



**Dapoli Education Society's
Dapoli Urban Bank Senior Science College Dapoli
Internal Quality Assurance Cell (IQAC)
Women Development Cell (WDC)
Activity Report**

1. **Name of the activity-** Workshop Mission Sahasi
2. **Date and time** - 5th December 2022, 10.00 Am 12.00 Pm.
3. **Aim and Purpose** - Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.
4. **Inauguration and resource person and topic-** Miss. Prajakta Gadre was the resource person for 'Mission Sahasi' workshok. Mr. Govind parab Uttar Ratnagiri vidyarthee sangh member also joined for the workshop and he gave welcome note and introduced the guest person. Teacher's members of Women Development cell also participated in this workshop.
5. **Number of participants** - More than 100 participants were attended the self defence workshop which was conducted by the chief guest Mrs.Prajakta gadre madam.
6. **About overall conduct** -The workshop conducted very smoothly. The madam gave the information about the self-defence. Self-defense training develops a sense of fearlessness and cultivates mental and physical strength among girls. Abuse of girl children is a major reason for low attendance and dropout rates among girls in schools.
Self-defence will allow women to develop confidence, it will allow them to empower themselves, and it will allow them to find safety in difficult situations.
7. **Feedback** - The overall workshop was good. The girl's students learn about the different skill or techniques form the taekwondo.
Self-defence offers so many benefits to anybody, but in particular it can be extremely beneficial for women to learn how to defend themselves. Many people only attribute physical benefits to self-defence, when in fact; the majority of the benefits are actually mental.



Seena
(Convener)

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