

“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	15th January to 24th January 2020
Duration	10 Days
Time	08.00 to 10.30 am
Venue	Room No 43
Total Participants	Female: 71

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 15th January to 24th January 2020 at 08.00 to 10.30 am. Everyday.

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.

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 15th January 2020 to 24th 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

Mihnd Hujare
Dr. Mihnd 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" - Sukohumahantri D. P. S. Solahab
Sri Swast Vivekanand Shiksha Sanstha, Kolhapur
Patanbhawan Dr. Vasantodada P. Mahalingappa, Tapanan Dal - Saag
Women Improvement Cell

Training Programme on Self Defense for Women

Sr. No.	Prac. Name	Last. Name	Mobile	Dist.	Age	15.01.2020	16.01.2020	17.01.2020	18.01.2020	19.01.2020	20.01.2020	21.01.2020	22.01.2020	23.01.2020	24.01.2020
1	Dr. Alta	Hande	9429676000	Asa. P. J.	45	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
2	Shilpa	Shandigale	7832605449	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
3	Shilpa	Shandigale	9148621484	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
4	Shilpa	Shandigale	8168165000	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
5	Shilpa	Shandigale	9373287642	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
6	Shilpa	Shandigale	9637056560	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
7	Shilpa	Shandigale	9307818515	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
8	Shilpa	Shandigale	9373287642	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
9	Shilpa	Shandigale	7434961104	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
10	Shilpa	Shandigale	9834185737	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
11	Shilpa	Shandigale	7033170500	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
12	Shilpa	Shandigale	8850609776	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
13	Shilpa	Shandigale	9318974724	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
14	Shilpa	Shandigale	9638665021	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
15	Shilpa	Shandigale	8300717914	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
16	Shilpa	Shandigale	9633282625	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
17	Shilpa	Shandigale	9637056560	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
18	Shilpa	Shandigale	8329639496	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
19	Shilpa	Shandigale	9637477113	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
20	Shilpa	Shandigale	9640518532	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
21	Shilpa	Shandigale	9611754932	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
22	Shilpa	Shandigale	9640518532	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.
23	Shilpa	Shandigale	916437374	Bnc 3	35	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.	Prac.

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 Palmarhukhan Dr. Vasanthakumari Pad Mahendrapalya, Talgaon Bli-Singh
 Women Empowerment Cell

Training Programme on Self Defence for Women

Sl. No.	Prog. Name	Land. 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
24	Saligada	Patil	82828281	BSc second										
25	Selwe	Dharmendra	7490093682662											
26	Anwartha	Patil	830683202	BSc	Arpithi	Sana	Arpithi	Arpithi	Arpithi	Arpithi	Sana	Arpithi	Arpithi	Arpithi
27	Sena	Mujumdar	771584832	BSc second	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana
28	Shant	Kamble	885018648	BSc	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
29	Arbha	Suryad	779811740	BSc	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
30	Dipal	Yashar	8866938408	B. Sc. 2	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
31	Preethi	Chougale	862585881	Msc1	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
32	Dipal	Patil	8080374252	B. Sc. 2	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
33	Sonal	Jadhav	9325902883	BSc	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
34	Prasadh	Kamble	9607768080	Msc1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
35	Snehal	Patil	7588898930	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
36	Santoshini	Patil	9307952177	B.Sc.BEd	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
37	Parvati	Mish	7968972943	M.Sc.3B	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
38	Komal	Kotekar	8380962827	B.A.S.T	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
39	Saumadevi	Masa	8658560386	M.Sc.1										
40	Pravin	Dubal	7705181172	Msc-1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
41	Sneha	Patil	7776085806	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
42	Snehal	Patil	7387327871	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
43	Mayuri	Vishwak	7447553050	Msc1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
44	Prati	Shingote	8080641220	Msc 1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
45	Prati	Shingote	8080641220	Msc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi
46	Prati	Shingote	768776416	M.Sc.1	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi	Arpithi

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 Shri Swami Vivekanand Shiksha Sanstha, Kolhapur's
 Padmashubha Dr. Vasantgadga Patil Mahavidyalaya, Tq. Tq. Dist- Sangli
 Women Empowerment Cell

Training Programme on Self Defence for Women

Sr. No.	First Name	Last Name	Mobile	Date	Sep 15.01.2020	Sep 16.02.2020	Sep 19.05.2020	Sep 20.01.2020	Sep 21.05.2020	Sep 22.01.2020	Sep 23.05.2020	Sep 24.01.2020
47	Manishwari	Thurik	860857617	Mar-I	Approved	Approved	Approved	Approved	Approved	Approved	Approved	Approved
48	Pooja	Patil	984279750	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
49	Ukarcha	Patil	703854974	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
50	Sarpagata	Datil	763968879	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
51	Sujata	Patil	860853595	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
52	Priyanka	Mali	848398120	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
53	Runda	Jadhav	855689414	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
54	Manishwari	Patil	992333745	Mar-I	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
55	Nandini	Mastur	997002745	Mar-I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
56	Manjari	Vasudev	744755359	Mar-I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
57	Manjari	Vasudev	744755359	Mar-I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
58	Komal	Mali	784307493	Mar-I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
59	Ashwini	Khane	86571849	B.S. III	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
60	Priyanka	Nimbalkar	936024	B.S. I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
61	Shruti	Kegale	772587	B.S. I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
62	Shruti	Taur	864971890	B.S. II	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
63	Suparna	Patil	860247	B.Com-I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
64	Pooja	Patil	86080936	B.A. I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
65	Manishwari	Damale	81553167	B.A. I	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
66	Rojita	Sutar	860851	B.S. III	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
67	Ashwini	Khedar	86080827	B.S. III	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
68	Manishwari	Manik	77043204	B.S. II	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur
69	Manishwari	Patil	860844	B.S. III	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur	Mastur

"Dissemination of Education through Knowledge, Science and Culture" Shikshanamaharshi Dr. Jyoti Salunke
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76	Savika	Inamdar	77097 76372	B.A.III	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
77	Poochi	Shenai	705766 0488	B.Sc.II	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
78	Angali	Suptel	808062 5663	B.Sc.II	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Ardi	Kansal	704694 5987	B.A.I	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Poochhi	Kumbhar	32823034 89	B.Com.II	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Tejashvi	Mane	952224 2950	B.Sc.IV	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Nisha	Kudale	302191 9549	M.Sc-I	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Poojita	Mali	7887 540560	B.Sc.III	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
79	Nehal	Patil	7387 562511	B.Sc.III	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]

Total Participants = 76

Dr. Alka Inamdr
 Convener
 Women Empowerment Cell