



Dnyandeep Shikshan Prasarak Mandal, Khed, (Ratnagiri)'s
DNYANDEEP COLLEGE OF PHARMACY

A/p Boraj, Tal. Khed, Dist. Ratnagiri 415709.

Ph. No. 02356 299330



(Approved by Pharmacy Council of India, (PCI) New Delhi, Recognised by DTE, Gov. of Maharashtra)

Affiliated to University of Mumbai Vide Aff/ICD/2022-23/2234

Email: dnyandeep.pharmacycollege@gmail.com

Website: www.dnyandeeppharmacy.com

Date: 12/07/2023 to 14/07/2023

Venue: Seminar hall of Dnyandeep College of Science and Commerce, Boraj

Name of Programme: Rajamata Jijau Self-defence training program for girls.

Purpose of Meeting: To introduce girls to self-defence techniques and to give knowledge about how crimes are performed and various established Acts for their protection.

Organised by: 1. CWDC, Dnyandeep College of Pharmacy, Boraj
2. WDC, Dnyandeep College of Science and Commerce, Boraj
3. WDC, Dnyandeep College of Architecture

In association with

4. Ministry of Women and Child Development, Govt. of Maharashtra.

Guest invited: Day 1st

| Sr. No. | Name of Person | Designation |
|---------|------------------------|---|
| 1 | Mrs. Dipali Shirishkar | Associates for Child Development project, Khed. |
| 2. | Mrs. Jadakar | Advocate, Khed |
| 3. | Mr. Sanjay Chavan | Assistant Inspector, Khed |
| 4. | Mrs. Mhatale | Supervisor, Khed |
| 5. | Mrs. Surekha Kamble | Supervisor, Khed |
| 6. | Mrs. Nirmala Bargade | Supervisor, Khed |
| 7. | Mrs. Vidya Kittad | Supervisor, Khed |

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Day 2nd

| Sr. No. | Name of Person | Designation |
|---------|--------------------|---------------|
| 1. | Dr. Yogita Khade | Chief trainer |
| 2. | Ms. Saniya Barve | Trainee |
| 3. | Ms. Devika Patane | Trainee |
| 4. | Ms Anisha Nikam | Trainee |
| 5. | Ms. Prachi Nikam | Trainee |
| 6. | Ms. Shravani Kadav | Trainee |

Schedule of the program:

| Sr. No. | Subject | Expert | Time |
|-----------|--|---|----------------------|
| DAY ONE | | | |
| 1. | Current state and Concept of violence against women and girls. | Mrs. Jadakar, Advocate | 11.00 am to 12.30 pm |
| 2. | Cyber crimes, and their threat to women and girls. | Mr Sanjay Chavan, Assistant Inspector, Khed | 12.30 am to 1.30 pm |
| DAY TWO | | | |
| 1. | Self-defence primary training | Dr. Yogita Khade, Trainer | 9.00 am to 9.45 am |
| 2. | Modern techniques | Dr. Yogita Khade, Trainer | 10.05 am to 10.50 am |
| DAY THREE | | | |
| 1. | Demonstration practice | Dr. Yogita Khade, Trainer | 9.00 am to 9.45 am |
| 2. | Demonstration practice | Dr. Yogita Khade, Trainer | 10.05 am to 10.50 am |

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Report:

Dnyandeep College of Pharmacy, Boraj organised Three-day Workshop named **Rajmata Jijau Self- defence training programme**, in association with the **Ministry of Women and Child Development, Govt. of Maharashtra**. For this Programme we have invited **Mrs Dipali Shirishkar**, Associates for Child Development project Khed, **Mrs Jadekar** Advocate, Khed, **Mr Sanjay Chavan**, Assistant Inspector Khed, **Mrs Mahatale** as a Supervisor Khed, **Mrs Surekha Kambale**, Supervisor Khed, **Mrs Nirmala Bargade**, Supervisor Khed, **Mrs Vidya Kittad** Supervisor, Khed as a resource person. On the inaugural day of the programme started with worshipping Goddess Saraswati by the auspicious hands of **Dr Umeshkumar M. Bagal** sir then Dr. Bagal Sir introduced the chief guest and other dignitaries. The resource person Mrs Dipali Shirishkar gave an introduction and Mrs Jadakar addressed the students by informing them about various acts, their amendments and especially about POCSO Act, and NDPS Act, Cyber Crime Act and amendments thereof. Mr Sanjay Chavan expressed views about Cyber Law and addressed the girl students by informing them about the precautions to be taken while using the Internet, Mobile, Bank transactions and other cyber-related activities. The day concluded by proposing a vote of thanks by Ms Marsha Pashate.

On the second day, Dr Yogita Khade and her team explained the importance of learning self-defence techniques and demonstrated some of them. After that girl students practice all the techniques they learned from trainees. All the demonstration and practice parts were done effectively and participants gave a positive response for the whole session. **Ms Arpita Powale** concluded the programme and delivered the vote of thanks.

On day third all resource persons taken practise of self defence programs and other defence techniques for the girls and briefed about ways and means in executing themselves from critical conditions arise if any in their day to day life. All the students expressed their sense of satisfaction about the three day program conducted by college in association of government of Maharashtra for betterment of girls' students. The program was concluded with vote of thanks by the students.

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Total number of Pharmacy student participants: 23



Dnyandeep College Of Pharmacy
Rajmata Jijau Self defense Program
12.07.2023 10:50
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MCP9+699, Dist, Khed, Maharashtra 415709, India



Dnyandeep College Of Pharmacy
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Dnyandeep College Of Pharmacy
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