



## “A Women’s Self Defence Camp”

“A Women’s Self Defence Camp” programme aimed at creating awareness among all the graduate girl students (125). The self-defence techniques was organized on Friday i.e., 28-03-2025 in Seminar Hall of the college Late Rajkamalji Bharti Seminar Hall , under the auspices of GIST Internal Complaint Committee (ICC).

### Objectives of the program

1. Empowerment through Self-Defence: To equip female students with the necessary skills to protect themselves in various situations.
2. Building Confidence: To foster a sense of confidence and independence among the students.
3. Awareness and Prevention: To raise awareness about personal safety and preventive measures against potential threats.

### Events highlight

- Inaugural Session: The program commenced with an inaugural session where the Principal Dr N.A.Pistulkar as the President , Dr. SV Wankhade Director as the chief guest ,Dr P.J Awate ,Head IQAC as the guest of honour Mrs Babita Zaveri as the Trainer & Dr Rupali Tekade convenor of the women's cell addressed the gathering. Respected Principal sir in his speech emphasized the importance of self-defence training in today's world and encouraged the students to make the most of this opportunity. Dr S.V Wankhade sir gave the best wishes for the workshop and also told how girls should protect themselves.
- Training Session: Karate Black Belt Champion and three time international level gold medal winner addressed the girl students **Mrs Babita Zaveri Principal Cambridge International School Arni**.She said that girls were faced with many complex challenges in the present day society, with atrocities and violent against women being on the raise. She urged the girl students to be on the alert always and take care of their physical fitness by consuming nutritious food and cultivating healthy habits and regular physical exercise regimen. She captivated the audience by demonstrating several Karate and Marshall Arts techniques as part of self-defence. The instructors demonstrated various self-defence techniques, including basic strikes, blocks, and escape maneuvers. The session was interactive, allowing students to practice these techniques under the guidance of the instructors.
- Interactive Q&A: After the training session, an interactive question-and-answer segment was held. Students actively participated, asking questions related to personal safety, situational awareness, and practical applications of the techniques learned.
- Feedback and Testimonials: The program concluded with students sharing their feedback and experiences. Many expressed their gratitude for the invaluable skills they acquired and suggested more such workshops in the future.

The overall programme was conducted by Prof. Supriya Dhakulkar and the vote of thanks was presented by Dr Rupali Tekade. The program witnessed the enthusiastic participation of 125 girls as well as boys students, eager to learn essential self-Defence techniques.







## स्व. राजकमल भारती महाविद्यालयात स्वयंरक्षण प्रशिक्षण : बबीता जवेरी यांचे प्रभावी मार्गदर्शन



प्रशिक्षकमुंश्व (आर्णा, ता. प्र.)

### जनमाध्यम प्रतिनिधी

आर्णा : स्व. राजकमलजी भारती कला, वाणिज्य व श्रीमती सुशीलवाई भारती विज्ञान महाविद्यालयात महिला कक्षाच्या वर्तीने विद्यार्थिनीसाठी स्वयंरक्षण प्रशिक्षण कार्यक्रमाचे आयोजन करण्यात आले. या कार्यक्रमाच्या अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. एन. ए. पिस्तूलकर होते. प्रमुख अतिथी म्हणून डॉ. एस. व्ही. वानखडे उपस्थित होते. कायर्क्रमाचे आयोजन महिला कक्षाच्या अध्यक्ष डॉ. रुपाली टेकाडे यांच्या मार्गदर्शनाखाली करण्यात आले.

कार्यक्रमाचे विशेष आकर्षण म्हणजे के. के. केब्रिज इंटर्स्नॅशनल स्कूलच्या प्राचार्या बबीता जवेरी यांचे प्रेरणादारी आणि प्रभावी मार्गदर्शन. यांनी विद्यार्थिनींना आत्मविश्वास, थेर्य आणि

प्रतिकूल परिस्थितीत स्वतःचे रक्षण करणे करावे. यावाबत अल्यंत उपस्थित आणि प्रेरणादारी सूचना दिल्या. त्यांच्या सादरीकरणात प्रत्यक्ष प्रात्यक्षिकांमधून परिस्थितीजन्य निर्णय क्षमता कशी विकसित करावी यावरही भर देण्यात आला. डॉ. रुपाली टेकाडे यांनी कार्यक्रमाच्या उद्देशावर प्रकाश टाकला तर प्रमुख अतिथी डॉ. वानखडे यांनी महिलांनी स्वतःभृत्ये असलेल्या सामृद्ध्याची जापीव ठेवून सक्षम बनण्याचे आवाहन केले. कायर्क्रमाचे संचालन प्रा. सुप्रिया शाकूलकर यांनी केले तर डॉ. मरीषा शीरसगर यांनी उपस्थितांचे आभार मानले व बबीता जवेरी यांच्या मार्गदर्शनबद्दल विशेष कृतज्ञता व्यक्त तेली. कायर्क्रमात महाविद्यालयातील अनेक प्राध्यापक, शिक्षकेतर कर्मचारी तसेच मोठ्या संख्येने विद्यार्थिनींनी उत्समृद्ध प्रतिरोद दिला.