conducting the program we took the permission of respected Dr. Vijay A. Jagtap sir (Principal of Yashwantrao Bhonsale College of pharmacy) and the permission was granted. Thereafter we took the permission of Mr. Vyankatesh Bakshi sir (Principal of Yashwantrao Bhonsale International School) to allow std 8th students to attend the seminar and the permission was granted.

The event was conducted in collaboration with 3rd year UHV group students with the permission of Ms. Rashmi Mahabal maam (UHV coordinator).

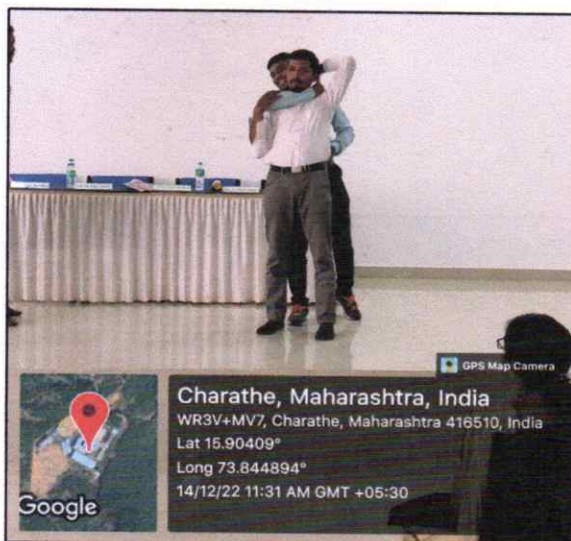
The program was conducted under the guidance of Ms. Rashmi Mahabal ma’am (UHV coordinator) and Ms. Sheetal Samant ma’am (Extension teacher).

We have asked **Secretary General of Kudal Taluka Taekwondo Association Mr. Omkar Sawant** sir to provide his guidance to the students and teach them different self defence techniques. The event began with the felicitation ceremony of the guest. The Principal of YBCP and YBIS addressed the event thereafter the further event was continued by the Mr. Omkar Sawant sir. Different students from the audience were called upon the stage and defence techniques were practically shown. All students were benefited by this program.

Every group member has actively participated in the activity. College officials were happy with our activity.

We are very thankful to our respected Dr. Vijay A. Jagtap sir (Principal of Yashwantrao Bhonsale College of pharmacy) and Mr. Vyankatesh Bakshi sir (Principal of Yashwantrao Bhonsale International School), faculty staff ,DLLE group members, UHV group members, students of 3rd year B. Pharmacy and class 8th students of YBIS for kindly cooperating and making this event successful.

Glimpse of the event:



Report prepared and approved by :

Sheetal
01/04/2023

Ms. Sheetal S. Samant
Event Coordinator

Dr Rohan K Barse
4/4/23

Dr Rohan K Barse
Spandan Club

Dr Vijay A Jagtap
Head Convener



DTE CODE 3480
MSBTE CODE 1878
UNIVERSITY CODE 1027

Bhonsale Knowledge City,
Bldg. 2, Charathe, Vazarwadi
Tal. Sawantwadi
Dist. Sindhudurg, 416510
Maharashtra, India

Phone : 02363 : 272299/272233

email : ybpharmacy@gmail.com

www.sybespharmacy.com

Mrs. Adv. Asmita A. Sawantbhonsale
Chairman

Mr. Achyut K. Sawantbhonsale
Executive Chairman

Mr. Sanjeev I. Desai
Secretary

Dr. Vijay A. Jagtap
M.Pharm, Ph.D.
Principal

SHRI YASHWANTRAO BHONSALE EDUCATION SOCIETY'S
**YASHWANTRAO BHONSALE
COLLEGE OF PHARMACY**

B. PHARMACY · D. PHARMACY · M. PHARMACY

Approved by AICTE, PCI New Delhi, Govt of Maharashtra,
DTE & Affiliated to Mumbai University (M.Pharm & B. Pharm) & MSBTE (D.Pharm)

Accredited by NAAC with B⁺ Grade

YBCP/B.PHARM/2022-23/286A

Date:14/12/2022

To,

Mr.Omkar Sawant

Sindhuratna Sports Academy

Taekwondo association of sindhudurg

Sindhudurg

Sub: Thanking Letter.

Respected sir,

We, on behalf of Yashwantrao Bhonsale College of Pharmacy, Sawantwadi would like to thank you for assisting our students in organizing seminar on "PRIMARY SELF DEFENSE TECHNIQUES" on wednesday 14/12/2022.

Thankyou for co-ordinating with our students.

Expecting the co-operation for future activities also.

Thank You.



Yours sincerely,

Dr. Vijay A. Jagtap

Principal
PRINCIPAL

Yashwantrao Bhonsale
College of Pharmacy

FOLLOW US ON

/sybespharmacy

/yashwantraobhonsalecop

/ybpharmacy

/ybpharmacy

/ybpharmacy