



Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research





FIRST YEAR ENGINEERING

A.Y. 2024-2025

(CCC-II)

**“SELF DEFENSE FOR
WOMEN’S “
WORKSHOP**

	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ADM/D/035A Revision: 00	DoI: 01/02/2025	
Notice For Students			

Department of First Year Engineering

Subject: Two weeks workshop on “Self Defense for Women’s” for FE Girls students.

All the First Year Girls students here by informed that First Year Department going to conduct two weeks workshop on “**Self Defense for Women’s**” for FE girls under Co-curricular course II (CCC –II) from 10/02/25 to 25/02/25 in two batches.

Batch I for DIV-A , B, C, D time 4.00 PM to 5.00 PM

Batch II for DIV- E,F,G time 5.00 PM to 6.00 PM

All girls’ students are required to attend this workshop as it is important part of the academic curriculum.

Important Instruction:

- 1) Inform to Coordinators if anyone have stomach or breathing related problems.
- 2) Take their meal and water intake properly so that they don’t have weakness.
- 3) Wear comfort cloths like Track pants and T-shirts.
- 4) Wear sport shoes compulsory.
- 5) Carry water bottle.

Name of Resource person: Jagruti Jaysing Khunte

3rd Dan Black Belt.(Asian Gold Medalist)

Dhayari Fighters,

Dhayari Pune

Date and Time: 10/02/25 to 25/02/25 , Batch I time 4.00 to 5.00 PM, Batch II time 5.00 to 6.00 PM



Venue: APCOER Basketball Campus.

Date : 10/02/25

Romeshetse
Prof. Rupali Mehetre
Event Representative



Balaji Selukar
10/2/25
Dr.Balaji Selukar
Head of the Department

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	Record No.: ACA/D/021 Revision: 00	DoI : 01/02/2025	
EVENT REPORT			

Name of Event: "Self Defense for women's"

Date of Event: 10 th Feb 2025 to 03 rd March 2025

Time of event: Batch I: 4pm to 5pm & Batch II: 5pm to 6pm

Venue: Basket Ball Ground, APCOER, Pune

Name of Event Coordinator: Prof. Rupali Mehetre

Target Audience: APCOER First Year Engineering Girls Students.

Mode of Event: Offline

Guest Trainer: Ms.Jagruti Jaysingh Khunte, 3rd Dan Black Belt. (Asian Gold Medalist)

Dharari Fighters, Dhayari Pune

Brief Description of Event:

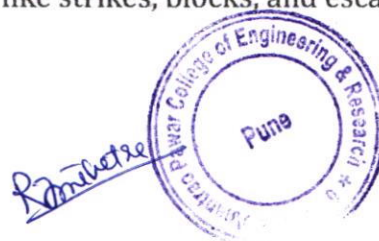
The First year Department organized "**Self Defense for women's workshop**" for first year girl's students under Co-curricular course II (CCC-II). This workshop was conducted for 15 days dated from 10th Feb 25 to 03rd March 25 on Basketball ground APCOER Pune. This workshop was aimed to empower participants by teaching practical self-defense techniques, enhancing their confidence, and promoting awareness of personal safety. The workshop seeks to provide girls with the skills and knowledge to effectively respond to potential threats, fostering a sense of security and resilience in their daily lives.



Workshop Highlights:

- The workshop commenced with a warm welcome to Ms.Jagruti Jaysingh Khunte, who shared her professional journey and experiences in karate.
- She elaborated each effective self-defense moves that can be applied in real-life situations, including strikes, escapes, and defensive tactics.
- She also addressed about situational awareness, recognizing potential threats, and avoiding dangerous situations.

Outcome:

- Participants gain confidence in their ability to protect themselves in threatening situations.
- Girls learn practical self-defense techniques, like strikes, blocks, and escapes.



