



Report of “Rajmata Jijau Girl’s Self Defence Workshop”


The National Service Scheme (NSS) Unit and Women Development Cell (WDC) of our college in collaboration with the Panchayat Samiti, Tala, and under the auspices of the "Women and Child Development Department, Government of Maharashtra," successfully organized the **“Rajmata Jijau Girl's Self-Defence Workshop”**. The workshop took place on 12th and 13th July, 2023 from 12:30 pm to 3:00 pm in the Seminar Hall. Esteemed resource persons including Mrs. Dipali Shelke, Women and Child Development Project Officer, Government of Maharashtra; Mrs. Jyoti Patil, Stree Yuya Shakti Prashishak; Mr. Vinayak Sakpal and Mr. Meghesh More, Instructors, Women's Self-Defence, conducted the workshop.

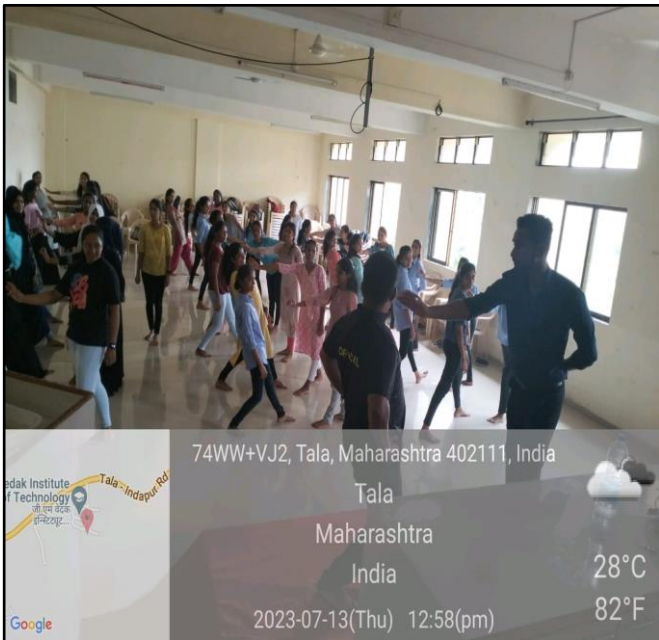
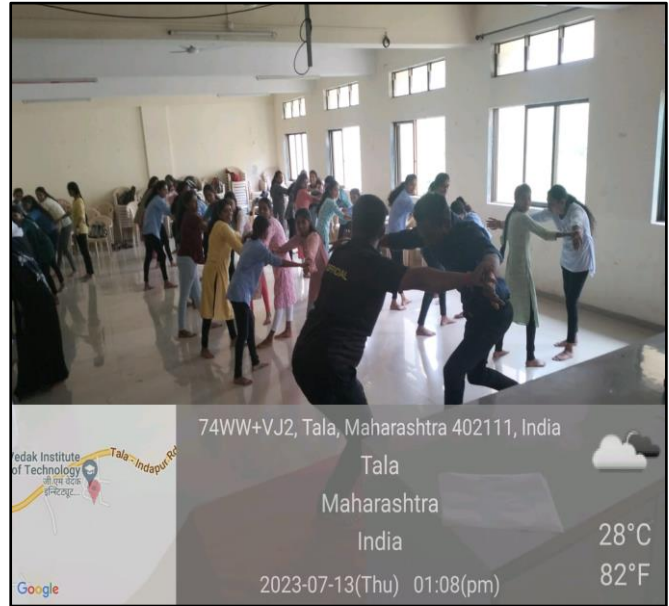
Given the prevalent instances of harassment against girls and women in our society, the workshop aimed to boost the confidence of girls and empower them to defend themselves in times of danger. It also aimed to foster resilience against violence. The first day of the workshop began with a warm welcome from Dr. Vivek A. Rane, the NSS Program Officer, who addressed the resource persons and all participating girl students. He provided a brief overview of the program's objectives. Miss Neeharika A. Adulkar, Convenor, WDC and Mrs. Mamta R. Kunde, Presiding Officer, College Internal Committee felicitated the guests. Mrs. Jyoti Patil then enlightened the girls about the current scenario of violence against women and girls in society. She shared stories of women and girls who faced assaults, threats, abuse, and random attacks from strangers and loved ones. Her words of inspiration emphasized the urgency for women to acquire self-protection skills. Mr. Meghesh Patil further emphasized the need for girls to learn self-defence, insisting on that it would enhance their confidence, empower them, and ensure their safety in challenging situations. Following this, Mr. Vinayak Sakpal and his team of volunteers conducted the training session, imparting basic self-defence techniques to the girls.

