

MET's Institute of Engineering  
Bhujbal Knowledge City, Adgaon, Nashik  
Department of First Year Engineering

Name of the program: Workshop "Nirbhaya Kanya Abhiyan" (Fearless Girls Movement, women's Safety and Self Defence Workshop)

Date: 13/09/2024

Day: Friday

Time: 2.00pm to 5.00pm

Induction Coordinator: Dr. R.S. Dhake

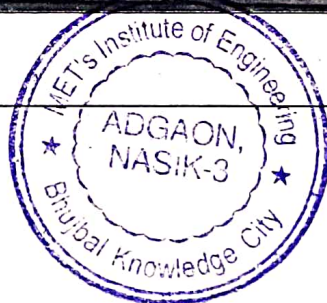
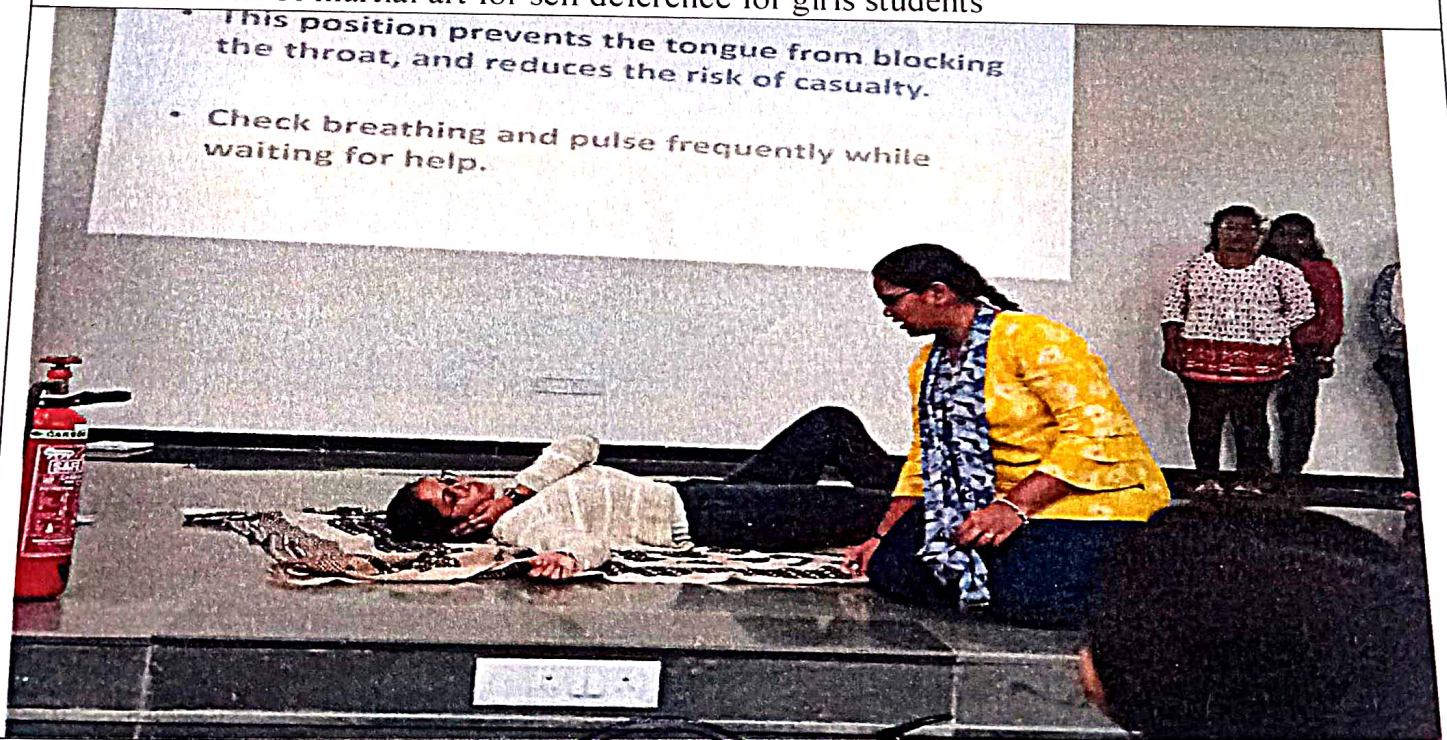
Venue: IOE-Seminar Hall & Ground