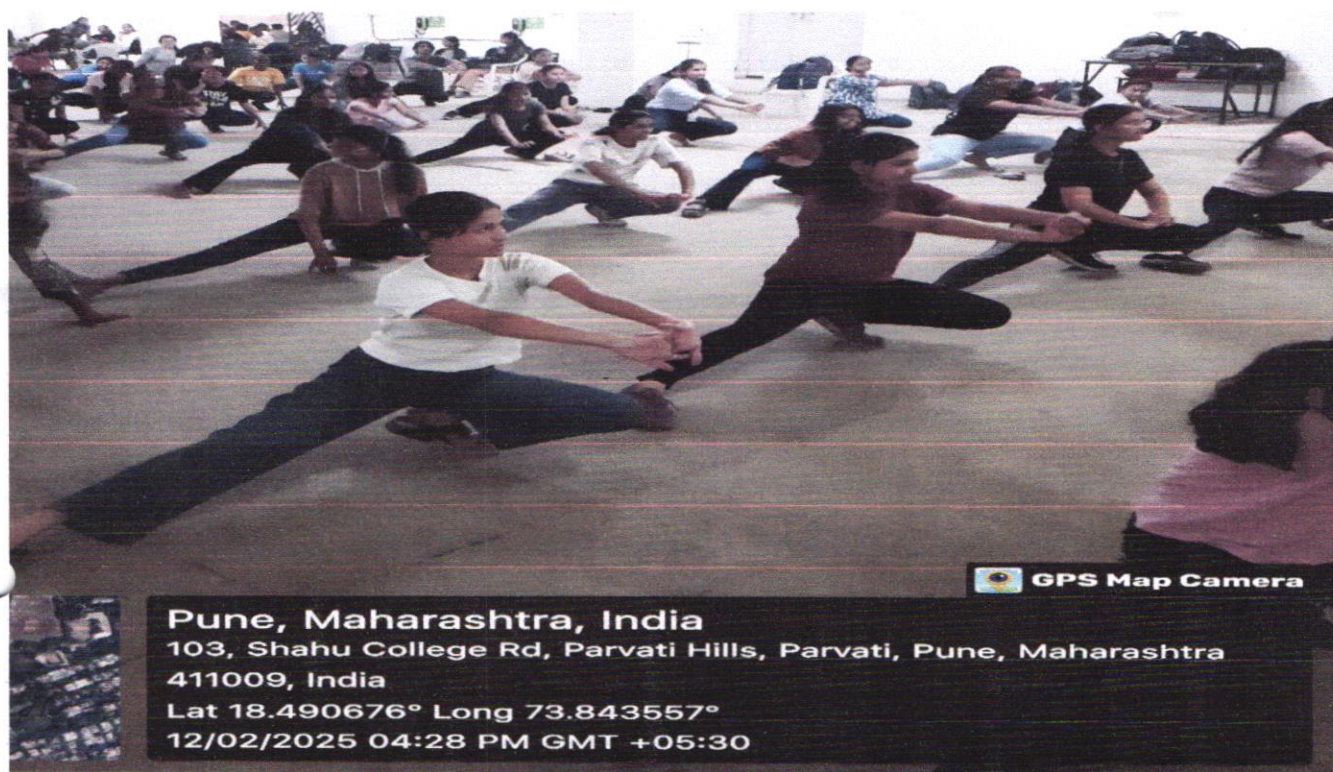
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EVENT REPORT			

- The workshop teaches situational awareness and how to recognize potential danger before it escalates.
- Participants feel empowered to take control of their personal safety.

Conclusion:

The workshop concluded with a vote of thanks expressing gratitude to Ms. Jagruti Jaysingh Khunte for her time and efforts in making this workshop successfully.

Photographs of the Event:



