

PROGRAM REPORT

Title of the Program: Self - Defence Training Programme

Number of Day : 1 day

Date of Conduction : 22/02/2024

Venue: Main Building, Seminar Hall, LGNSCOE

Number of Female Participants: 89

Program Objectives:

1. To educate the girl students about the different types of violence against them.
2. To make girls able to defend against physical assault.
3. To build self-confidence and physical skill.

Name of the Resource Person(s): Ms. Punam Tanaji Ghuge (President, Swayyam Sidhha Association, Nashik and State Level Self-Defence Master Trainer)

Description / Explanation of the Program:

The need and importance of self-defense and its changing nature in today's era, it is necessary for every woman to protect herself in times of crisis. For this, women need to be physically and mentally strong and capable. Keeping in mind these objectives, the Department of Civil Engineering, in association with the **Civil Engineering Students Association (CESA)** organized a “**Self-Defense Training Program**” in the college under “**Nirbhay Kanya Yojana**” (SPPU) for all girls and female staff in the seminar hall.

In the beginning of the program, Prof. (Dr.) S.B. Bagal, Principal, LGNSCOE, welcomed Ms. Poonam Ghuge. Also, Prof. S. R. Baji welcomed the Principal, Prof. (Dr.) K. A. Salunke, Head, Department of Civil Engineering, LGNSCOE.

Guest Speaker Ms. Poonam Ghuge explained how important it is for all girls to learn self-defense training by demonstrating some examples. She also expressed that, in any case, girls and women should undergo this training. Ms. Poonam Ghuge and her two assistants taught self-defence lessons to the students. The demonstration was done by the students in groups. She taught the students some simple techniques that are effective to use during an attack. The

students who participated in the program were motivated to participate in such programs by receiving certificates.

The vote of thanks was delivered by Prof. M. Z. Khairnar, Program Coordinator, Assistant Professor, Department of Civil Engineering. The program concluded with the national anthem.

Photographs:



Ms. Punam Ghuge addressing the audience



Principal Dr. S. B. Bagal welcomed Ms. Punam Tanaji Ghuge



Prof. S. R. Baji, SDO felicitating the Principal Sir



Ms. Poonam Ghuge and her assistant demonstrating self-defense techniques



Ms. Poonam Ghuge and girl student demonstrating self-defense techniques



Students and female staff performing self-defense techniques



Ms. Poonam Ghuge presenting the certificate to the student





Ms. Poonam Ghuge presenting the certificate to the student



Participating Girls student and female staff with Ms. Poonam Ghuge