

“Dissemination of Education through Knowledge, Science and Culture”.

--Shikshanmaharshi Dr. Bapuji Salunkhe

Shri. Swami Vivekananda Shikshan Sanstha's
Padmabhushan Dr. Vasantodada Patil Mahavidyalaya,
Tasgaon

WOMEN EMPOWERMENT CELL

REPORT ON

Training Course in Self Defense

Event	Training Course in Self Defense
Date	04th April to 14th April 2022
Duration	10 Days
Time	08.00 to 10.30 am
Venue	Seminar Hall
Total Participants	Female: 71

"Dissemination of Education for Knowledge, Science and Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha Kolhapur's
PADMABHUSHAN DR. VASANTRAODADA PATIL MAHAVIDYALAYA,
TASGAON, DIST. SANGLI, PIN: 416312



Women Empowerment Cell



Dr. Alka P. Inamdr
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Date: 21st March 2022

Notice

All the girl students of Senior College have noticed that, 10 days **Training Course in Self Defense** will be organized on 04th April to 14th April 2022 at 08.00 to 10.30 am. Admission will be on first come first basis. Enroll your name as early as possible up to 3rd April 2022.

Alka Inamdr

Convener
Dr. Alka P. Inamdr

Prin. Dr. Milind S. Hujare
Principal

Padmabhushan Dr. Vasantodada Patil
Mahavidyalaya, Tasgaon (Sangli).

Walking home alone and feeling uneasy? Getting a weird vibe from a stranger on the bus? Many of us have been there.

Girl students of the college reported experiencing some form of sexual harassment, verbal harassment was the most common form, but some women said they were touched or groped in an unwelcome way, while some of women survived sexual assault in the society now a days.

Even if you've personally never felt yourself in a situation that made you feel

physically unsafe, having reassurance about your next steps (and what you can do to help yourself should the unfortunate circumstance ever happen) can make all the difference.

Self-defense helps women protect themselves and their family. In my opinion, this is the most important reason for women to learn self-defense, because it is the difference between life and death. ...

In a self-defense situation, this is pivotal. The majority of attackers are not going to be proficient in martial arts.

The Women empowerment Cell of the College organized a programme of Training Course in Self Defense 11th January to 13th January 2020 at 10 am to 05 pm every day.

Trainers	Shri. Udaykumar Patil
	Manoj Kandkar
	Ashwini Koli
	Tejaswi Patil
Organizer	Women Empowerment Cell

In collaboration with Women Warrior Thang- Ta Club, Sangli, their team members Shri. Udaykumar Patil, Manoj Kandkar, Ashwini Koli and Tejaswi Patil have given a training of karate, punches as well as basic techniques required for self-defense. Girls warm up the body in the beginning and then practice each puch and trick which they learnt yesterday.

1. Focus on your attacker's vulnerable places: eyes, nose, throat, and groin. Aim all of the moves below at one or several of these areas to have maximum impact.
2. Don't aim for the chest, as that tends to be ineffective. Aiming for the knees requires a specific kick that can be too risky for the average person.
3. Use all of your force and aggression during execution. Make it known that you're a powerful lady. Use your voice, too. Be loud to intimidate the attacker and create attention in case somebody is nearby.

1. Hammer strike:

Using your car keys is one of the easiest ways to defend yourself. Don't use your fingernails, because you're more at risk to injure your hands.

Instead, if you feel unsafe while walking at night, have your keys stick out from one side of your fist for hammer strikes.

Alternative: If your attacker is too close, thrust your knee toward the groin. Make sure you're stabilized and not at risk of falling over.

2. Heel palm strike:

This move can cause damage to the nose or throat. To execute, get in front of your attacker as much as is possible.

Alternative: An open palm to the ears can be very disorienting.

3. Elbow strike:

If your attacker is in close range and you're unable to get enough momentum to throw a strong punch or kick, use your elbows.

4. Alternative elbow strikes:

Depending on how you're standing when you're initially attacked, you may be in a better position for variations on the elbow strike.

5. Escape from a 'bear hug attack':

For cases where the attacker is coming from behind, you'll want to use this move. Focus on getting low and creating space to free yourself.

6. Escape with hands trapped:

If your attacker comes from behind and traps your arms (this is similar to a bear hug, but you won't be able to move as freely), here's what to do:

7. Escape from side headlock:

When the attacker locks their arm around your head from the side, your first instinct should be to avoid getting choked.

However, if you don't feel confident you're able to physically handle an attacker, take these precautions.