Ramdas



**AkhilBharatiya Maratha
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Engineering & Research**



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EVENT REPORT





Google

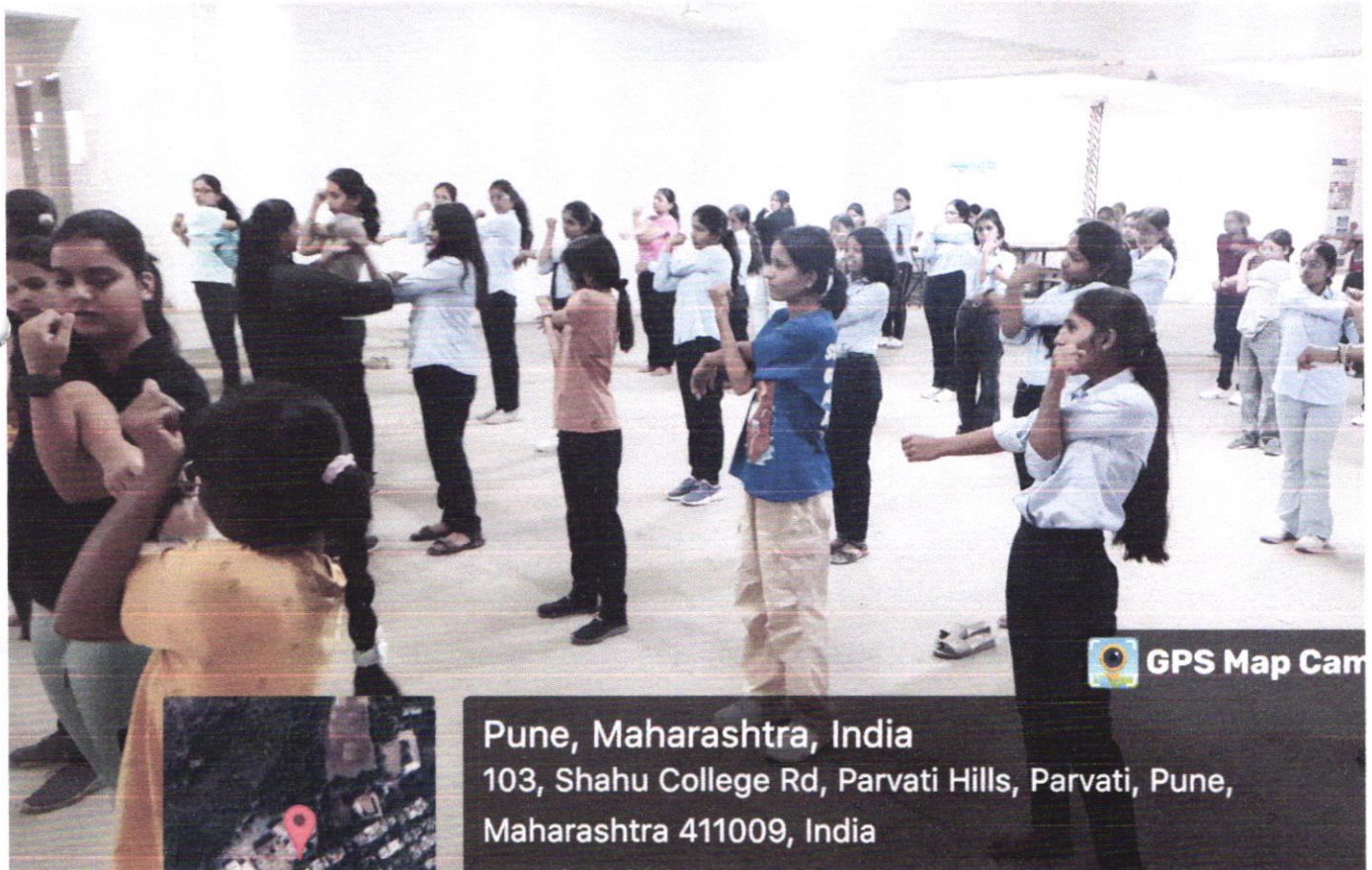


GPS Map

**Pune, Maharashtra, India
103, Shahu College Rd, Parvati Hills, Parvati, Pune,
Maharashtra 411009, India
Lat 18.490696° Long 73.843572°
10/02/25 05:14 PM GMT +05:30**



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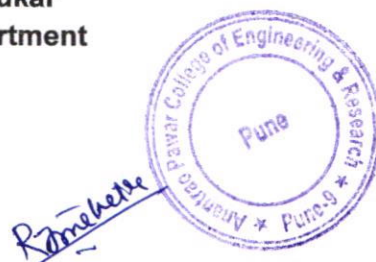


Date: 03/03/2025

R.A. Mehetre
03/03/25
Prof. R.A. Mehetre
Event Coordinator

Balaji Selukar 3/3/25
Dr. Balaji Selukar
Head of Department

Sunil Thakare
Dr. Sunil Thakare
Principal





**AkhilBharatiya Maratha ShikshanParishad's
AnantraoPawar College of Engineering & Research**



Record No.: ACA/R/024
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Student List

Physical Test

First Year Department (CCC – II)