On the second day, Mr. Sakpal continued the training session, teaching the girls additional techniques. He dedicated time to revising all the techniques, ensuring the participants had a firm grasp of the skills. Towards the end of the workshop, a few girls shared their feedback and thoughts about the program. The event concluded with a vote of thanks from Dr. Mrs. Nasreen M. Shaikh, the NSS Program Officer. Around 42 girl students attended the workshop.



N.S.S. Programme Officer
Shri. G. M. Vedak Pratishthan's
G.M. Vedak College of Science, Tala,
Tala-Raigad, Pin-402 111.




PRINCIPAL
Shri. G. M. Vedak Pratishthan's
G.M. Vedak College of Science
Tala-Raigad, Pin-402 111.



Dr. Vivek A. Rane, NSS Program Officer, welcoming the guests and students





Mrs. Jyoti Patil, while addressing the girls



Mr. Megesh More, telling the girls about importance of self-defence



Dr. Mrs. Nasreen M. Shaikh, NSS Program Officer, while giving vote of thanks



Attendance

12/07/2023

G.M. VEDAK COLLEGE OF SCIENCE, TALA
Girl's Self Defence Program
12/07/2023

Sr. No.	Name	Address	Phone No.	Sign.
1	Jyoti Jansardan Rabale	At. Post. Dhakur, Tal. Roha	9860284581	<i>[Signature]</i>
2	Shweta Santosh Vishwakarma	At. Ambewadi, Kolad Roha	8261995254	<i>[Signature]</i>
3	Namasvi Nitin Mudrale	At. Tala	8600925796	<i>[Signature]</i>
4	Trupti vijay shinde	At Indapur	8625013569	<i>[Signature]</i>
5	Sanku Yashawant Kadam	at Indapur	8080241047	<i>[Signature]</i>
6	Rani Munnial Gupta	at Indapur	8149290319	<i>[Signature]</i>
7	Diya Nalthuram Dalvi	at Mahagaon Tal. Tala	8412003568	<i>[Signature]</i>
8	Sahasa Nitin salvi	at Indapur	9273927256	<i>[Signature]</i>
9	Kajal Jayvant wadekar	at Indapur	9169660907	<i>[Signature]</i>
10	Disha Anant Mahadik	at Indapur	8421722900	<i>[Signature]</i>
11	Rudra Santosh Amle	at Mahagaon Tala	9130829594	<i>[Signature]</i>
12	Roshani Jayendra Sahi	at Mahagaon Tala	7888064206	<i>[Signature]</i>
13	Sanika Haresh Naynkar	Roha, dhavir road	9160382809	<i>[Signature]</i>
14	Samiksha subhash khande	Wasehaweli Tala	8855874743	<i>[Signature]</i>
15	Vaishnavi Ram Sawant	Roha	7498350422	<i>[Signature]</i>
16	Kajal Dilip Vishwakarma	Roha	9595357239	<i>[Signature]</i>
17	Neelika Ravindra Thakur	Roha	7276492580	<i>[Signature]</i>
18	Dhanashri Rajendra Hattar	Tala Raigad	8625826080	<i>[Signature]</i>

