



KALEIDOSCOPE

Date: 13/07/2023 to 15/07/2023

Venue: Seminar Hall Yashwantrao Bhosale College of Pharmacy Sawantwadi

Targeted Audience: BKC women staff and Ty and Final Year B Pharm girl students



CWDC

COLLEGE WOMEN DEVELOPMENT CELL

**YASHWANTRAO BHONSALE
COLLEGE OF PHARMACY, SAWANTWADI**

Charathe - Vazarwadi, Tal: Sawantwadi, Dist.: Sindhudurg, Maharashtra- 416 510

in collaboration with

**District Women &
Child Development office, Sindhudurg**

Organizes

**Rajmata Jijau Women Self
Defense Training
03 Days Training Workshop**

13-15 July 2023

Ms. Rashmi Mahabal
Convener CWDC

Mrs. Arpita Watave
DWCD. Coordinator

Dr. Vijay Jagtap
Principal



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Objectives:

1. To aware the budding pharmacist about need of self defense concept .
2. To inspire the girl students to develop self defense skill
3. To imbibe cyber security concept
4. To develop sense of alert, aware and awake others

About the Program:

On the occasion of the 350th Anniversary of Chhatrapati Shivaji Maharaj Raj Abhishek day Government of Maharashtra initiatively designed 03 days training workshop through Maharashtra State Board of Skills , Vocational Education and executed by Women and Children Development Cell at taluka level . Yashwantrao Bhosale College of Pharmacy initiatively participated for the same as its need of time for female student and staff members.

On the first day 13/7/2023 ,program began with welcoming of guests and lamp lightening . Dr. Jagtap Sir presented welcome address and objective. Mrs.Namita Parab ,counsellor at Special cell for women and child Sawantwadi shared real stories in her carrier and aware students and staff related domestic violence and effect on children . As well she shared how one behaviour should be when such a cases are happening around. How a third party complaints can be filed. In next session Mr.Amit Gote ,PSI Sawantwadi aware all how simple things which if not aware about could be dangerous while handling all internet websites ,social media and other platforms . He advised students to avoid use of social media As far as possible. Mr.Nitin Bandekar Marcel Art Trainer highlighted importance of self defence in drastic situation

On the second day 14th July some basic warm ups and traditional self defense techniques were taught by Nitin Bandekar ad team and same were practised by students .On third day 15th July some advanced techniques were practiced]and previous techniques were revised and practiced. The program is well anchored by Gauri Bhivshet and coordinated, Ms. Rashmi Mahabal ma'am.



Address note by Mrs.Namita Parab madam ,Mr.Amit Gote sir



Girl students of B.Pharmacy present for the session



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Lamp lightening and garlanding to Legendary Late Savitribai Phule photo of dignitaries



Felicitation of guest

GLIMSES OF DAY 1



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Day 2 :Basic warm up and self defense techniques



