



# Ramanand Arya D. A. V. College

## (Autonomous)

Receipt for the Activity details submitted with the Records Committee

### Self Defence Workshop

|  |   |
|--|---|
| Timestamp                                    | 1/11/2025 11:13:28  |
| Email Address                                | ramanandaryadavcollegenss2122@gmail.com   |
| Name of the activity:                        | Self Defence Workshop   |
| Date:  | 7/6/2023  |
| Time:  | 9:00:00 AM  |
| Venue:                                       | College's Auditorium.   |
| Faculty:                                     | Commerce Regular, Self finance courses  |
| Department / Committee:                      | NSS Unit  |
| Organisers / Cordinators Name:               |   |
| Organisers / Cordinators Contact No:         | 9892052035  |
| No. of Participants (Total):                 | 25  |
| No. of Participants (Male):                  | 9   |
| No. of Participants (Female):                | 16  |
| Nature of the Activity:                      | Academic  |
| Topic/ Subject of the activity               | Self Defence Workshop   |
| Objective for conducting the activity:       | Equip participants with practical self-defense techniques that can be used in real-life situations to enhance their confidence and personal safety.                                 |
| Briefly mention the methodology used:        | Conduct a survey or gather input from potential participants to identify their specific interests and concerns regarding self-defense.  |
| Briefly mention the outcome of the activity: | Participants learned practical self-defense techniques, including strikes, escapes, and defensive maneuvers, enhancing their ability to protect themselves in real-life situations. |
| Proofs attached:                             | Report  |





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|----------------------|---|
| Comment (if any):    | yes   |
| Attachments:         | <a href="https://drive.google.com/open?id=1vEpdP5p2-hBAfsAXWVYgnZWx6MuBpCji">https://drive.google.com/open?id=1vEpdP5p2-hBAfsAXWVYgnZWx6MuBpCji</a> |
| Report submitted by: | NSS Unit  |

### Women's Self Defence Workshop

NSS Unit of Ramanand Arya DAV College organized a Self Defence Workshop for NSS female Volunteers which was of 3 days from 6<sup>th</sup> July,2023 to 8<sup>th</sup> July,2023. The location of this event was inside the College's Auditorium.

Day 1 started at 9:00 am where all the volunteers gathered at the College's Auditorium. The seminar was conducted in which the chief guests of this event were PSI Sheikh Sir, PSI Sheetal Babar, API Borade Sir. Then the Chief Guests Spoke about the Women Development Cell and told why it is necessary and important to have a Women Development Cell in the Colleges. The first day of this event concluded at 11:00 am.

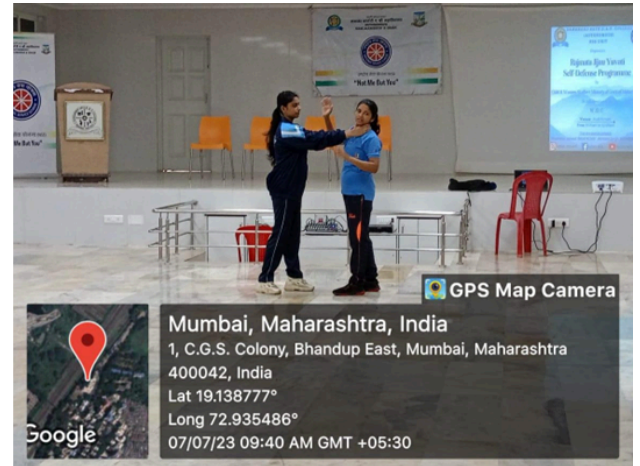
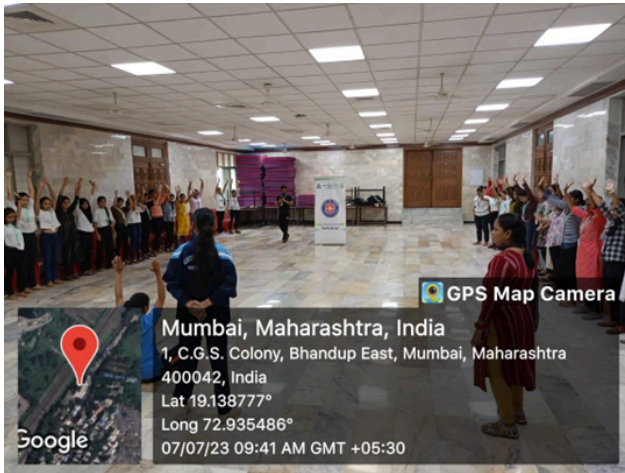


The Day 2 began at 9:00 am and on this day a practical session was conducted inside the College's Auditorium in which two Chief Guests Komal Chavan (Siddharth College) and Anshika Magar (Kirti College) took part. They taught the Volunteers some different techniques to protect themselves from difficult and uncomfortable situations. And volunteers had great Interaction with the chief guest throughout the session at 11:00 am the Day 2 was concluded.



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The event was started at 9:00 am. Ma'am and 2 trainers came at 8:55 am. All the girls were ready in the auditorium for the Self Defence Training. Trainer started with the revision which taught yesterday. And after 1 hours they teach another activity and how to protect themselves. At the end of the event our NSS Volunteers give vote of thanks and also given feedback which was taught in 3 days.



*Ramand*