



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 SELF DEFENCE WORKSHOP**

Student Development Cell has organised Nirbhay Kanya Abhiyan for all college girl students on 4<sup>th</sup> March 2025. Total 81 students participated in the Nirbhay Kanya Abhiyan program. The details of the Abhiyan are as follows:

#### **Self-Defence Workshop - Miss. Sakshi Tandlekar & Miss. Rupali Chorge**

The event's highlight was the Self-Defence Workshop led by Miss. Sakshi Tandlekar and Miss. Rupali Chorge, experts in martial arts and self-defence techniques. The workshop provided students with hands-on training in essential self-defence techniques, enabling them to respond effectively in case of an emergency. The session included:

- Basic self-defence techniques such as defensive stances, escape tactics, and counter-attacks
- Importance of body awareness and confidence in threatening situations
- How to stay calm under pressure and make quick decisions in unsafe situations

The trainers demonstrated various techniques and guided the students in practicing them, fostering a sense of empowerment and self-confidence among participants.

This event was held with the participation of **161 students** and was organized by Student Development Officer Asst. Prof. Snehal Borkar and by the dedicated team members **Asst. Prof. Sonali Wagh** and **Asst. Prof. Renuka Talwar**. Principal Dr. Ganesh Patare 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.





A handwritten signature in blue ink, appearing to read "Ganesh Patare".

Dr. Ganesh Patare  
Principal (I/C)