Day 3:Practice session of self defense

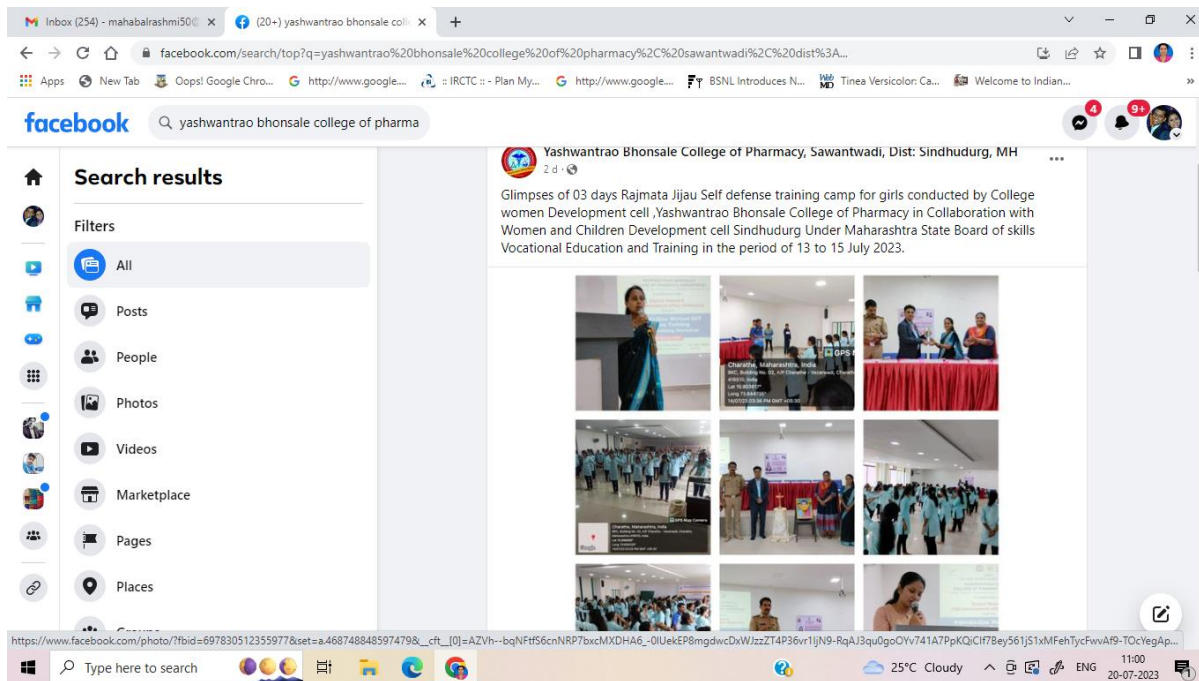


| Sr. No. | Participant category | Number of participants |
|---------|----------------------|------------------------|
| 1. | Guest | 07 |
| 2. | teaching staff | 10 |
| 3. | Girl students | 108 |
| 4. | | |
| Total | | 125 |

PO attained are:

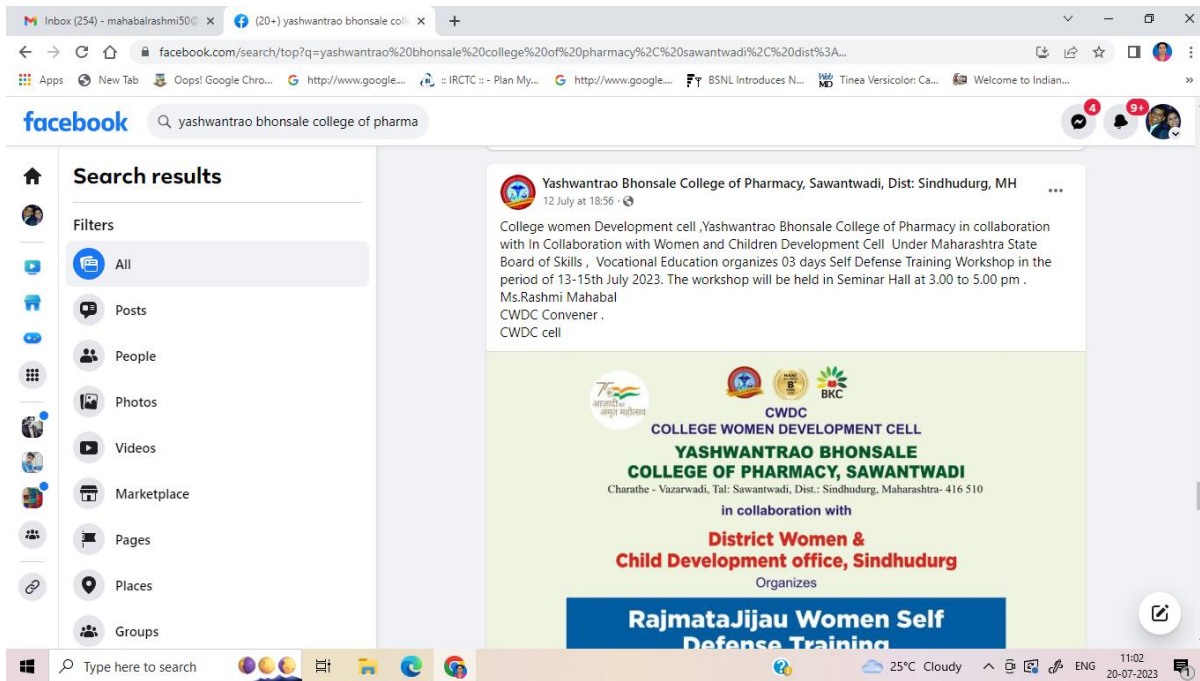
1. Leadership skill
2. Planning Abilities
3. Communication
4. Ethics
10. lifelong learning

Social media Updates :





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Name and Sign of Event Coordinator

Name and Sign of Principal

Name and Sign of SPANDAN Club Head