



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



GPS Map Camera

Pune, Maharashtra, India

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## 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.

