



**Shiv Chhatrapati Shikshan Sanstha's**  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
**Department of Biotechnology and Food Processing Technology**

**A) Summary Report**

1) Title of Programme:		Self Defense Program for Women		
2) Name of Organizing Department/Unit:		Biotechnology and Food Processing Technology		
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:		Principal: Dr. M. H. Gavhane Vice-Principal: Prof. S. N. Shinde Head: Dr. S. S. Kulkarni		
4) Date(s) of the Programme:		6 <sup>th</sup> March to 16 <sup>th</sup> March 2023		
5) Venue/ Mode		Department Campus Premises		
6) Target Group:		U. G & P. G Girls Students		
7) Number of Participants: 49		<b>Male</b>	<b>Female</b>	<b>Total</b>
A separate list with signatures be maintained in the department/Unit)	Teaching/ Researcher	00	00	00
	Non-Teaching	00	00	00
	Students	00	49	49
8) Name(s) and details of Resource Person(s), if any:		Guest Trainer: Mr. Sudhakar Ulekar, 5 <sup>th</sup> Dan Blackbelt, Chief Examiner Secretary, New Karate-Do Association, Latur		
9) Total Expenditure for the Programme:		5000		
10) Source of Funding:		Not Applicable		

## **B) Report**

**i. Title:** Self Defense Program for Women

**ii. Introduction:**

Self Defense Program deal with the act of protecting oneself, one's property or someone else against physical harm. Self-Protection is an ability that any woman can learn on a regular basis or wherever the situation requires, to make her own and others' lives safer. Keeping in view, the rising number of crimes in Society, it is important to provide self-defense training to ensure their safety and security. Self-defense training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defense training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. The Department of Biotechnology and Food Processing Technology organized Self Defense Program for Women from 06.03.2023 to 16.03.2023 to instill self confidence amongst girls.

**iii. Objectives of the Programme:**

The goal of this Program is

- To improve coordination, balance, endurance, agility, flexibility and overall fitness.
- To learn various self-defense skills
- To build self-confidence, self-discipline, concentration/focus
- To develop physical and mental health as well as overall wellness.
- To learn basic moves and more intricate skills to defend yourself during an attack.
- To develop social skills.

**iv. Details of participants:**

49 participants (Female 49) attended the Program.

**v. Brief summary of Events/ Session:**

Mr. Sudhakar Ulekar, 5<sup>th</sup> Dan Blackbelt, Chief Examiner Secretary, New Karate-do Association, Latur trained the students by following modes demonstration, repetition, teaching aids, peer group activities. All classes begin with basic warm-up and flexibility exercises. During training, the trainer taught basic punching, blocking, and kicking techniques during hostile situations, a review of previous instruction and introduction to new techniques. The students were divided into batches so that the learned techniques can be used in mock situations.

**vi. Conclusion, with Feedback on the Programme:**

To protect ourselves from being harmed, injured or killed is a basic right of every human being. At the end of program demonstrative act was conducted The programs helped to overcome fear, be confident and have the presence of mind to act in any difficult situation. This program has been very well received by the participants.

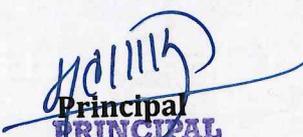
**vii. Appendix: List of participants.**

