

Activity Report
Of
" Self Defense Program for Girl's "



Organized by ,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Womens' Grivance Committee

Date: 28th August 2018

Name of Event: "Self Defense Program for Girl's "

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Type of the Event: Self Defense Program for Girl's under Womens Grievance Cell

Duration of Event: 2 Hr

Name of resource person: Mr. Sachin Pawar

Name and Address of Company: Chief of Maharashtra Shotogan Karate Association, Nashik

Name of Event Coordinator: Dr. Gayatri Phade

Detail of Participant with Count: 374

Revenue Generated Details: Nil

Objectives: To aware Girls students about self defence.

Outcome: Helpful to imporve knowledge and developepment skills.

About the Event: Womes's Grievance Cell organized self defence program for girls. Mr. Sachin Pawar, Chief of Maharashtra Shotogan Karate Association, Nashik was the resource person. He gave brief about need of self defence in day to day life for women's. He explained Karate, Kung Fu, judo karate etc. and also gave demonstration of few karate techniques which is helpful for girls. He also explain importance of meditation. He gave a practical explanation of how to handle panic situation. He also share few inspirational stories to motivate the girls.

Also Dr. Gayatri Phade coordinator of Womens Grievance Committee brief girl's about Womens Grievance Cell, ICC Committee and WE TEAM.

Photographs:



Group Photo of Self Defence Program for Girl's



Group Photo of Self Defence Program for Girl's



Practical Demonstration of Krate



Dr. Gayatri Phade Interacting with students



Girls practicing karate steps