

“Techno-Social Excellence”

**Marathwada Mitramandal's Institute of Technology**

Lohgaon, Pune- 411047

Accredited with 'A' Grade by NAAC

Ref. No.: MMIT /Admin/SDO/2022-23 /

Date: 01/03/2023

## Notice

### **Nirbhay kanya Abhiyan (Self Defense Training Program)**

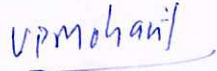
It is informed that institute is organizing an event 'Nirbhay Kanya Abhiyan-Self Defense Training Program' under the SDO for the girl's students on 02/03/2023. The main objective is to develop a critical mind, self-confidence and a commitment to society. All girls should be present for the same.

**Venue:** seminar hall

**Time:** 11.30 am

Attendance is mandatory to ALL Girls Students.

  
Tejaswini Sunil Bhoye  
SDO

  
Principal

**Copy to:**

All Head of Departments  
Dean, Student Affairs  
All Committee Members





“Techno-Social Excellence”  
Marathwada Mitramandal's  
**INSTITUTE OF TECHNOLOGY (MMIT)**  
Lohgaon, Pune-47  
Accredited 'A' Grade by NAAC

(Academic Year 2022-23)  
SEM-II

**Workshop**  
On  
**“Self Defense Training**

Held on  
28<sup>th</sup> Feb 2023

**Coordinator**

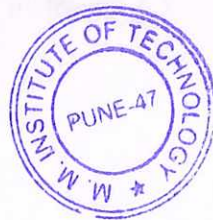
Dr. Amita Pal

Ms.P.D.Shinde

*Pal*  
*Shinde*

*[Signature]*  
SDO

Prof. Tejaswini S.Bhoye



## Workshop Details

**Subject:** SDO activity under “Nirbhay kanya Abhiyan”

**Attendee:** SE/TE/BE Girl Students

**Organized By:** SDO, MMIT, Lohgaon-411 047

**Date:** 28<sup>th</sup> Feb 2023

**Resource Persons:**

**Name:** Ms. Supriya Supekar

**Company Details:** Self Defense Specialist, National player power lifting.

### **Objectives of the Workshop**

The objective of this workshop is to develop a critical mind, self-confidence and a commitment to society. And to discuss various safeties related questionnaires and ideas or techniques during this program.

Student development cell has organized various workshops under this scheme.

### **Program Outcomes**

- Girls are able to understand & learn the safety skills to protect themselves in any situation.
- Self Defense training workshop was arranged looking into safety aspects of girl students and ladies faculties as well.

**Speech:** Ms. Supriya Supekar, Self Defense Specialist, National player power lifting.

### **Introduction:**

Women's self-defense ultimately gives women freedom, as they are able to defend themselves against mental, emotional and physical challenges. Women who are afraid to express themselves are confined by their fears. Instead, confidence builds freedom. Self-defense is one of the most important skills women can learn, especially in these perilous times.



## Session by Ms. Supriya Supekar

Ms. Supriya Supekar Self Defense Specialist conducted training. Various safeties related questionnaires and ideas were discussed and some techniques were shown during this program.

### Topic Covered:

She has covered almost all techniques that are useful for self safety during unwanted situations. She is provided the training personally to the girls during the workshop . On behalf of MMIT & Management, Computer Department, Prof Tejaswini S.Bhoye gave the vote of thanks expressing the gratitude towards person Ms. Niharika Argade for sparing his valuable time & guidance to our students from his busy schedule.