A.Y.2024-25

Self Defense for Women's

SEM-II

Sr. No.	Roll No.	Name of the Student	I HT	II LT	III Com	IV Ex	V D
1.	1102	RAJ NANDINI AMAR SHINE	—	—	—	—	—
2.	1103	AGALE PRANJAL BABASAHEB -	6	7	4	5	4
3.	1104	AHIRE MANSI SURESH	—	—	—	—	—
4.	1105	AHIRRAO TEJASVI BHARAT	4	5	4	6	5
5.	1108	BABAR SIDDHI NANASAHEB	3	5	4	5	5
6.	1115	BINAWADE RUTUJA NAGNATH	2	3	3	4	6
7.	1119	CHANDRAVANSHI NEHA	3	4	3	4	6
8.	1128	BORSE DISHA SHAILESH	6	7	6	7	7
9.	1129	FARGADE SANSKRUTI NITIN -	4	7	5	7	9
10.	1142	KHADE VAISHNAVI BHAGWAN	—	—	—	—	—
11.	1143	KHANDAGALE PRAJAKTA -	5	7	4	6	4
12.	1149	MURKUTE SAYALI	—	—	—	—	—
13.	1150	MUSALE BHUMI PRAMOD -	4	6	5	8	6
14.	1151	NARHE DISHA PRAMOD -	4	7	4	8	7
15.	1154	PELNEKAR SNEHANJALI SACHIN -	5	5	5	6	5
16.	1155	RAUT SAKSHI ASHOKRAO -	4	5	5	5	6
17.	1160	THAKARE SAKSHI HARIDAS x	—	—	—	—	—
18.	1163	VAIDYA SWARALI AMOD	4	5	4	7	5
19.	1164	VYAS NAKSHATRA SURESH -	8	8	5	10	3
20.	1167	WAGHMODE SANIKA SUNIL -	8	9	8	8	7
21.	1201	ARJUN AKSHAYA VIJAY x-	5	5	4	5	5
22.	1202	AWASARE SHIVANI GOPAL f	5	7	5	5	5
23.	1203	BADAN SIMRAN KAUR JASBIR f	4	4	4	3	2
24.	1214	GAWADE VAISHNAVI /	8	6	5	7	8
25.	1223	JADHAV SEJAL SANDEEP x.	—	—	—	—	—
26.	1224	JAGTAP SWARDA TUSHAR +	—	—	—	—	—
27.	1232	KHATAWKAR ANUSHKA f	9	9	5	10	6
28.	1235	LAD SUHANI VIJAY x-	7	7	5	6	7
29.	1242	MIRASE KOMAL NARESHRAO ✓	8	6	7	8	8
30.	1244	NALWADE KALYANI SUHAS x-	4	7	5	7	4



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			HT	LT	COM	EX	D
31.	1247	OMBHASE ASHWINI SOMNATH -	4	3	2	6	3
32.	1250	PATIL ARYA ANIL -	4	3	2	6	3
33.	1252	PATIL PRERANA PRADIP					
34.	1255	RAUT TANISHKA SAGAR -	8	6	4	3	8
35.	1257	RUPNAWAR SRUSHTI SUNIL -	4	3	2	5	4
36.	1259	SAKURE SAMRUDDHI SAMBHAJI -	5	3	2	5	3
37.	1260	SAPKAL SAKSHI SAMBHAJI -	7	5	4	4	6
38.	1261	SHESHAGIRI JANVI RAHUL -	8	9	7	8	6
39.	1264	WAGHMARE SIDDHI SURESH -	5	5	6	6	5
40.	1266	PIMPLE SAKSHI NIVAS -	4	5	5	7	6
41.	1306	BORHADE SHRAVANI	8	8	7	7	7
42.	1313	GAIKWAD PRERANA ASHOK -	5	0	5	8	8
43.	1316	GAWADE KRUTIKA UTTAM -	8	8	8	9	9
44.	1320	JADHAV TANVI MARUTI +	5 6	7 7	8	6	6
45.	1323	KADAM SAI SUNIL -	5	6	7	7	7
46.	1325	KALASKAR SHREYA -	5	5	5	8	6
47.	1329	KOLAPKAR RADHIKA SANDIP	5	6	5	5	7
48.	1332	KOTHAWADE GRISHMA	5	6	8	8	8
49.	1334	KSHIRSAGAR AARYA HEMANT	5	5	5	9	7
50.	1336	MARATHE ANISHA VASANT +	5	4	6	7	6
51.	1339	MUNDLIK PRERANA PRAVIN	5	7	8	5	7
52.	1341	NIKITA SUDAM DHAVAL -	6	7	4	8	9
53.	1346	PAWAR ISHEETA MAHESH	8	6	5	8	9
54.	1349	PAWAR VASUNDHARA	5	8	4	6	8
55.	1352	RAWADKAR MAITHILI SACHIN -	5	8	5	5	8
56.	1354	SAKHARE SHITAL VIJENDRA -	5	6	4	8	8
57.	1356	SHARMA SNEHA MITHLESH x					
58.	1361	SONWANE ANUSHKA ABHIJEET x	6	7	2	7	2
59.	1362	THORAT AROHI SANTOSH x					
60.	1401	BHADARGE MONALI VITTHAL x	4	4	4	5	5
61.	1406	DHAMDHARE SAIE POPAT x	6	4	5	6	5
62.	1407	DHOPATE KHUSHI DIPAK x	8	5	8	7	7
63.	1408	DOMBALE GEETA GOVIND x	4	3	4	9	7
64.	1411	GHADGE AKANKSHA SUMANT x	3	4	3	6	4
65.	1412	GIRE SNEHAL CHANDRAKANT x	2	2	3	5	4