Sr. No	Name	Address	Sign
1	Pratima Gananna	Tala	<i>[Signature]</i>
2	Jyoti Ambekar	Belghar	<i>[Signature]</i>
3	Khushi Patphode	Roha	<i>[Signature]</i>
4	Geethika Aaffiga	Tala	<i>[Signature]</i>
5	Manali Gole	Roha	<i>[Signature]</i>
6	Tanharvi padhar	- -	<i>[Signature]</i>
7	Nivedita Norma	- -	<i>[Signature]</i>
8	P. Prithi Kadam	- -	<i>[Signature]</i>
9	Rishmi Singh	7020684252 Indapur	<i>[Signature]</i>
10	Sandali murdhe	Indapur	<i>[Signature]</i>
11	Disha Mahadik	8421722904, Indapur	<i>[Signature]</i>
12	Santiya kumreshi	- -	<i>[Signature]</i>
13	Bandekar	- -	<i>[Signature]</i>
14	Vasla Pindos	Tala	<i>[Signature]</i>
15	Sudipta dhavle	Tala	<i>[Signature]</i>
16	Sakshi Susum	9022450874 Tala/Indapur	<i>[Signature]</i>
17	Pooja Talekar	Tala	<i>[Signature]</i>
18	Tanvi dotal	Tala	<i>[Signature]</i>
19	Vidya telange	Kolad	<i>[Signature]</i>
20	Manali Sawant	Indapur	<i>[Signature]</i>
21	Riya Sarnap	Kolad	<i>[Signature]</i>
22	Shruti Kadam	Indapur	<i>[Signature]</i>
23	Shruti shinde	9373952824 Indapur	<i>[Signature]</i>
24	Prashana Limkar	7262881250 Tala	<i>[Signature]</i>

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Sr. No.	Name of the Student	Class	Birth Date DD/MM/YYYY	Village Name	E-mail ID	Mobile No.	Sign
1	Shweta Santosh Vishwakarma	T.Y.B.Sc	30/12/2002	Kolad	shwetavishwakarma190@gmail.com	8261995254	<i>[Signature]</i>
2	Namasvi Nitin Mudrale	T.Y.B.Sc	06/11/2003	Tala	namasvimudrale@gmail.com	8600925796	<i>[Signature]</i>
3	Khushi Sandeep Mahite	F.Y.(I) B.Sc	13/01/2005	Khamb	shushimohite03@gmail.com	7972931979	<i>[Signature]</i>
4	Anita Srijit Khachre	F.Y. B.Sc	11/07/2004	Tala	anitikhachre@gmail.com	844012149	<i>[Signature]</i>
5	Rani Munnial Gupta	S.Y.B.Sc.IT	16/06/2004	Indapur	guptarani345@gmail.com	814925039	<i>[Signature]</i>
6	Jamni Vijay Sakpal	T.Y. B.Sc	30/06/2003	Panase kond	sakpaljamni@gmail.com	9022503734	<i>[Signature]</i>
7	Samiksha subhash khande	T.Y. B.Sc	03/11/2003	Roha, dhavir road	khandsamiksha@gmail.com	8855874743	<i>[Signature]</i>
8	Neelika Santosh Khambhar	F.Y. B.Sc.IT	07/04/2005	Khamb	khambhanepekshya449@gmail.com	9373928239	<i>[Signature]</i>
9	Prashana Vijay Limkar	T.Y. B.Sc	25/08/2002	Tala	prashanalimkar@gmail.com	7262881250	<i>[Signature]</i>
10	Rudra Santosh Amle	T.Y. B.Sc	22/07/2003	Indapur	amlerudra1995@gmail.com	780302022	<i>[Signature]</i>

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11	Sakshi Arvind Shinde	T.Y. B.Sc	21/01/2004	Roha	sakshishinde2192004@gmail.com	7219130143	<i>[Signature]</i>
12	Kajal Dilip Vishwakarma	T.Y. B.Sc	28/06/2004	Roha	kajalvishwakarma@gmail.com	9595357239	<i>[Signature]</i>
13	Shruti Mahesh Kadam	S.Y. B.Sc	07/03/2003	Indapur	kadamshruti03@gmail.com	800309397	<i>[Signature]</i>
14	Trupti vijay shinde	S.Y. B.Sc	18/10/2004	Indapur	truptishinde182004@gmail.com	8625013569	<i>[Signature]</i>
15	Shruti Dilip Shinde	S.Y. B.Sc	06/01/2003	Indapur	shrutishinde6273@gmail.com	9373952824	<i>[Signature]</i>
16	Siddhi Ramesh Surve	T.Y. B.Sc	23/04/2004	Kolad	siddhisurve94@gmail.com	727690267	<i>[Signature]</i>
17	Nasima Ravindra Thakur	T.Y. B.Sc	28/10/2004	Roha	nasimathakur@gmail.com	7276492580	<i>[Signature]</i>
18	Manali Poojaram Sawant	F.Y. B.Sc IT	15/10/2004	Indapur	sawantmanali623@gmail.com	784181657	<i>[Signature]</i>
19	Hemshada Indulal Jadhav	T.Y. B.Sc	06-06-2003	Panase	hemshadajadhav90@gmail.com	7666831519	<i>[Signature]</i>
20	Diya Nalthuram Dalvi	S.Y. B.Sc IT	05/08/2004	Mahagaon	diyadalvi47@gmail.com	8412003568	<i>[Signature]</i>



