



**BHARTIYA VIDYA BHAVAN'S**  
**HAZARIMAL SOMANI COLLEGE OF ARTS & SCIENCE, JAYARAMDAS PATEL COLLEGE OF**  
**COMMERCE & MANAGEMENT STUDIES, CHOWPATTY, MUMBAI-400007**

**Committee/ Association:** CWDC And ICC

**A.Y. :** 2023-24

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1. **Event Title :** 3-Days Self-Defence Workshop For Female Students
  2. **Event Date:** 26<sup>th</sup>, 31<sup>st</sup> July and 1<sup>st</sup> August 2023
  3. **Event Venue:** Room No 701 (7<sup>th</sup> floor, Gymkhana)
  4. **Event Detail:**

The College Women Development Cell (CWDC) and Internal Complaint Committee (ICC) of our college under the aegis of IQAC organized 3-days Self-Defence Workshop for Female Students on 26<sup>th</sup>, 31<sup>st</sup> July and 1<sup>st</sup> August 2023 in Room No 701 (7<sup>th</sup> floor, Gymkhana).

**a.** The objectives of this event were as follows

1. To make aware and escape without injuries deterring and stopping the aggressive behavior in the various situations faced by female students.
2. To provide knowledge about different types of violence against them.
3. To provide different tips of self protection
4. To showcase and give demo on different self defence technichqus

**b.** The resource person for the event was Ms. Kalika Narkar(SYBCom) who is Black belt in Judo and practicing Judo since 12 years. The event was inaugurated at 9.30am by Management Coordinator Dr. Baba Patil and compered by Mrs. Veena Shinde-Deore (Coordinator, CWDC). The IQAC & ICC Coordinator Dr. Varsha Mallah and other members of CWDC and IQAC graced the occasion. Dr. Baba Patil enlightened the students about importance of self defence and protection against the violence while Dr. Varsha Mallah gave information of working and importance of CWDC & ICC committee.

The resource person Ms. Kalika Narkar along with assistant Ms. Siddhi conducted the training on all these three days from 9.30 am to 10.30 am. Self - defence means the use of physical force to protect oneself from the attacker. The students were taught to tackle some situations like what if someone tries to catch



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your hand and the easiest way to escape from the hold of the attackers. If the attacker tries to hold your neck you can poke his eyes, kick his/her groin . And many more techniques . Girls were very responsive and enthusiastic to learn new techniques. The students were also taught them a basic choke called as hadake – jime, this choke can directly make you unconscious.They even learned a kick called mawashi- giri kick . The students got demo to escape from knife being hold against their stomach. The total **29 female students** participated in the event.

**5. Event Pictures :**

Bhavan's Hazarimal Somani College of Arts and Science, Shri Manubhai Maneklal Sheth Junior College of Arts And Science and Jayaramdas Patel College of Commerce and Management Studies, Chowpatty, Mumbai 400007

**The College Women Development Cell (CWDC) and Internal Complaint Committee (ICC) of our College under Aegis of IQAC**

**Organizes Self-Defence Workshop For Female Students**

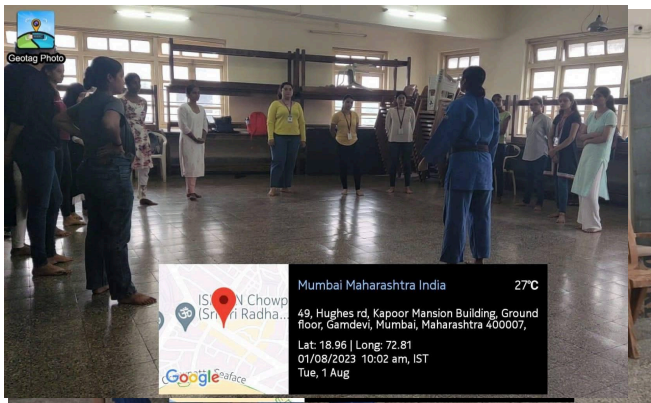
**26th July,31st July,1st August**

Venue :- 701 ( Cymkhana 7th Floor )  
Time : 9:30 to 10:30

Dr.Varsha Mallah  
IQAC Coordinator

Mrs.Veena Shinde - Deore  
Chairperson, CWDC

Prof.(Dr).Shantaj Deshbhratar  
Principal (In-Charge)



**Date: 1<sup>st</sup> August 2023**

**Mrs. Veena Shinde –Deore**  
**Coordinator (CWDC)**

**Dr. Varsh Mallah**  
**Coordinator (IQAC & ICC)**