Resource Person: Mark Martial Art, Nashik

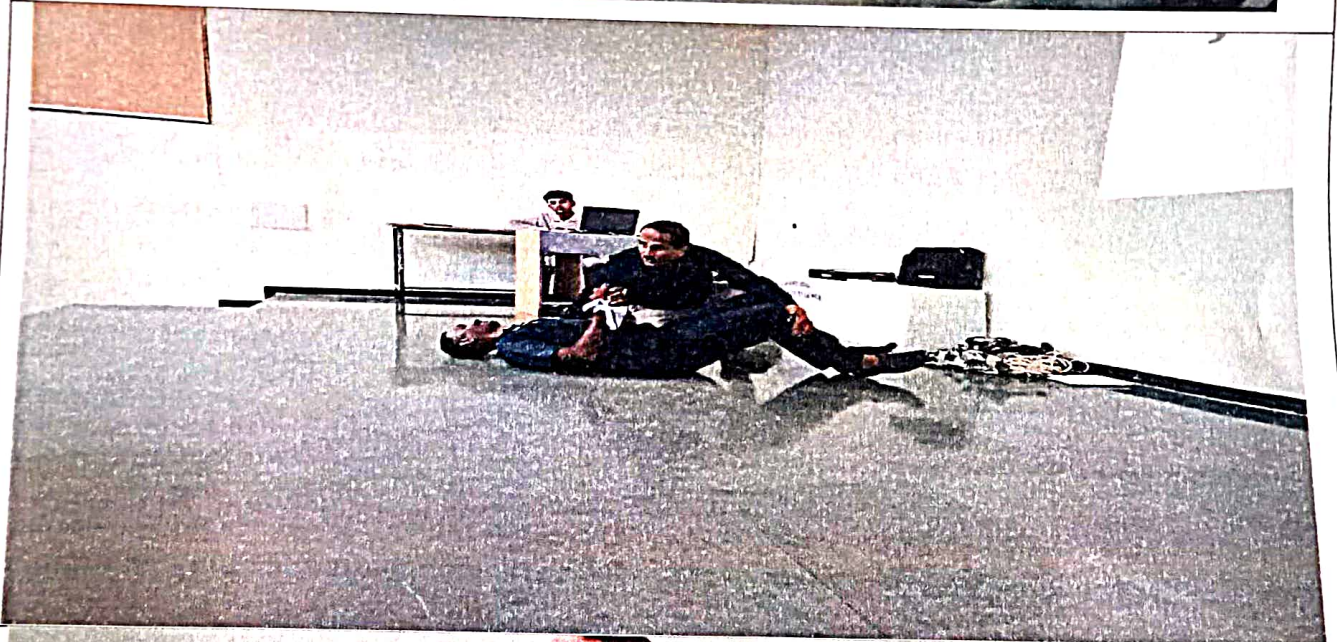
Activity Coordinator- Prof. R.Rajkuvar

**Objective of Programme-** The objectives of a women's safety workshop are to increase awareness, build confidence, and empower women to make decisions about their safety.

1. Raise awareness: Educate participants about women's safety issues, gender equality, and women's rights
  2. Build confidence: Help participants feel more confident and self-assured
  3. Develop critical thinking: Help participants develop the ability to think critically
  4. Learn self-defense: Teach participants self-defense techniques
  5. Understand legal systems: Help participants understand the role of legal institutions and support systems
  6. Develop strategies: Help participants develop strategies for their own safety
  7. Reduce gender gap: Help participants reduce the gender gap in society
  8. Eliminate discrimination: Help participants eliminate discrimination and harassment
- The Session was conducted by **Mark Martial Art, team Nashik**. They had given some demonstration of martial art for self defence for girls students

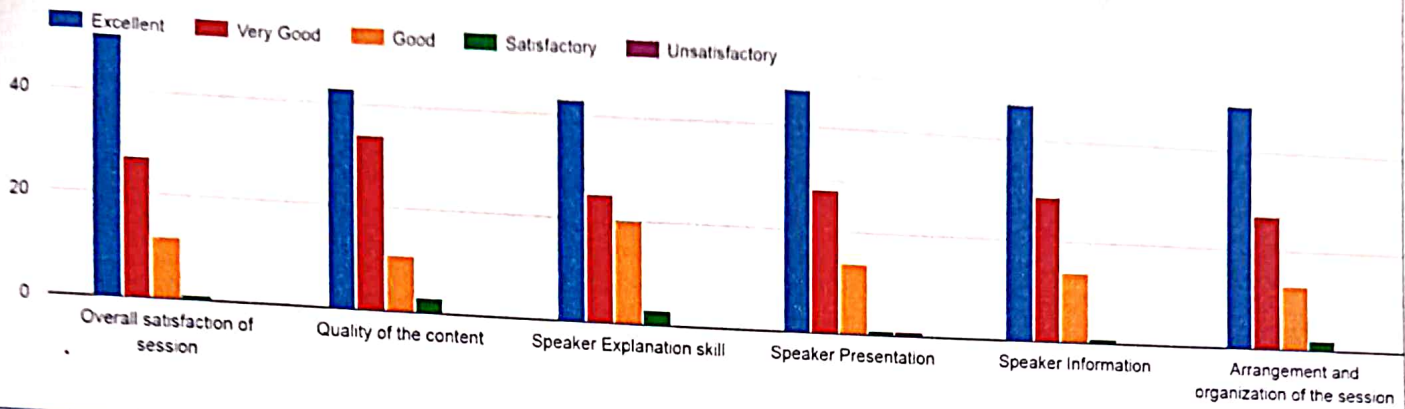






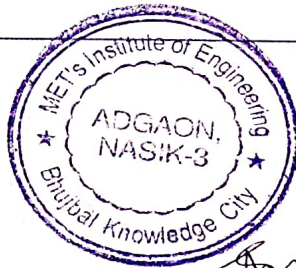
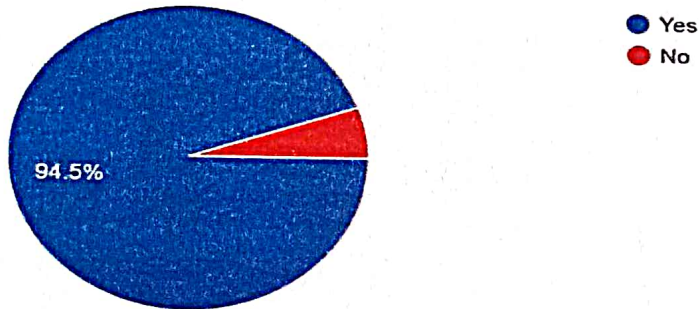


Please rate the quality of the following



Would you like to attend a similar session in the future?

91 responses



  
**Dr. V. S. Khairnar**  
(FE-Coordinator)

  
**Dr. P. S. Raut**  
(Coordinator)

  
**Dr. Vijaykumar P. Wani**  
(Principal-IOE)