

“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**

<b>Event</b>	<b>Training Course in Self Defense</b>
<b>Date</b>	<b>15<sup>th</sup> January to 24<sup>th</sup> January 2020</b>
<b>Duration</b>	<b>10 Days</b>
<b>Time</b>	<b>08.00 to 10.30 am</b>
<b>Venue</b>	<b>Room No 43</b>
<b>Total Participants</b>	<b>Female: 71</b>

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 15<sup>th</sup> January to 24<sup>th</sup> January 2020 at 08.00 to 10.30 am. Everyday.

<b>Trainers</b>	<b>Shri. Udaykumar Patil</b>
	Manoj Kandkar
	Ashwini Koli
	Tejaswi Patil
<b>Organizer</b>	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.

Principal Dr. Milind Hujare and Prof. Dr. Suresh Patil Visited the course, while students are engaged in meditation.



**Safety tips.....**

1. **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.
2. **Call the police.** Find a well-lit public area and dial 911 or your local emergency services if you feel you're in danger.
3. **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

Principal's  
opinion



Student's  
feedback

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



"Dissemination of Education for Knowledge, Science and Culture" -Shikshanmaharashi Dr. BapujiSalunkhe  
Shri Swami VivekanandShikshanSanstha Kolhapur

Padmabhushan Dr. Vasantrodada Patil Mahavidyalaya,  
Tasgaon

**Women Empowerment Cell**

in Collaboration with

**Women Warrior Thang-Ta Club Sangli**

**Value Added Course in SELF DEFENSE  
NOTICE**

23/12/2019

All the girl students of the Senior College have noticed that, **Value Added Course in SELF DEFENCE** will be organized on 15<sup>th</sup> January 2020 to 24<sup>th</sup> January 2020 at 8.00 am to 10.00 am. Admission will be on first come first basis. Enroll your name on College Website.

*Alka Inamdr*  
Dr. Alka Inamdr  
Chairperson  
Women Empowerment Cell

*Milind Hujare*  
Dr. Milind Hujare  
Principal  
Padmabhushan Dr. Vasantrodada Patil  
Mahavidyalaya, Tasgaon (Sangli).

Training Course in Self Defense  
15/01/2020 to  
24/01/2020

"Dissemination of Education through Knowledge, Science and Culture" Sekolah Mahabakti Dharma Salukite  
Sri Sugi Vikanand Priokan Samitika, Kolikapur  
Palmbechuan Dr. Vastrosodada Padi Mahabakti, Tergapan Dist. Sengli  
Women Improvement Cell

Training Programme on Self Defence for Women

Sl No	Post Name	Unit Name	Mobile	Dist	Sep 15.01.2020	Sep 16.01.2020	Sep 17.01.2020	Sep 18.01.2020	Sep 19.01.2020	Sep 20.01.2020	Sep 21.01.2020	Sep 22.01.2020	Sep 23.01.2020	Sep 24.01.2020
1	Dr. Alka	Inamdi	942073006	Ass. Pdg	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka
2	Shilpa	Ashadigala	715295549	Bic 3	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip	Pranavdip
3	Snehal	Salukite	9146521464	Bic 3	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal
4	Chandana	Padi	876081610	Bic II	Padi	Padi	Padi	Padi	Padi	Padi	Padi	Padi	Padi	Padi
5	Babhis	Padi	9373287642	Bic 3	Babhis	Babhis	Babhis	Babhis	Babhis	Babhis	Babhis	Babhis	Babhis	Babhis
6	Arushi	Shinde	9657035562	Bic 3	Arushi	Arushi	Arushi	Arushi	Arushi	Arushi	Arushi	Arushi	Arushi	Arushi
7	Shravanika	Karnada	9307818315	Bic 3	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika	Shravanika
8	Neelha	Jethur	9130795708	Bic-3	Neelha	Neelha	Neelha	Neelha	Neelha	Neelha	Neelha	Neelha	Neelha	Neelha
9	Pranavi	Padi	7414041304	Bic-3	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi
10	Komal	Chetav	9834185777	Bic-3	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal
11	Chetali	Gevelli	7030376500		Gevelli	Gevelli	Gevelli	Gevelli	Gevelli	Gevelli	Gevelli	Gevelli	Gevelli	Gevelli
12	Supriya	Madi	8800089770		Supriya	Supriya	Supriya	Supriya	Supriya	Supriya	Supriya	Supriya	Supriya	Supriya
13	Vishal	Padi	9510974724		Vishal	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal
14	Tweli	Shivage	9502695022		Tweli	Tweli	Tweli	Tweli	Tweli	Tweli	Tweli	Tweli	Tweli	Tweli
15	Geeta	Padi	8390717974	B.A.S.V	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta
16	Shruti	Padi	9632208000	B.A.S.V	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti
17	Mansi	Padi	9637259955	B.A.S.V	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi
18	Rupali	Hivite	8329039490	B. Sc. 2	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali
19	Pooja	Suryanandi	9637747711	B. Sc. 2	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
20	Shruti	Neer	9049516592	Bic3	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti
21	Anurita	Deshmakh	9511794990	Bic 3	Anurita	Anurita	Anurita	Anurita	Anurita	Anurita	Anurita	Anurita	Anurita	Anurita
22	Shruti	Madi	9746042424	860-2	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti
23	Miyuri	Chavan	9760371574	85C-18/2nd	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri	Miyuri



