## PUNE DISTRICT EDUCATION ASSOCIATION'S SETH GOVIND RAGHUNATH SABLE COLLEGE OF PHARM

Event Name: Nirbhaya Kanya Abhiyaan

Date: 09/02/2024

Venue: Seminar Hall

## **Total number of participants = 135**

The institute has organized a guest lecture on "Nirbhaya Kanya Abhiyaan" on 09/02/2024 at 10.00 am. The program commenced with the ceremonial lighting of the lamp and a warm welcome extended to all dignitaries. Professor Pradnya Jagtap, the Student Welfare Officer, delivered the preamble of the program. Subsequently, Principal Dr. R. S. Chavan addressed the students, offering insights and guidance on nurturing a critical mind, building self-confidence, and instilling a strong commitment to society. Dr. Narayan Taak, President of Marathi Sahitya Parishad, Jejuri, was honored as the chief guest for this event. He delivered a guest lecture on the personality development in which he emphasized the importance of self-awareness, self-confidence, communication skills, adaptability, emotional intelligence, interpersonal skills, and goal-setting specifically for girl students. Sensei Shweta Phadtare and Sensei Tejas Waghole from Champions Martial Arts and Sports Academy delivered a motivational session on the benefits of Karate practice. They emphasized how engaging in Karate not only strengthens the mind but also fosters composure, a clearer thought process, a deeper understanding of one's mental capabilities, and increased self-confidence. During the event, Shihan Pradip Waghole, an instructor at Champions Martial Arts and Sports Academy, conducted a Karate training session focused on self-defense. Through Karate demonstrations, students were taught various techniques to defend themselves. Given the current unsafe social environment, particularly for women, the importance of self-defense training was highlighted as a means to lead a safer and more empowered life. This program was attended by 135 students of D. Pharm, B. Pharm and M. Pharm. Pradnya Yadav, a student of TY B.Pharm, competently anchored the entire program. The vote of thanks was graciously delivered by Prof. Pratibha Dhumal. The program was coordinated Prof. Pradnya Jagtap, under the guidance of Principal Dr. Rajashree Chavan.

Dr. Rajshree Chavan

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## Glimpses of Nirbhaya Kanya Abhiyaan











Dr. Rajshree Chavan
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