

OSWAL SHIKSHAN AND RAHAT SANGH SANCHALIT
Shree Halari Visa Oswal College of Commerce
(Affiliated by University Mumbai)

REPORT

Workshop On Women Empowerment and Self-Defence

VENUE:- S.H.V.O.V Ground
TIME:- 9:00am- 1:30pm
ORGANISED BY:- WOMEN DEVELOPMENT CELL

Date:-16 Nov, 2017

Execution:-

On 16th Nov, 2017 Saturday, Workshop on Women Empowerment and Self-Defence was organised for the girl students at S.H.V.O.V Ground it was a Intercollegiate workshop organized for the up liftment and empowerment of the girl students. Program was started by 8:00am with registration process of the students. All participants of other colleges had enrolled themselves. Inauguration was done by Chief guest MRS. ASHIMTA CHOUDHARY (Education Sabhapati), Principal DR. (MRS.) SNEHAL DONDE and MR. ABHILASH RAUT (and his team) by lightning of lamp. Principal ma'am kept few points in front of students regarding defence. Mrs. Ashmita Choudhari motivated girls with her Inspirational talk .

Resource person were Mr. ABHILASH RAUT [Physical Fitness Instructor, International Martial Artist] and his team NITESH ,DUTTA Sir and his wife PRIYANKA ma'am accompanied him. Workshop started with a warm up session and stretching, Defence team showed the moves to all the students which were very tricky and interesting all the girls were really enjoyed the moves and actions. There was a short break were snacks distributed to all participants;

hospitality committee took the charge for snacks distribution.



Felicitating of Chief Guest by Principal Dr. Snehal Donde



Felicitating of College Development Committee Member by Mr. Aswad Shaikh

After break we started with conclusion session where overall tips and guidance were given to girls so that they can use these skills for safeguard of themselves. The main aim was to encourage the participate to defend themselves during the time of threat. As the session completed we asked all the participates to give their feedback by filling feedback form. This session was very useful and interesting all the moves taught very nicely with perfection, said the participants.

Workshop ended with vote of thanks given by Mrs. Ranjeeta Singh, Convener, WDC. This session ended at 01:15pm. After that all disbursed from the ground.



Outcome: -

Session was useful for girls they learned new techniques and felt motivated to defend themselves at the time of threat. Focus was overall development of women/ girls which we achieved. More than 100 girls were participated in the session. All participants demanded this kind of session should be there every month. It shows that how whole college is working for women safety and for their all-round development.



Convener

Mrs. Ranjeeta Singh

Principal

Dr. Snehal Donde