

## **Report on Self Defense training Programme**

On dated 11 July 2023 Self Defense training Programme was organized by Women development cell and women and child Development cell of Maharashtra government in seminar hall of college for girls students. The program started with Prayer sung by Miss Lalita Desale. Then Mrs. Anjali Hadwale gave her statement on the concept and current situation of violence against women and girls. She provided the information about cheating of young women, sexual harassment in different ways by narrating different true incidents. In case of any untoward incident related to oneself, she suggested to file a complaint without fear, and appealed to other young women to inform about the concerned person. She inspired to remove inferiority complex in oneself by having self-respect.

Adv. Sunita Bhoir (Member Bharatiya Stree Shakti Sanstha) gave in-depth guidance on technology and threats to women and girls, care to be taken while using social media and detailed information on laws and punishments related to cybercrime.

At 12 noon Mr. Jitendra Surendra Chaudhary and Mr. Kishyalaye Kamal Prasad gave self-defense lessons to the girls by showing demonstrations. Proposed the necessity of such demonstration and training to overcome the present social evils. There are 78 Girls were presented at these event. In-charge Principal Dr. G. R. Vishe presided over the program. Dr. Meena Sutwani introduced the programme. Prof. Seema Liye delivered the vote of thanks, while Dr. Vandana Singh conducted the ceremony.