



Maharashtra Education Society's MES Night College of Arts and Commerce Garware College Campus, Karve Road, Pune

Affiliated to Savitribai Phule Pune University, Pune

Recognised by Government of Maharashtra

Accredited by NAAC



Pune, Maharashtra, India
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India

NIRBHAY KANYA ABHIYAN (SELF-DEFENSE TRAINING PROGRAM)

Organized by

Board of Students Development, Savitribai
Phule Pune University, Pune

Jointly with

Maharashtra Education Society's MES
Night College of Arts & Commerce

Introduction

The "Nirbhay Kanya Abhiyan" is a self-defense training program designed to empower female students by teaching them essential self-defense techniques. This initiative aims to enhance their confidence, awareness, and ability to handle challenging situations.

PROGRAM DETAILS:

- The session began with remarks from the Principal, Dr. Sujata Adamuthe, who emphasized the importance of self-defense and personal safety.
- Master Chandrkant Bhosale conducted an interactive workshop that covered fundamental self-defense techniques, including:
 - Basic strikes and blocks
 - Escape techniques from grabs and holds
 - Strategies for situational awareness
 - Psychological preparedness for self-protection
- Demonstrations of real-life scenarios helped students understand the practical applications of self-defense.
- The session concluded with a training guidance discussion, where students could raise concerns and clarify doubts about personal safety and self-defense.



ADVANTAGES OF THE PROGRAM

- 1.Enhanced Confidence: Students gained a sense of empowerment, making them more assertive and self-reliant.
- 2.Practical Skill Development: Hands-on training in self-defense techniques provided useful strategies for handling threatening situations.
- 3.Increased Awareness: Participants learned to recognize potential dangers and adopt preventive measures.
- 4.Physical Fitness Improvement: The training involved exercises that promoted agility, strength, and endurance.
- 5.Empowerment of Women: The initiative aligned with efforts to promote gender equality and personal security among female students.

Outcomes of the Program

- Positive Student Feedback: Participants expressed enthusiasm and appreciation for the training, noting increased confidence in handling unsafe situations.
- Improved Readiness: Students gained knowledge about practical self-defense moves that can be applied in real-life situations.
- Commitment to Ongoing Training: Many students showed interest in continuing self-defense training to refine their skills further.
- Encouragement for Future Workshops: The success of this event set the stage for future self-defense programs to benefit more students.

The Nirbhay Kanya Abhiyan successfully achieved its objective of empowering students through self-defense training. The initiative not only provided practical safety techniques but also instilled a sense of confidence and resilience among participants. MES Night College of Arts & Commerce remains committed to organizing such valuable programs for student welfare and development.

