



KALYANI CHARITABLE TRUST'S
LATE G. N. SAPKAL COLLEGE OF ENGINEERING

Kalyani Hills, Anjaneri-Vadholi, Trimbakeshwar Road, Dist: Nashik – 422 212 (India)

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(Affiliated to University of Pune Approved by AICTE, New Delhi, and Govt. Of Maharashtra)



Date: 08/01/2020

Notice

National Service Scheme

All the NSS Volunteers and other student volunteers are hereby informed that NSS Unit is organizing Self-Defense and Personal Hygiene for *Kachurli Ashram* school girls at *Kachurli Village*, Trimbakeshwar.

The activity includes the awareness of the personal hygiene and self-defense techniques in case of emergency for school going girls.

For any query or details contact your respective NSS department coordinators.

Date :13/01/2020

Venue: *Kachurli Village*, Trimbakeshwar.

Time: 01:00 PM – 03:00 PM

Prof. Kale K. W.

NSS Program Officer



Dr. S. B. Bagal

Principal

Prof.(Dr.) Sahebrao B. Bagal
Principal

Late G. N. Sapkal College of Engineering
Anjaneri, Nashik-422 213.



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PROGRAM REPORT

Title of the Program: NSS Special Camp - Session on Self-Defence and Personal Hygiene for School Girls

Date(s): From 13/01/2020 **Duration:** 01 day

Venue: Kachurli Village, Tal. Trimbakeshwar, Dist. Nashik

Details of Participants: 51

Name of the Contact Person: Mr. S. S. Dhum, Gramsevak, Kachurli Village, Tal. Trimbakeshwar, Dist. Nashik.

Introduction

National Service Scheme (NSS) special camp conducted by the NSS unit of KCT's Late G. N. Sapkal College of Engineering at Village Kachurli, in Trimbakeshwar Taluka. During this camp, NSS volunteers organized and conducted a special session on Self-Defense and Personal Hygiene for school girls of MVP's Kachurli Ashram School in Kachurli village.

Objective:

The primary objective of this session was to empower and educate school girls on self-defense techniques and personal hygiene practices. It aimed to enhance their self-confidence, physical fitness, and awareness about personal health and hygiene.

Activities Undertaken:

- 1. Planning and Preparation:** Prior to the session, our NSS volunteers meticulously planned the content, activities, and logistics required for an effective and engaging session.
- 2. Selection of NSS Girl Volunteers:** Given the sensitivity of the subject and the need for reliability, NSS girl volunteers took the lead in conducting this session.
- 3. Coordination with Kachurli Ashram School:** We established a collaborative partnership with MVP's Kachurli Ashram School to ensure the participation of school girls and provide them with a conducive environment for learning.
- 4. Self-Defence Workshop:** The session commenced by our NSS Girls instructors demonstrated practical self-defence techniques, including physical manoeuvres and mental strategies to protect themselves in challenging situations.
- 5. Interactive Discussions:** After the demonstration, an interactive discussion was held to address questions and concerns of the school girls. They were encouraged to share their experiences and thoughts.



6. **Personal Hygiene Workshop:** Following the self-defence workshop, the session focused on personal hygiene. Volunteers educated the girls about the importance of cleanliness, regular hand washing, and maintaining personal hygiene to prevent diseases.

7. **Hands-On Activities:** Practical demonstrations, hands-on activities, and visual aids were used to engage the girls and reinforce the concepts discussed.

8. **Q&A Session:** The session concluded with a question-and-answer segment where the school girls had the opportunity to seek clarification on any doubts or queries.

Outcomes:

The special session on Self-Defence and Personal Hygiene for school girls during the NSS special camp resulted in several positive outcomes:

1. **Empowerment:** The girls gained practical knowledge of self-defence techniques, contributing to increased self-confidence and a sense of empowerment.

2. **Awareness:** The session raised awareness about personal hygiene practices, which is vital for their well-being and health.

3. **Positive Engagement:** The interactive nature of the session fostered open discussions, allowing the girls to share their thoughts and concerns.

4. **Community Building:** The collaboration with MVP's Kachurli Ashram School strengthened community ties and demonstrated the value of educational institutions working together.

Conclusion:

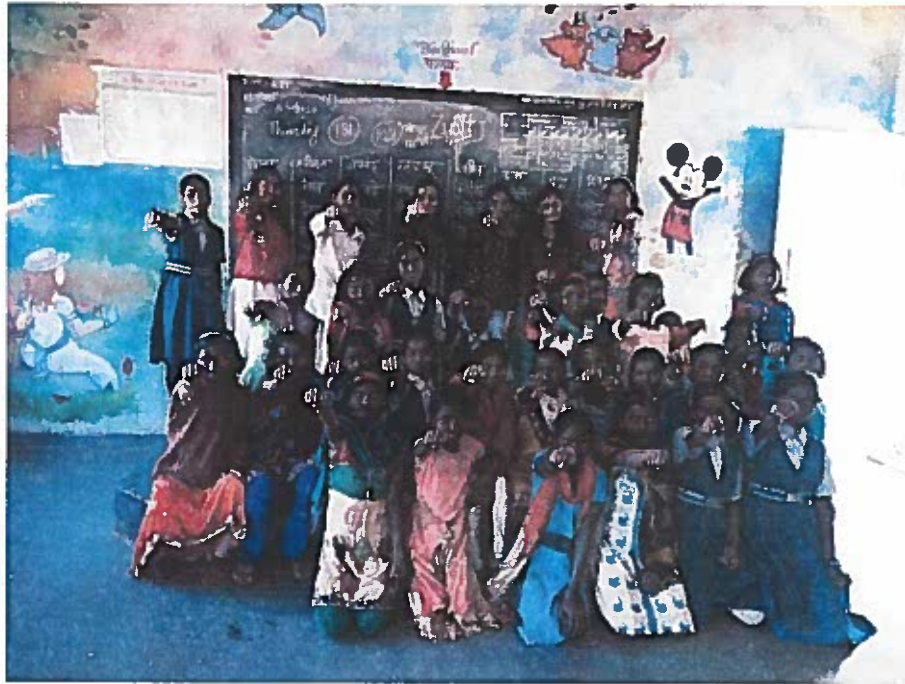
The special session on Self-Defence and Personal Hygiene for school girls was a meaningful and impactful initiative during the NSS special camp. The knowledge and skills imparted to the girls will not only enhance their safety and well-being but also empower them to make informed choices in their lives.