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				HT	LT	COM	EX	D
66.	1416	JADHAV MADHURI RAHUL	X	8	6	6	8	4
67.	1417	JAGTAP PRANALI KIRAN	X	6	4	6	6	4
68.	1420	KADAM SIDDHI VIKAS	X	7	3	5	6	6
69.	1423	KAMBLE KRUPA PRAKASH	X	6	7	7	6	6
70.	1435	OJHA KISHI NITIN	X	5	4	4	5	5
71.	1436	PANHALE SWAMINI ASHOK	X	5	4	4	4	5
72.	1439	PATANE VAISHNAVI BABURAO	X	6	9	5	7	8
73.	1446	RAJGURU PRATIKSHA G.	X	8	9	9	9	8
74.	1450	SANAP AKSHADA SANDEEP	X	2	4	4	6	5
75.	1456	SHINDE SAKSHI GANESH	X	3	4	4	4	5
76.	1461	THOMBARE PAYAL DHANANJAY	X	8	9	5	7	8
77.	1463	VIBHUTE TEJASHRI HANUMANT	X	4	7	4	5	8
78.	1465	YADAV DESHMUKH ARYA S	X	4	6	5	6	7
79.	1467	YANDE RUGVEDA KISHOR	X	6	8	8	7	8
80.	1501	ABHANG SHRAVANI	X	8	6	5	8	8
81.	1502	ADSUL APURVA SUNIL	X	6	4	4	5	4
82.	1505	BIRAJDAR VAISHNAVI VIJAY	X	2	3	4	5	4
83.	1506	BONDGE VEDIKA SURYAKANT	X	5	7	3	5	7
84.	1510	DARDA BHOOMIKA	X	4	4	3	5	7
85.	1511	DHERE RAJESHWARI PRAVEEN	X	5	5	5	7	8
86.	1513	GAIKWAD NAMRATA KISHOR	-	8	6	5	8	7
87.	1516	GULAVE PRANJAL PRAVIN	-	6	5	8	6	5
88.	1518	JADHAV PRERANA RAMESH	X	4	4	4	4	4
89.	1525	KAWADE GAYATRI MAHESH	-	6	4	4	8	6
90.	1526	KHAMGAL PRAJAKTA	X	5	6	4	3	6
91.	1528	KHAVARE SHRAVANI TANAJI	X					
92.	1529	KIMBAHUNE ARYA MANOJ	X	5	3	2	3	5
93.	1534	KUTE ASMITA SUNIL	-	6	3	5	5	5
94.	1536	MALI SAKSHI CHANDRAKANT	X	4	4	3	6	5
95.	1539	NACHAN SHRAVANI SACHIN	X	7	2	2	7	8
96.	1543	PATIL YOGESHWARI YOGESH	-	8	4	2	8	6
97.	1544	PAWAR ARYA NITIN	X	6	6	3	5	5
98.	1547	RAGHUWANSHI VEDIKA	X	7	8	9	6	6
99.	1549	SANIKSHA SUJAY KADAM	X					
100.	1552	SHINDE KAVERI GANESH	-	8	4	3	7	6