### Enclosure

1. Sessions photos
2. Students Attendance list

## Session by Ms. Supriya Supekar



Speech by Ms. Supriya Supekar- Q&A with students



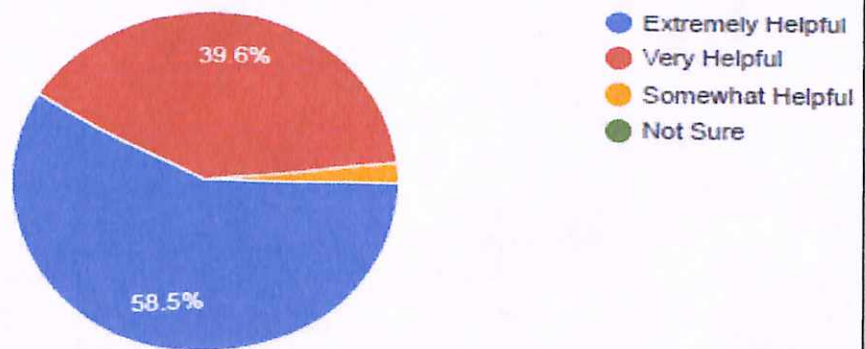
## Speech by Ms. Supriya Supekar & Interaction with students



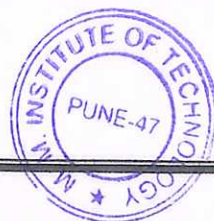
Feedback taken from Students

### How Helpful was the Session for you?

53 responses

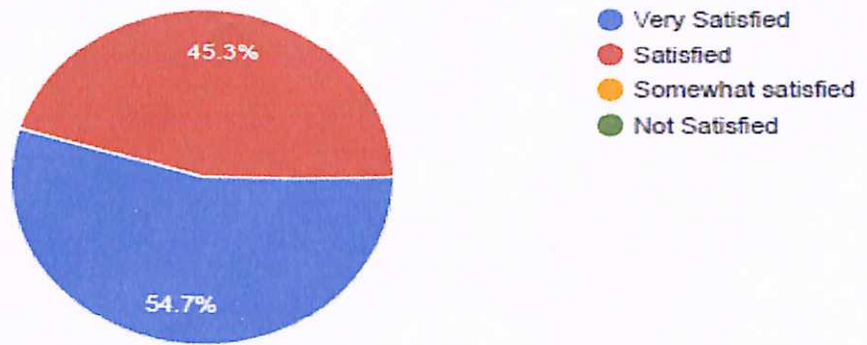


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### What is your level of satisfaction for the Session

53 responses



Please make indicative your satisfaction for the following aspects of the event

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Lohgaon, Pune - 411047



ACADEMIC YEAR 2022-2023

Attendance for Self Defence Training

Date:

Sr. No.	Name of Faculty	Sign
1	Mrs. Tejaswini S. Bhoje	
2	Ms. Prajкта D. Shinde	
3	Mrs. Leena A Deshmukh	
4	Ms. Punam B. Kokate	
5	Mrs. Sonali S Patil	
6	Ms. A. A. Agawal	
7	Ms. P. V. Deshmukh	
8	Mrs. S. K. Patil	
9	Ms. R. D. Mahale	
10	Mrs. D. J. Bunde	
11	Ms. U. B. Karanje	
12	Prof. R. S. Fegade	
13		
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ACADEMIC YEAR 2022-2023  
Attendance for Self Defense Training

Date: 28/2/2023

Sr. No.	Branch	Girl Student Name	Sign
1	Computer	Mrunali Sanjay Gattal	
2	Computer	Sakshi Dhas	
3	computer	Tiya Jagtap	
4	Computer	Madhumita Mahata	
5	Computer	Hdity Mishra	
6	Computer	Sakshi Hule	
7	computer	Tripura Patange	
8	computer	Gitanjali Kambhe	
9	Computer	Shradha Kalyani	
10	computer	Shruti Vedpathak	
11	Computer	Sauri Choudhari	
12	Computer	Snehal Shinde	
13	Computer	Samraddhi Takawale	
14	Computer	Sejal Sharma	
15	computer	Rutuja Lokhande	
16	computer	sanyukta Deshmukh	
17	mechatronics	Asmita Paul	
18	mechatronics	Pranali Yenare	
19	Computer	Soushti Jogdand	
20	Computer	Maithili Mahadik	





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Attendance for Self Defense Training

Date:

Sr. No.	Branch	Girl Student Name	Sign
21	Computer	Aditi Thombare	A Thombare
22	Computer	Nishwarya Sawant	N Sawant
23	mech	Deepali mane	D mane
24	Mechx	Bhavna Phegade	Bhavna
25	Computer	Mulay Sanika Satish	Mulay
26	FE Computer	Akanksha Sawant	A Sawant
27	FE computer	Dnyanushwari S.	D S
28	FE computer	Sayali Godse	S Godse
29	FE computer	Gadekar Shraddha Sunil	S Gadekar
30	SE Civil	Bhosale Bhagyashree R.	B Bhosale
31	FE computer	Tejaswini Shri Kant Chintan	T Chintan
32	FE Mechatronics	Rucha Tupake	Rucha
33	FE AI & DS	Rhutu Badiger	Rhutu
34	FE computer	Samruddhi Bore	S Bore
35	FE computer	Kumbhar Pratiksha	P Kumbhar
36	computer	Alhat Pratiksha	P Alhat
37	Computer	Shaikh Firdous	F Shaikh
38	computer	Renka Louikar	R Louikar
39	Computer	Rashi Rohit Madne	R Madne
40	civil	kamble Shital Shivaji	S Kamble
41	computer	Samruddhi R. Pandharkar	S Pandharkar





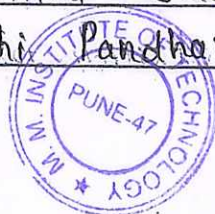
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ACADEMIC YEAR 2022-2023  
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Date:

Sr. No.	Branch	Girl Student Name	Sign
42	Computer	Snehal Vishal Thube	Snehal
43	Computer	Aanya Gadhar	Aanya
44	Mechatronics	Prajakta Kulkarni	Prajakta
45	AI&DS	Talcale Girija	Talcale
46	Computer	Dosi Divya	Dosi
47	Computer	Kiran more	Kiran
48	Computer	Saukriti Mali	Saukriti
49	Mechatronics	Sayali Pawade	Sayali
50	computer	shrawani Masikkar	Shrawani
51	civil	Pidge Vaishnavi	Pidge
52	Mechatronics	Sanniksha Kale	Sanniksha
53	Mechex	shreya Gaikwad	Shreya
54	Mechex	Divya Kathode	Divya
55	civil	Santoshi Jangir	Santoshi
56	Mechex	Sanyad Muskan	Sanyad
57	computer	Ashwini S. Kakde	Ashwini
58	Mechatronics	Tejasvini Dhalange	Tejasvini
59	Computer	Manasi Konde	Manasi
60	computer	Pallavi Jadhav	Pallavi
61	Computer	Hrushita Jadhav	Hrushita
62	Computer	Siddhi Pandharkar	Siddhi





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Attendance for Self Defense Training

Date:

Sr. No.	Branch	Girl Student Name	Sign
63	ATDS	Rakhi Patil	R Patil
64	Comp	Aboli choudhari	A Choudhari
65	Comp	shilpa Sonmane	Shilpa
66	Civil	Nikita Rode	N Rode
67	Comp	Rutuja Trivedi	Rutuja
68	Comp	Anjali S. More	Anjali
69	Comp	Gayatri S. Gaikwad	Gayatri
70	Comp	Sayali Sawant	Sawant
71	Comp	Pooja Pawar	Pawar P.
72	Comp.	Dhanashree Modhane	Phad
73	Comp	Harshada Kulkarni	Kulkarni
74	Comp	Anushka Dhamdhare	Anushka
75	Comp	Racheal Pereira	R Pereira
76	Comp	Aishwarya Borse	Aishwarya
77	Comp	Sakshi Tagtap	Sakshi
78	Comp	Megha Pawar	Megha
79	Fe Mechanical	Rutuja Koshli	Rutuja
80	Mechx	Aishwarya Mawal	Mawal
81	Metx	Gadhe Bhagyakshi	Gadhe
82	Metx	Sharayu Malekar	Malekar
83	Fe mechanical	Sakshi Chaudhari	S Chaudhari