8. Meditation:

Meditation is relaxation. It is not about concentration, it's actually about de-concentration. It's not about focussing one's thoughts on something specific, but instead of entering a state of mind that has no thoughts. The overall benefits of meditations include a calm mind, improved clarity and communication, and relaxation of the mind and body. Regular practice of meditation has a profound impact on the core three areas of our existence - physical, mental, and spiritual.

Benefits of meditation....

- Reduces Stress. Stress reduction is one of the most common reasons people try meditation. ...
- Controls Anxiety. ...
- Promotes Emotional Health. ...
- Enhances Self-Awareness. ...
- Lengthens Attention Span. ...

- May Reduce Age-Related Memory Loss. ...
- Can Generate Kindness. ...
- May Help Fight Addictions.

➤ Inaugural Function:



Training Program Introduction by Dr. Alka Inamdr



Presidential speech by Principal Dr. Milind Hujare



Vote of Thanks by Mrs. Pallavi Mirajkar

Safety tips.....

Stay in a well-lit public area. Don't go home or turn away from crowds. Walk into a store or a coffee shop and ask for help.

Call the police. Find a well-lit public area and dial 911 or your local emergency services if you feel you're in danger.

Carry protection. Whether pepper spray, a personal safety alarm, or a lipstick taser, self-defense tools can help you feel more at ease.

If you're carrying self-defense tools, make sure to get training on how to use them.

You can also use more common objects as weapons, including a purse, briefcase, umbrella, phone, pencil, book, or rock.

Anything blunt that can be used to hit, throw, stab, or swing can be very effective.





Meditation

The students appreciated the course too much.....

The girl students found that, who participated in a self-defense class they felt:

- had better safety strategies in place
- were more equipped to deal with strangers, and people they know, in the context of potential assault or abuse
- had more positive feelings about their bodies, had increased self-confidence

Alka Inamdr

Dr. Alka Inamdr
Convener
Women Empowerment Cell

सांगली दिनांक पान २ तरूणभारत

थोडक्यात महत्त्वाचे

विद्यार्थिनींनी स्वसंरक्षणाचे धडे घ्यावेत : प्राचार्य डॉ. हुजरे



तासगाव : पीडीबीपी महाविद्यालयात आयोजित कार्यशाळेत बोलताना प्राचार्य डॉ. मिलिंद हुजरे.

प्रतिनिधी

तासगाव

धावपळीच्या आणि धक्काघकीच्या जीवनात विद्यार्थिनींनी आत्मनिर्भर होऊन स्वसंरक्षणाचे धडे घ्यावेत, असे प्रतिपादन प्राचार्य डॉ. मिलिंद हुजरे यांनी केले.

येथील पद्मभूषण डॉ. वसंतरावदादा पाटील महाविद्यालय येथे आयक्यूएसी आणि महिला सबलीकरण विभागाच्यावतीने आयोजित केलेल्या कार्यक्रमात ते बोलत होते. १३ पर्यंत १० दिवसांच्या कालखंडात ही कार्यशाळा झाली. या कार्यशाळेत ७२ विद्यार्थिनींनी सहभाग नोंदविला.

विविध प्रकारच्या किकसू, पंचेस, ब्लॉक डिफेन्स, अँटॅक करण्याच्या पद्धती शिकविल्या.

याचबरोबर वर्कआऊट फिटनेस, स्टमक फिटनेस, झुंबा फिटनेस, आत्मसंरक्षण प्रात्यक्षिक आणि मेडिटेशन याचे वर्ग घेण्यात आले. विद्यार्थिनींनी हे सर्व घटक प्रात्यक्षिकासह आत्मसात केले.

या प्रशिक्षणासाठी उदय पाटील, मनोज कांडकर, तेजस्वी पाटील, आणि आकांक्षा लवटे यांनी प्रशिक्षण दिले. प्रास्ताविक डॉ.अलका इनामदार यांनी केले. आभार प्रा.पल्लवी मिरजकर यांनी मानले. सूत्रसंचालन प्रा. आण्णासाहेब बागल यांनी केले. कार्यक्रमाला डॉ.स्वाती जाधव, प्रा.शामल पाटील, प्रा.सरस्वती आंदिलवार, प्रा.अनिता मगदूम, प्रा. सविता कोळेकर, प्रा.वर्षा जगदाळे यांसह प्राध्यापक आणि विद्यार्थिनी उपस्थित होत्या.

