



BHARATI VIDYAPEETH
(DEEMED to be UNIVERSITY)
Accredited with 'A+' Grade (2017) by NAAC
DENTAL COLLEGE AND HOSPITAL, SANGLI

Self Defence Training Workshop



- Name of Activity:- Self Defence Training Workshop
- Date:-11th October 2023
- Time -: 11.00 am
- Venue:- Examination Hall, Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli
- Organiser:- National Service Scheme
- Event Faculty In-charge:- Dr. Samruddhi Swapnil Metha, Assistant Professor, Department of OMDR, BVDUDC&H, Sangli.
- Nature of Activity:- Indoor
- Number of Interns:- 82
- Students:- 92
- Number of Staff – 28
- Total No. of Participants – 202

Activity Details - Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli had organised self defence training workshop on 11.10.2023 at 11.00.am. The event was graced by Honourable Dr. H. M. Kadam, Regional Director, BVDU Campus, Sangli.



Event was started by Inauguration and Felicitation of guest Ms. Shivani Jadhav, International Gold Medallist in Mixed Martial arts and Taekwondo at the hands of Honourable Dr. H M Kadam, Regional Director, Bharati Campus Sangli in the presence of Dr. Sharad Kamat, Principal and Dr. Jiwanasha Agarwal, Vice- Principal.



Self Defence training workshop of half day was arranged to create awareness regarding fitness amongst the volunteers and to provide knowledge about the different techniques of self protection. The need of the hour for the girls and women in the society is to safeguard them against violence committed against them. Student Welfare along with NSS can strengthen the students for their self-protection and women empowerment through a workshop of Self Defence.

The workshop started with an inaugural speech by Intern.

The Workshop was carried out by Ms. Shivani Jadhav who is International Gold Medallist in Mixed Martial arts and Taekwondo and has done various fights and represented India at International Championships. She highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. She also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis.



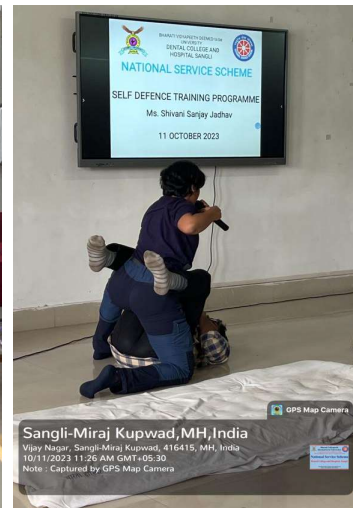
The Demonstration Session:

After the inaugural session and felicitation ceremony, demonstration of the self defence technique followed through various self defence techniques and demonstration with participation of students.

The tips she elaborated on how to self protect and defend are:

Prevention is the best self-defense - Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets. So be sure to follow general safety tips like being aware of your surroundings, only walking and parking in well-lit areas, keeping your keys in hand as you approach your door or car, varying your route and times of travel, and other personal security precautions.

If violence is unavoidable, however, to really defend yourself, you'll want to know ahead of time how to fight back effectively- it's possible even against someone bigger or stronger than you.



Programme was attended by Teaching faculty and Students. Certificate of Appreciation was awarded to the Guest for wonderful workshop at the hands of Dr. Jiwanasha Agarwal, Vice Principal, BVDU, Dental College, Sangli. Finally, the programme was concluded by vote of thanks and snacks for everyone.



Dr. Samruddhi Metha
NSS Programme Officer

Dr. Sharad Kamat
Principal