

**GODAVARI FOUNDATION**

**GODAVARI COLLEGE OF NURSING, JALGAON**

**REPORT**

**ON**

**‘MISSION SAHASI’**

**WOMEN EMPOWERMENT PROGRAMME  
ON SELF DEFENCE TRAINING**

**ORGANIZED**

**ON**

**21<sup>ST</sup> OCTOBER 2023**

**ORGANIZED BY,**

**INSTITUTIONAL VALUES AND BEST PRACTICES**

**GODAVARI COLLEGE OF NURSING, JALGAON**

# AGENDA

**GODAVARI COLLEGE OF NURSING, JALGAON**

**‘MISSION SAHASI’**

## **WOMEN EMPOWERMENT PROGRAMME ON SELF DEFENCE TRAINING**

**DATE: 21 OCTOBER 2023**

SR.NO	TIME	EVENT	FACULTY
1.	06:45AM TO 07:00 AM	WELCOME OF ALL PARTICIPANTS	MS. PAYAL WAGHMARE MSC TUTOR, GCON, JALGAON
2.	07:00 AM TO 07:15 AM	LAMP LIGHTING BY ALL GUESTS	Ms. ASHWINI MANKAR MSC TUTOR, GCON, JALGAON
3.	07:15 AM TO 07:30 AM	FELICITATION OF CHIEF GUESTS	PROF.MRS.VISHAKHA WAGH VICE-PRINCIPAL, GCON , JALGAON
4.	07:30 AM TO 7:45 AM	SPEECH	DR. KETAKI PATIL MEMBER OF GODAVRI FOUNDATION JALGAON, JALGAON
5.	07:45 AM TO 08:30 AM	THEME UNFOLDING	PROF. MRS. VISHAKHA WAGH VICE-PRINCIPAL, GCON, JALGAON
6.	08:30AM TO 10:30 PM	TRAINER	MR. RAJENDRA MANOHAR JANJALE RJ MARTIAL ART JALGAON
7.	10:30 PM TO 10:45 PM	VOTE OF THANKS	MS. PAYAL WAGHMARE MSC TUTOR, GCON, JALGAON



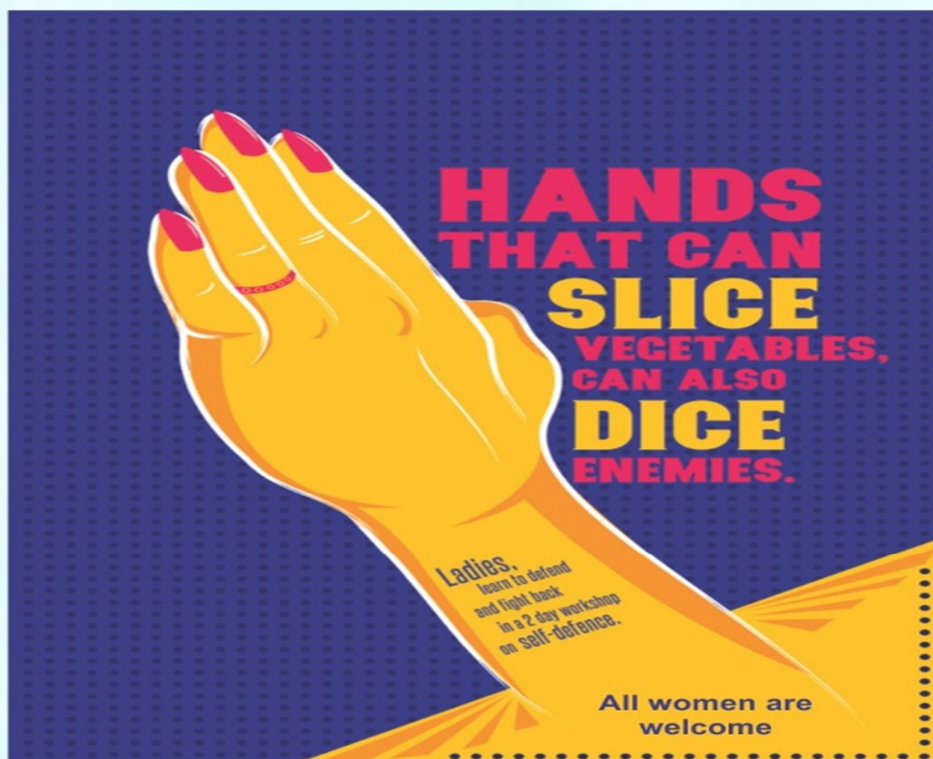
Godavari Foundation's

**GODAVARI COLLEGE OF NURSING, JALGAON**



**IN COLLABORATION WITH  
DR. ULHAS PATIL  
MEDICAL COLLEGE  
AND HOSPITAL, JALGAON**

**ORGANIZING  
'MISSION SAHASI'  
WOMEN EMPOWERMENT PROGRAMME  
ON SELF DEFENCE TRAINING**



**21/10/2023**



**6:45AM**



**DUPMCH FOOTBALL GROUND**

**REPORT**

**‘MISSION SAHASI’**

**WOMEN EMPOWERMENT PROGRAMME ON SELF  
DEFENCE TRAINING**

**Objectives:**

- 1) To educate the girl students about the different types of violence.
- 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- 3) To show case and give demo on different self defence techniques.

**Purpose of the training programme:**

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence in collaboration with Dr. Ulhas Patil Medical College, Jalgaon.

**Inaugural Session:**

The programme started with a lamp lighting by all the guest and felicitation of al the guest by Mrs. Vishakha Wagh, vice-principal of GCON, Jalgaon.

Inaugural speech by Dr. Ketaki Patil member of Godavari Foundation Jalgaon.

Mr. Ayush Prasad IAS Officer, Jalgaon and Mr. M. Rajkumar IPS Officer Jalgaon. He highlighted the key points why such kinds of programme are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day-to-day basis.

**The Demonstration Session:**

After the inaugural session and felicitation ceremony, demonstration of the self defence technique started by Mr. Rajendra Manohar Janjale Experienced Art with a demonstrated history of working in the education management industry. Skilled in Martial Arts, Mixed Martial Arts (MMA), Self Defense, Teaching, and Karate.

The tips she elaborated on how to self protect and defend are:

First tip: Prevention is the best self-defense- Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets.

Second tip: Get Loud and Push Back

Third tip: Remember the Most Effective Body Parts to Hit, Different techniques to self defend against different forms of attacks are, Stop an outside strike, Use of hand edges to counter strike an attacker.

### **Learning Outcome:**

The learning outcomes from the workshop on Self Defence Programme are:

- 1) The students learn about the different kinds of violence that may be faced by girls or by women in any place including at home.
- 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.
- 3) The students have the chance to see the live demo of the self defence techniques as demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

Lastly vote of thanx given By Ms. Payal Waghmare Msc Tutor Gcon, Jalgaon

After the programme some fruit and biscuit given to the students.



PHOTO GALLERY: 21-10-2023













GPS Map  
Camera Lite

### Tighre India

2PF3+6VW, Nimbhora - Dasnur Rd, Tighre, Jalgaon  
Kh., Maharashtra 425002, India

October 21, 2023 156 m

Latitude 21.0234675 GMT 02:49 AM

Longitude 75.7055732 Local Time 08:19 AM



GPS Map  
Camera Lite

### Tighre India

2PF3+6VW, Nimbhora - Dasnur Rd, Tighre, Jalgaon  
Kh., Maharashtra 425002, India

October 21, 2023 156 m

Latitude 21.0234675 GMT 05:23 AM

Longitude 75.7055732 Local Time 10:53 AM