We express our appreciation for your continued support and guidance throughout the camp, and we look forward to your ongoing support for similar initiatives in the future.

Photographs of the event



NSS Volunteers demonstrating self defence technique




NSS girls volunteers with school girls - a positive engagement



NSS Volunteers making girls students aware about personal hygiene


Prof. K. W. Kale
NSS PO




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Kalyani Charitable Trust's
Late G. N. Sapkal College of Engineering
Attendance Sheet

Name of Activity- self defence & personal hygiene Date - 13/01/2020

Sr. No.	Name of the student	Year	Branch
1	BORASE ARATI ASHOK	TE	B.E. (Civil)
2	KHOSE RUTUJA SANJAY	TE	B.E. (Civil)
3	KAPSE ISHWAR MADHAV	TE	B.E. (Civil)
4	KALE SHRINIWAS ARVIND	TE	B.E. (Civil)
5	NAGARE KIRAN KISAN	TE	B.E. (Computer)
6	GANGURDE YOGITA CHHAGAN	TE	B.E. (Computer)
7	MORE HARSHADA RAJESH	TE	B.E. (Computer)
8	KUMBHAR SHUBHAM SHRIMANTH	TE	B.E. (Computer)
9	PANDEY SARDENDU SATYANARYAN	TE	B.E. (Computer)
10	NAGARE AKSHADA NBERUTTI	TE	B.E. (E&TC)
11	CHAMPANERKAR KAUSTUBH SHRIKANT	TE	B.E. (E&TC)
12	THORAT CHETAN BALKRISHNA	TE	B.E. (E&TC)
13	GANGURDE SACHIN EKNATH	TE	B.E. (Mechanical)
14	GADEKAR PRASHANT VAMAN	TE	B.E. (Mechanical)
15	BHAWALE DHIRAJ SUNIL	TE	B.E. (Mechanical)
16	SANDESH KHANDERAO TATHE	TE	B.E. (Mechanical)
17	KOLHE ATUL MOTHABHAU	TE	B.E. (Mechanical)
18	SHWETA RATILAL PATIL	TE	B.E. (Computer)
19	MARKANDE RUTUJA SHARAD	TE	B.E. (Computer)
20	NIKAM RUTUJA SANJAY	TE	B.E. (Computer)
21	PAWAR PANKAJ KASHINATH	TE	B.E. (Mechanical)
22	SHRIKANT VJAY SHIRSATH	TE	B.E. (Computer)
23	KANGANE AKASH MADHUSUDAN	TE	B.E. (Mechanical)
24	MAHAJAN NIKHIL	TE	B.E. (Computer)
25	THOMBARE AKSHAY ANIL	TE	B.E. (E&TC)
26	GHUGE KIRTI SHREERANG	BE	B.E. (Civil)
27	PATIL ADITI AVINASH	TE	B.E. (Computer)
28	JANGLE ROHAN YOGESH	TE	B.E. (Computer)
29	FULPAGAR SAURABH JAGANNATH	TE	B.E. (Computer)
30	PAGAR MONALI JAYWANT	TE	B.E. (Computer)
31	BHAMRE JAGRUTI NITIN	TE	B.E. (Computer)
32	BHOKNAL GAYATRI DATTATRAY	TE	B.E. (Computer)
33	GUNJAL NILIMA RAMRAO	TE	B.E. (Computer)
34	KALE GAULAN PRAKASH	TE	B.E. (Computer)
35	NEHATE MANASI RAVINDRA	TE	B.E. (Computer)
36	PATIL SHRUTIKA VITTHAL	TE	B.E. (Computer)
37	PABALE SHWETA NAGESH	TE	B.E. (Computer)
38	MANDEKAR KALYANI SUBHASH	BE	B.E. (Electrical)
39	GODSE RUSHABH DIIVANESHWAR	BE	B.E. (Electrical)
40	THAKARE SWAPNIL BHARAT	BE	B.E. (Electrical)
41	MUNDHE KAMINI SAKHAHARI	TE	B.E. (E&TC)
42	WALKE ANUSHKA RAMESH	TE	B.E. (E&TC)
43	BORADE SNEHAL MADHAV	TE	B.E. (E&TC)
44	MAINYAR ALTAMASH RIYAJ	BE	B.E. (Mechanical)
45	KHAIRNAR MOHIT HANSRAJ	BE	B.E. (Mechanical)
46	PACHORKAR TUSHAR SADASHBE	TE	B.E. (Mechanical)
47	PATEL DEEP MOHAN	TE	B.E. (Mechanical)
48	WAGH ROHIT RAJENDRA	TE	B.E. (Mechanical)
49	SHINDE SURAJ BALU	TE	B.E. (Mechanical)
50	WAGH POOJA JAGDISH	TE	B.E. (Mechanical)
51	MEKHE YOGESH SAHAIY	TE	B.E. (Mechanical)

K. W. Kale
Prof. K. W. Kale
NSS-PO



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