Forwarded



तासगाव- वसंतरावदादा पाटील महाविद्यालयात १० ...
Star Maharashtra News is...
www.youtube.com

तासगाव - वसंतरावदादा पाटील महाविद्यालयात १० दिवसीय कार्यशाळा संपन्न...विद्यार्थिनींनी घेतले स्वसंरक्षणाचे धडे...!

सविस्तर बातमी लिंक पहा

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<https://youtu.be/Biu18-Kn1bU>

स्टार महाराष्ट्र न्यूज
-----पुणे-----

राजू थोरात तासगाव
(सांगली जिल्हा प्रतिनिधी)

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📡 आता सर्वांच्या

मोबाईलवर स्टार महाराष्ट्र
न्यूज सॅटेलाईट चॅनल 📡

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Forwarded

विद्यार्थिनींनी स्वसंरक्षणाचे धडे घ्यावेत: डॉ. मिलिंद हुजरे

तासगाव / प्रतिध्वनी

धावपळीच्या आणि धक्काधकीच्या जीवनात विद्यार्थिनींनी आत्मनिर्भर होऊन स्वसंरक्षणाचे धडे घ्यावेत असे उद्गार प्राचार्य डॉ. मिलिंद हुजरे यांनी पद्यभूषण डॉ. वसंतरावदादा पाटील महाविद्यालय तासगाव येथे आयक्यूएसी आणि महिला सशक्तीकरण विभागाच्या वतीने आयोजित केलेल्या कार्यक्रमात बोलताना काढले. दि. ४ एप्रिल ते १३ एप्रिल या १० दिवसांच्या कालखंडात ही कार्यशाळा संपन्न झाली. या कार्यशाळेत ७२ विद्यार्थिनींनी सहभाग नोंदविला. चेविथ प्रकारच्या किकस, पंचेस, ब्लॉक डिफेंस, अँटॅक करण्याच्या पद्धती शिकविल्या. याचबरोबर वर्कआऊट फिटनेस, स्टमक

वसंतरावदादा पाटील महाविद्यालयात १० दिवसीय कार्यशाळा संपन्न



फिटनेस, झुंबा फिटनेस, आत्मसंरक्षण प्रत्यक्षिक आणि मेडिटेशन याचे वर्ग घेण्यात आले. विद्यार्थिनींनी हे सर्व घटक प्रात्यक्षिकासह आत्मसात केले.

या प्रशिक्षणासाठी श्री. उदय पाठेल, मनोज वंडकर, तेजस्वी पाटील

, आणि आकांक्षा लवटे यांनी प्रशिक्षण दिले. कार्यक्रमाचे प्रास्ताविक महिला सशक्तीकरण समिती प्रमुख डॉ. अलका इनामदार यांनी केले तर आभार प्रा. पद्दुवी मिरजकर यांनी मानले. कार्यक्रमाचे सूत्रसंचालन प्रा. आण्णासाहेब बागल यांनी

केले. कार्यक्रमाला डॉ. स्वाती जाधव, प्रा. शामल पाटील, प्रा. सरस्वती अदिलवार, प्रा. अनिता मगदूम, प्रा. सविता कोळेकर, प्रा. वर्षा जगदाळे यांसह महाविद्यालयातील प्राध्यापक आणि विद्यार्थिनी मोठ्या संख्येने उपस्थित होत्या.

46	Shubhangi Suryawanshi	NMP	9	9	9	9	9	9	9	9
47	Nikita Mistryakare	NMP	NM	NM	NM	NM	NM	NM	NM	NM
48	Anuja mantri -Pahil	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
49	Anuja Mambur Patel	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
50	Pooja guikwad	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
51	Anita suresh Patil	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
52	Tejal Mahadev koli	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
53	Pranjali Jadhav	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
54	Sulekha Mane	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
55	Shradha salish Knamb	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
56	Pratiksha Suryawanshi	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
57	Pandali Atul Bhande	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
58	Priyanka Ganesb Patil	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
59	Souyali Anil Patil	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
60	sulekha mane	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
61	Isha Vijay Daxe	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
62	Pooja shivaji Gaykwar	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
63	Pooja Rajendra mali	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
64	Rohini Pandurang jadhav	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
65	Nikita Ganesb mane	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
66	Sakshi mali	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
67	Sakshi mane	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
68	Amruta Nalwade	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
69	Shruti Shinde	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP
70	Shweta Mankar	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP	NMP

Alka Inamd

Coordinator NRC

