



Rayat Shikshan Sanstha's
Chandrabai-Shantappa Shendure College, Hupari
Department of Sociology, Women Empowerment Cell and IQAC
Jointly organized



Self-Defense Workshop
REPORT

Date- 30/12/2025

On the occasion of Savitribai Phule Jayanti, Department of sociology, Women Empowerment Cell and IQAC Jointly organized organized *Nari Shakti Jagruti* Week. As a part of this week, Self-Defense Workshop was conducted for college girls on 30th December 2025. The objective of the workshop was empowering them with essential self-protection skills and enhancing their confidence and awareness regarding personal safety.

The training camp witnessed enthusiastic participation of **112** girl students. The session was conducted by Dr. Sandeep Patil (Martial Arts Instructor). During the training, students were taught basic self-defense techniques, situational awareness, reflex actions, and methods to protect themselves in threatening situations through live demonstrations and practice sessions.

This workshop inaugurated by with auspicious presence of Hon'ble I/C Principle Prof. (Dr.) Shinde A.C., Vice Principal Dr. Jadhav , and IQAC Coordinator Tulsikatti D.C. and staff member. The planning of Workshop was created by under able guidance of Dr. Kannade M.K., Dr. Gheji V.K., Mr. Gavade A.T.

Outcomes:

- To create awareness among girl students about self-defense and personal safety.
- To equip students with basic self-defense techniques for emergency situations.
- To build self-confidence, alertness and mental strength among girl students.


Beneficiaries:

112

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