"Determination: Education through Knowledge, Science and Culture" -प्रमाणमार्गम्  
 Shri Sakshi Vaidyanand Shiksha Sanstha, Kolhapur's  
 Padmashri Dr. Vaasantadevi Patil Mahavidyalaya, Talgaon Dist- Sangli  
 Women Empowerment Cell

Training Programme on Self Defense for Women

Sr. No.	First Name	Last Name	Mobile	Class	Sign 15.01.2020	Sign 15.01.2020	Sign 17.01.2020	Sign 18.01.2020	Sign 19.01.2020	Sign 20.01.2020	Sign 21.01.2020	Sign 22.01.2020	Sign 23.01.2020	Sign 24.01.2020
24	Shikha	Patil	832830541	BSC-second										
25	Shweta	Shirwadkar	7459972248	Bsc2										
26	Anuradha	Patil	8308833202	Bsc2	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana
27	Sona	Mujawar	771948382	BSc-second	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana
28	Shwari	Kamble	8849181640	Bsc2	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana
29	Albha	Sayed	7798137140	Bsc2	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana	Arpithi	Sana
30	Deepa	Yadav	800693540	B. Sc. 2	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
31	Pooja	Chougale	862553981	Msc1	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
32	Dipal	Patil	8080374252	B. Sc. 2	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
33	Sonal	Jadhav	9325591883	Bsc3	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
34	Pravali	Korade	9607680920	Msc1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
35	Snehal	Patil	7548196930	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
36	Saiminshi	Patil	9307752177	B.Sc.3rd	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
37	Pravali	Mus	706672943	M.Sc. 1st	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
38	Konali	Korbar	8180961827	B.A.S.Y	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
39	Saiminshi	Mus	8628602080	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
40	Poojam	Dubal	7709181172	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
41	Sneha	Patil	7776085606	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
42	Snehal	Patil	7987927071	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
43	Mayuri	Vaidya	7447533059	Msc1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
44	Prati	Shingate	8080641230	Msc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
45	Shweta	Shingate	8392641320	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
46	Shweta	Patil	7409774416	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi

"Dissemination of Education through Knowledge, Science and Culture" -Balkrishnamaharshi Dr. (V) Sabutbra  
 Shri Swami Vivekanand Shiksha Sanstha, Kolhapur's  
 Pradhikaran Dr. Vasantgadada Pardi Maharajpalays, Targone Dist. Sangli  
 Women Empowerment Cell

Training Programme on Self Defence for Women

No.	File No.	Lat. Name	Middle	Class	Age 15.01.2020	Age 16.01.2020	Age 17.01.2020	Age 18.01.2020	Age 19.01.2020	Age 20.01.2020	Age 21.01.2020	Age 22.01.2020	Age 23.01.2020	Age 24.01.2020
47	Rameshwari	Thurte	8500037617	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
48	Poojari	Pall	9834239750	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
49	Ukarkha	Pall	7028549741	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
50	Sanyogita	Deval	7620508879	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
51	Tejra	Pall	8400526559	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
52	Prityaka	Mai	8483887620	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
53	Ranjia	Jadhav	8994808414	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
54	Manoj	Manoj	8030872405	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
55	Narain	Mudhar	9970307405	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
56	Mayuri	Vasudev	7447553659	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
57	Manvi	Vasudev	7447553659	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
58	Omni	Mai	7843074935	M.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
59	Ashwini	Khapre	86571848	B.Sc III	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
60	Priyanka	Nimalkar	9246024	B.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
61	Shravya	Kayale	7775897	B.Sc I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
62	Shraddha	Taxer	869071850	B.Sc II	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
63	Suagnali	Chhapal	8802147	B.Com I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
64	Poorvati	Paldar	89080936	B.A I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
65	Amishali	Damate	91553167	B.A I	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
66	Pratiksha	Sutar	8000261	B.Sc III	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
67	Ashwini	Khadkar	788820207	B.Sc III	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
68	Snehal	Manikot	770455204	B.Sc II	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence
69	Pratiksha	Ashtriker	8091060	B.Sc III	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence	Self-Defence

G.2



"Dissemination of Education through Knowledge, Science and Culture" - Shikshamanshakti Dr. Alka Inamdr  
 Sri Swami Vivekananda Shiksha Samithi, Kolhapur's  
 Padinabhusan Dr. Vasantroddada Paril Mahavidyalaya, Talgaon Dist. Sangli  
 Women Empowerment Cell

Training Programme on Self Defense for Women

Sr. No.	First Name	Last Name	Mobile	Class	Sign 15.01.2020	Sign 16.01.2020	Sign 17.01.2020	Sign 18.01.2020	Sign 19.01.2020	Sign 20.01.2020	Sign 21.01.2020	Sign 22.01.2020	Sign 23.01.2020	Sign 24.01.2020
70	Savika	Jirambhai	70227 36372	B.A.III										
71	Prachi	Shenai	705766 0458	B.Sc.II										
72	Angali	Sykal	808062 5653	B.Sc.II										
73	Ardi	Kansal	704694 5357	B.A.I										
74	Pranishka	Kumbhar	32531034 89	B.COM.I										
75	Tejasvi	Mene	957224 2950	B.Sc.III										
76	Nisha	Kudale	302191 9548	M.Sc-I										
77	Praykta	Mali	7887 540560	B.Sc.III										
78	Nehal	Rabli	7387 562511	B.Sc.III										

Total Participants = 76

Dr. Alka Inamdr  
 Convener  
 Women Empowerment Cell