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Sr. No.	Name of the Student	Class	Birth Date DD/MM/YYYY	Village Name	E-mail ID	Mobile No.	Sign
21)	Jyoti Subhash Ambarde	TY(IT)	24/2/2003	Belghar	ambardejyoti@gmail.com	9327441131	
22)	Sakshi Rajesh Sukum	SY (Plan)	04/09/2004	Indapur	gitegatesukum@gmail.com	9022450874	
23)	Nadifa Hussain Dandekar	S.Y. BSc	20/12/2004	Tala	nadifadandekar14@gmail.com	9273242013	
24)	Jamuna Nax M. Fuleke	T.Y. BSc-IT	08/06/2004	Tala	FulekeJamuna156@gmail.com	8600398910	
25)	Aaditya Dhanu Gokhale	S.Y. BSc	20/08/2004	Tala	aadityagokhale@gmail.com	9172410067	
26)	Jyoti Jannardan Patil	T.Y. BSc	27/2/2004	Dhatru	jyotipatil20@gmail.com	998629457	
27)	Khushi Ranjay Patil	T.Y. BSc(IT)	24/04/2003	Baha	khushi.patil932@gmail.com	822752202	
28)	Tami Prakash Dalal	S.Y. BSc	04/04/2005	Tala		9156246300	
29)	Ganulf Sarvesh Munde	S.Y. BSc	20/04/2005	Indapur	Ganulmunde@gmail.com	869830472	
30)	Sarinya Sakket Kureshi	S.Y. BSc	28/08/2004	Indapur	Sarinyakureshi@gmail.com	8180948564	

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31)	Sanika Haresh Nagarkar	T.Y. BSc	18/10/2005	Tambol	Sanikanagarkar@gmail.com	9160377237	
32)	Priya Dnyaneshwar Deshmukh	P.Y. IT	18/04/2006	Kolad	priyadeshmukh006@gmail.com	3322912921	
33)	Rashmi Jayendra Salvi	S.Y. IT	17/07/2005	Mahagaon	rashmisalvi2005@gmail.com	7882064208	
34)	Sahara Nhin Sabi	S.Y. IT	29/05/2004	Umroli	saharasabi29@gmail.com	8773927256	

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35)	Sanika Omesh Shirde	S.Y. BSc	23/05/2003	Nivi	sanika Shirde 23@gmail.com	7020690058	
36)	Dhadave Swati Bhagavan	S.Y. BSc	25/07/2004	Mangrul	dhadaveswati@gmail.com	8806199957	
37)	Rashmi Anantkumar Singh	S.Y. BSc	2/05/2004	Indapur	anantkumar1985@gmail.com	7020681152	
38)	Neha Pooja Patil	S.Y. BSc	24/03/2004	Tala	nehapatil1435@gmail.com	9022450874	

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39)	Kajal Jayant Wadekar	S.Y. BSc IT	26/12/2004	Indapur	kajalwadekar2612@gmail.com	9109660307	
40)	Rutuja Santosh Amle	S.Y. BSc IT	15/03/2004	Mahagaon	rutujamamle05@gmail.com	9130879804	
41)	Disha Anant Mahadik	S.Y. BSc IT	22/09/2004	Indapur	dishamahadik22@gmail.com	342172234	
42)	Pulkit Ganesh Talekar	S.Y. BSc	29/02/2004	Tala	talekarpulkit29@gmail.com	7841245331	

