"Dissemination of Education through Knowledge, Science and Culture". --Shikshanmaharshi Dr. Bapuji Salunkhe

Shri. Swami Vivekananda Shikshan Sanstha's

Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya, Tasgaon

WOMEN EMPOWERMENT CELL

REPORT ON



Event	Training Course in Self Defense
Date	15 th January to 24 th 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.

- 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 deconcentration. 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.

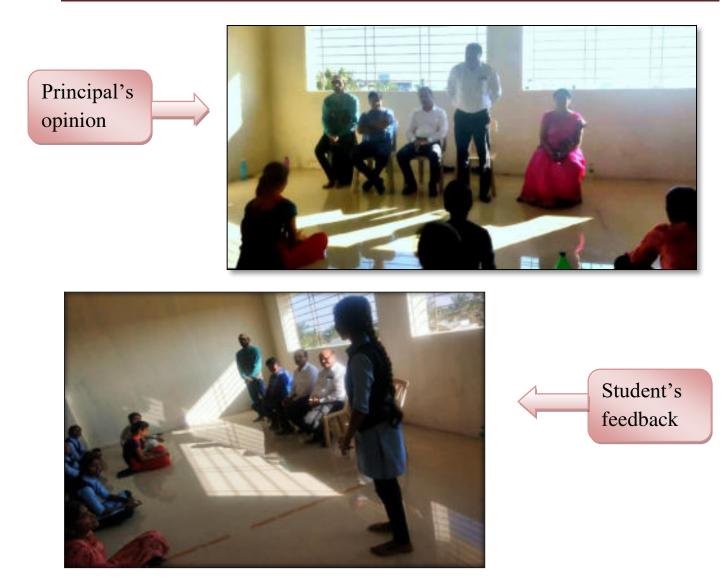
Anything blunt that can be used to hit, throw, stab, or swing can be very effective.











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

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Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya,

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Women Empowerment Cell in Collaboration with Women Warrior Thang-Ta Club Sangli Value Added Course in SELF DEFENSE NOTICE

23/12/2019

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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.

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Dr. Alka Inamdr Chairperson Women Empowerment Cell

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Dr. Mihnd Hujare Principal Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya, Tasgaon (Sangli).

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