

## **Self-defense Workshop**

Date: 25<sup>th</sup> January, 2019

Venue: Seminar Hall (3<sup>rd</sup> floor)

### **Report**

Our Institute of Science, Poona, Swami Vivekanand College of Education, Wakad, Pune - 57 runs 'Nirbhay Kanya Abhiyan' for the girl students in collaboration with Savitribai Phule Pune University with the objectives of developing courage, confidence and defensive skills among the girls. Under this scheme, team of Bhosale Academy conducted workshop of self defense training on 25<sup>th</sup> Feb. 2018. The session started with the delegation of Mr. Chandrakant Bhosle and team, Bhosale Academy, by the hands of our respected Director Shri N. C. Joshi. Mr. Chandrakant Bhosale explained the importance of self-defense training for women. He also explained the various techniques and methods of self defense. Further he stated the role of society in empowering women. The workshop was meant exclusively for girls, where participants received hands-on training and learnt various techniques of self defense, prominent ones being hand blade neck strike, finger thrust on face, front kick from ankle, knee kick on growing and outer thigh, basic punch and wrist lock. The self defense workshop was very helpful. The entire workshop was successfully conducted and concluded under the guidance of our Principal, Dr. Bhagyashree Dudhade.

