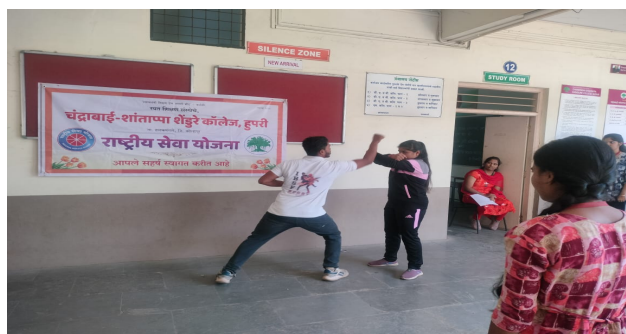


Rayat Shikshan Sanstha's
Chandrabai-Shantappa Shendure College, Hupari
Activity Report

- **Name of the Activity** : Self Defence Program
- **Department** : National Service Scheme
- **Date** : 21st March 2025
- **Venue** : Chandrabai-Shantappa Shendure College, Hupari
- **Aims/Objectives** :
 1. To aware girl students for “Self Defence”.
 2. To improve “Self Defence Skills in Girls Students”.
- **Nature of the Activity** :

The Department of National Service Scheme organized Self defence program on the occasion of ‘World Women Day’ on 21st March 2025. The Trainer of the program Hon. Shri. Umesh Chougule (Kolhapur) & Alumni of college Miss. Pratiksha Jadhav trained & taught some self defence techniques to girls like, Aerobics, Kicks, Taichung Pam, Block. The Presidential address is given by Hon. I/C Prin. Prof. Dr. V. V. Padalkar. The program has been conducted by Program Officer Prof. Dr. Smt. S. J. Mane & Dr. A. C. Shinde. All the girl students, ladies teaching staff were present at the program venue.



Outcomes:

1. Girls understood the need of “Self Defence” in their daily life.
2. Girls learned & improved their “Self Defence techniques”.