**Date: 17/03/2023**

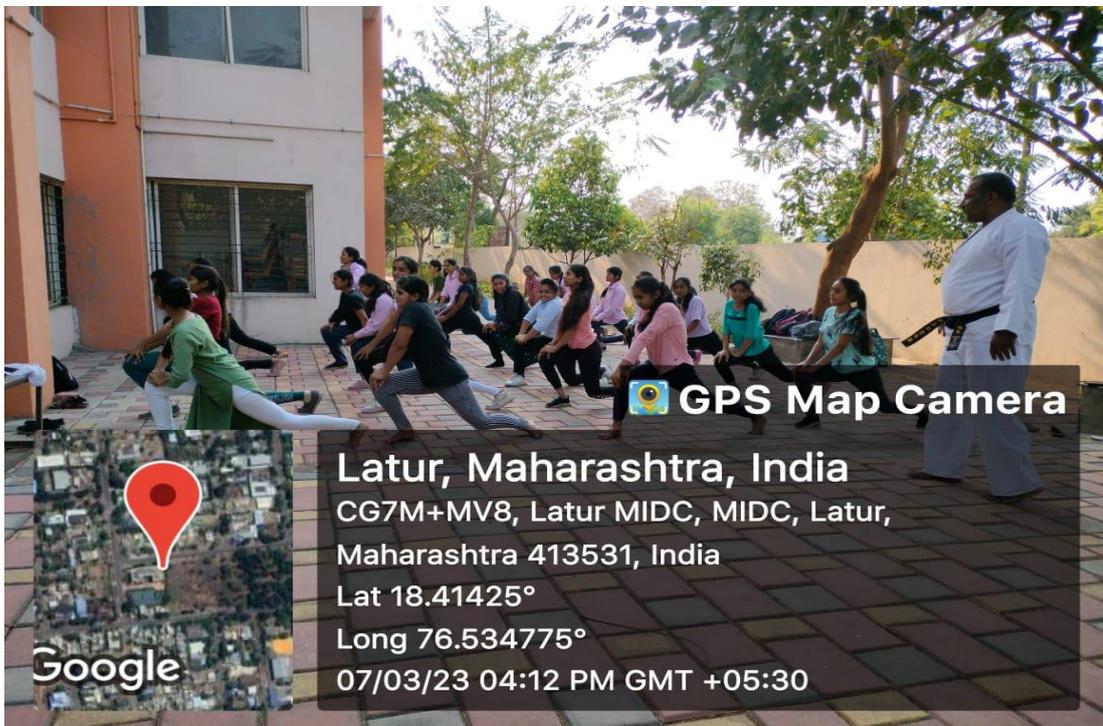
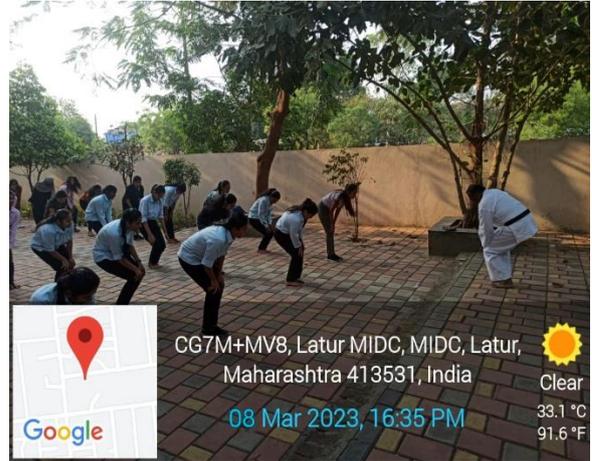
  
**HOD**  
**Head**

Department of Biotechnolog  
Rajarshi Shahu Mahavidyalay  
(Autonomous) Latur-413 5?



  
**Principal**  
**PRINCIPAL**  
Rajarshi Shahu Mahavidyalaya, Latur  
(Autonomous)

### C) Geotagged Photographs/ Screenshots



Resource Person Mr. Sudhakar Ulekar, 5<sup>th</sup> Dan Blackbelt, Chief Examiner Secretary, New Karate-Do Association, Latur, conducting Self Defense Program for girls at departmental campus premises.

