



MAHARASHTRA EDUCATION SOCIETY'S MES NIGHT COLLEGE OF ARTS & COMMERCE

(Affiliated to Savitribai Phule Pune University, Pune)
(Recognized by Government of Maharashtra)
(Accredited by NAAC)



Date: 24/01/2025

Time: 4:00 p.m. to 8:00 p.m.

Venue: AV Hall, Main Building,

MES Night College of Arts & Commerce, Karve Road under the guidance of the principal Dr. Sujata Adamuthe has organized "Nirbhaya Kanya Abhiyan" with an association of Board of Students Development, Savitribai Phule Pune University, Pune on Saturday 24th January 2026 at AV Hall, Main Building, Abasaheb Garware College of Arts & Science for all the female students of the college.

Objective of the Progrm :

- 1.To make the female students aware and well equipped about the relevance of physical, emotional and psychological well-being.
- 2.To make the female students fearless against all kinds of threats and challenges prevailing in the society through self-defense session.
- 3.To promote mental strength and emotional resilience among female students.





The programme was divided into two sessions. The first session was led by Master Chandrakant Bhosale, a well renowned world martial artist and having mastery over Taekwondo.

The First session was coordinated and anchored by Mr. Amardeep Gurme. Mr. Bhosale imparted the female students during the first session about the need of spiritual and physical health in the recent times. He focused on chakra system and also informed requirement of basic physical fitness for self-defense. He demonstrated about the sensitive points in the human body, where minimum force can even lead to severe damages. He took sessions of physical exercises and self-defense activities as well.

The second session was also an interactive session about emotional and psychological elements of women empowerment. It was conducted by Dr. Shilpa Kulkarni, an assistant professor of S.P College, Pune. She highlighted the significant points of women empowerment, hacks to tackle emotional and psychological vulnerabilities, true meaning of empowerment, gender roles etc. She has involved every member of the audience in the session through various activities. Overall, the session was an interesting and learning experience.



Pune, Maharashtra, India



Outcomes

1. Female students gained practical knowledge of self-defense techniques.
2. Students developed awareness about personal safety and security measures.
3. Participants improved their confidence and fearlessness in handling difficult situations.
4. Students understood emotional and psychological aspects of women empowerment.

The session enhanced physical fitness awareness and mental strength among participants. The Guests were facilitated by the principal and the vote of thanks for both sessions were presented by Ms. Smita Raut. Overall, 70 female students amongst BA & B.Com. have attended the session with high enthusiasm throughout the session. The session ended with refreshments to all attendees and hence this session was one of the highlighting events of the college.

