



MARATHWADA MITRA MANDAL'S  
**COLLEGE OF COMMERCE**

Affiliated to SavitribaiPhule Pune University, Re-Accredited by NAAC with "A" Grade  
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**REPORT ON NIRBHAY KANYA ABHIYAN**

**Organised by**

**STUDENT DEVELOPMENT CELL**

Student Development Cell has organised Nirbhay Kanya Abhiyan for all college girl students on 23<sup>rd</sup> & 24<sup>th</sup> Feb 2024. Total 107 students participated in the Nirbhay Kanya Abhiyan program. The details of the Abhiyan is as follows:

**Day 1:**

**Session 1: Building Inner Strength by Maitrayuva Foundation.**

- Date: 23<sup>rd</sup> Feb 2024
- Time: 10.30 am to 11.30 am
- Venue: Auditorium (Dnyadneshwar Hall)

**Objective:** The session aimed to foster confidence and self-esteem among adolescent girls.

Prof. Sanika Kulkarni welcomed the participants and introduced the session's objectives. Engaging icebreaker activities were conducted to create a comfortable atmosphere.

Facilitators from Maitrayuva Foundation Mr. Sanket Deshpande led interactive workshops on building self-esteem and self-worth. He shared some experiences of his own and shared detail work of Maitrayuva foundation. Participants engaged in discussions on personal experiences and strategies for self-empowerment. Participants had the opportunity to ask questions and seek clarification.

**Session 2: Mental Health Awareness by Dr. Tanvi Kurhade.**

- Date: 23<sup>rd</sup> Feb 2024
- Time: 11.30 am to 12.30 am
- Venue: Auditorium

**Objective:** To raise awareness about mental health issues and provide girls with strategies for self-care.

Dr. Tanvi Kurhade delivered a comprehensive presentation on mental health, including common disorders and coping mechanisms. During the lecture Dr. Tanvi has covered the crucial topics like depression, anxiety and panic attack. Participants engaged in an open discussion about their perceptions and experiences related to mental health. Practical exercises such as deep breathing was conducted to promote emotional well-being and also

she taught some techniques how to overcome from these problems? Dr. Tanvi Kurhade addressed queries and concerns raised by participants regarding mental health issues.

**Outcomes:**

- Increased awareness and understanding of mental health issues.
- Enhanced coping skills and self-care strategies.
- Reduced stigma surrounding mental health discussions.
- Improved access to mental health resources and support.
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**Day 2:**

**Session 3: Self-Defence Workshop by Mr. Kishor Shinde and Team.**

- Date: 24<sup>th</sup> Feb 2024
- Time: 10.30 am to 2 pm.
- Venue: Student Forum, MMCC campus.

**Objective:** To empower girls with self-defence techniques and enhance their personal safety.

Kishor Shinde and team demonstrated various self-defence techniques, including strikes and escapes. Participants practiced the demonstrated techniques under the guidance of instructors. Real-life scenarios of potential threats were enacted for participants to apply their skills. Inspirational talks were delivered, emphasizing confidence and assertiveness in self-defence. Participants had the opportunity to ask questions and seek clarification on self-defence techniques.

**Outcomes:**

- Improved self-confidence and sense of personal safety among participants.
- Enhanced awareness of potential threats and effective strategies for self-protection.
- Increased physical fitness and agility.
- Development of assertiveness skills in potentially threatening situations.

The Nirbhay Kanya Abhiyan, organized by Student Development Officer Asst. Prof. Snehal Borkar and by the dedicated team members Dr. Punam Shinde and Asst. Prof. Sanika Kulkarni. Principal Dr. Devidas Golhar and HOD of Department of Business Administration Dr. Ashwini Kulkarni addressed the session. The collaborative efforts of all stakeholders ensured a comprehensive approach to addressing the participants' needs and equipping them with essential skills for personal development and safety. Continued support and initiatives are crucial for sustaining the momentum of empowerment and creating a safer environment for girls in the community.



Dr. Devidas Golhar  
Principal