## D) Brochure of the Program:

 Shiv Chhatrapati Shikshan Sanstha's  
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur  
Department of Biotechnology & Food Processing Technology  
on the occasion of International Womens Day

Organizes

# Self Defense Program For Women

**6 March - 16 March , 2023 @ 4:00 pm**  
**Venue: Department Campus Premises**

Guest Trainer:  
Mr. Sudhakar Ulekar  
5th Dan Blackbelt  
Chief examiner &  
Secretary, New Karate-  
Do association

Dr. Mahadev Gavhane  
Principial  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

Prof. S. N. Shinde  
Vice-Principal  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

Dr. S. S. Kulkarni  
Head Dept. of Biotechnology  
& Food Processing Technology  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

Dr. Manisha Dhotre  
Assistant Professor  
Dept. of Biotechnology  
& Food Processing Technology  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of Biotechnology

Self Defense program for women.

List of Student Participant

Sr. No	Name	Sign
1	Babii Shruti Kishor	<u>Shruti</u>
2	Bardale Rutuja Baswaraj	<u>Rutuja</u>
3	Gujare Ashwini Vishwanath	<u>Ashwin</u>
4	Girrom shivani Prabhuling	<u>Shivani</u>
5	Vaishnavi Hanmant Singh Gahiswar	<u>Vaishnavi</u>
6	Gradde Amruta Dattatray	<u>Amruta</u>
7	Gradade Rutuja Hanischandra	<u>Rutuja</u>
8	Kalyani Sancheti Dayanand	<u>Sancheti</u>
9	Halkude Mansi Pankaj	<u>Mansi</u>
10	Kolewad Sneha Santosh	<u>Sneha</u>
11	Vaishnavi Nagesh Bawge	<u>Nagesh</u>
12	Hausalmal Sanchi Rajabhai	<u>Rajabhai</u>
13	Graikwad Shailaja Shahaji	<u>Shailaja</u>
14	Giri Megha Vikrom	<u>Megha</u>
15	Durga Yuvraj Kamble	<u>Kamble</u>
16	Shravani Omprakash Kaldate	<u>Shravani</u>
17	Vaishnavi Madhav Kudam	<u>Kudam</u>
18	Pawar Sanjivani Suresh	<u>Sanjivani</u>
19	Phad Pallavi Ganesh	<u>Pallavi</u>
20	Pundkare Sanskruti Sahebrao	<u>Sanskruti</u>
21	Rajmane Nikita Satish	<u>Nikita</u>
22	Ratnapurche Vaishnavi Prathad	<u>Vaishnavi</u>
23	Sagare Sonali Sunil	<u>Sonali</u>

24	Samukhtrao paalji Machindra	Paalji
25	Sarje Mansi Govind	Mansi
26	Roshani . C. Suryawanshi	Roshni
27	Suryawanshi vaishnavi Nitin	Vaishnavi
28	Shinde Pragati Pandurang	Pragati
29	Daiya S. Thakur Deshmukh	Thakur
30	Anuja Anil Patil	Anil
31	Patsalge Diksha Ganesh	Patsalge
32	Pethe Vaishnavi Rajkumar	Pethe
33	Sankaye Shambhavi Somnath	Shambhavi
34	Sharayu Sanjay Nila	Sharayu
35	Chandani Jitendra Saraf.	Chandani
36	Miture yogita yunraj	Yogita
37	Pawar Akshita Kashinath	Akshita
38	Namrata Indrajit Nawate	Nawate
39	Pawar Vaishnavi Prakash	Vaishnavi
40	Suzwase Pratiksha Dattatray	Pratiksha
41	Shinde Sneha Appasaheb	Sneha
42	Kamble pranita Madhav	Pranita
43	Anjali Arjune	Anjali
44	Rohini Agwane	Rohini
45	Priyanka Lahade	Priyanka
46	Pratiksha Birajadar	Pratiksha
47	Mani Vaishnavi	Mani
48	Pathan Iram Aslam	Iram
49	Sakshi vijaysing Rajput	Sakshi

  
 Head  
 Department of Biotechnology  
 Rajarshi Shahu Mahavidyalaya  
 (Autonomous) Latur-413 5.



  
 PRINCIPAL  
 Rajarshi Shahu Mahavidyalaya, Latur  
 (Autonomous)