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			HT	LT	com	Ex	D
101.	1553	SHINDE PRATIKSHA -	2	3	4	9	8
102.	1554	SHINDE SANIKA PRADIPKUMAR x	6	6	4	6	4
103.	1557	TEKALE DHANASHREE x	6	6	5	6	6
104.	1558	THOMBARE SHREYA MAHADEV -	04	2	5	9	8
105.	1560	THORAT PAYAL RAJENDRA x					
106.	1563	WAGHMODE SAMPADA SHARAD x					
107.	1565	ZAGADE RAGINI VITHAL x					
108.	1566	ZAMBRE SHREYA VITTHAL x					
109.	1567	BHISE SIDDHI AABASAHEB -	3	2	2	9	8
110.	1531	KSHIRSAGAR SHARVARI -	8	6	8	9	8
111.	1602	BHANDWALKAR SANDHYA -	8	7	4	9	8
112.	1603	BIRADAR NIKITA NILESH -	9	8	5	9	8
113.	1604	BIRADAR VASUDHA VIKAS -	7	5	6	8	6
114.	1608	DATE PRATIDNYA DASHARATH /	6	4	2	7	7
115.	1611	DONGARE SEJAL YOGIRAJ x	4	4	4	6	6
116.	1621	HIWALE POOJA VISHNU x	4	4	8	6	5
117.	1622	JADHAV ANJALI KISHOR x	6	7	9	6	5
118.	1624	JAGDALE TANISHKA MAHESH +	4	4	5	6	5
119.	1625	JAWKAR TANISHKA MANGESH x					
120.	1627	KADUS ASMITA SATISH /	5	5	2	6	6
121.	1629	KASAR SAMEEKSHA MANOJ x					
122.	1630	KHADILKAR DHANASHREE -	8	4	8	8	7
123.	1635	MAHADIK SWANANDI NITIN /	7	5	6	8	7
124.	1638	MALI SHRUSHTI BHARAT x					
125.	1641	MHATRE SHRIYA MANOJ x					
126.	1643	MULUK SANIKA NAVNATH -	8	8	8	8	7
127.	1646	PALKAR MUKTA SANTOSH -	6	5	5	6	3
128.	1651	RAJGUDE VAISHNAVI SANTOSH -	4	4	6	5	3
129.	1652	RAUT SANSKRUTI SANJAY -	8	8	8	4	5
130.	1653	RINKU VIJAY KALE -	8	4	5	5	5
131.	1659	SHINDE DEVASHREE SAGAR x	4				
132.	1662	SHINGARE TANISHKA DHAVAL -	4	4	6	3	5
133.	1620	HALKUDE AYUSHA SANTOSH x					
134.	1626	JHA SNEHA -	4	4	4	4	5
135.	1634	KOLTE RUTUJA RUPESH					



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			H7	LT	Com	Ex	D
136.	1636	MAHAJAN KHUSHI VILAS	9	9	9	9	9
137.	1649	PATIL APURVA NITIN	7	7	6	7	6
138.	1650	PATIL DURVA VILAS					
139.	1667	WAGH RENUKA RAHUL	9	9	8	9	9
140.	1668	THORAT ARYA RAHUL	4	5	4	6	8
141.	1701	ADHAV SHIVANI NARAYAN	5	5	5	7	8
142.	1703	AUTI SHRADDHA BHASKAR	3	3	4	6	4
143.	1705	BARAVKAR ASHLESHA	3	3	4	6	4
144.	1710	BIRAJDAR VAISHNAVI PANDIT	2	3	4	5	4
145.	1712	CHAUDHARI PRAJAKTA BALU	4	2	4	6	4
146.	1718	GADHAVE SHRUTI SANTOSH					
147.	1721	GORDE SHWETA GANPAT	4	2	4	5	4
148.	1729	KHEDEKAR SHRADDHA KAILAS	5	4	4	6	5
149.	1730	KHEDEKAR SHRUTI SANDEEP	4	6	4	4	5
150.	1733	KHISTE SHREYA RAJIV	2	3	4	4	8
151.	1735	KUKADE ARYA DIWAKAR	4	6	2	7	6
152.	1736	KULKARNI SAKSHI NILESH	8	7	5	6	8
153.	1739	MADHEKAR YASHADA	4	3	4	5	4
154.	1748	PAWAR ARUNDHATI RAJENDRA	3	6	3	6	4
155.	1751	SALUNKHE AMRUTA GANPATI	4	4	4	6	4
156.	1752	SALVE SAKSHI VISHAL	4	3	3	5	4
157.	1753	SANDBHOR SAIE SHAILESH	7	3	8	6	6
158.	1757	SHINDE SANIKA RAJU					
159.	1758	SHINDE TANISHA TUKARAM					
160.	1761	SONAWANE SHRILEKHA RAHUL	4	4	4	5	6
161.	1766	USHIR PORNIMA AATMARAM	3	4	3	6	4
162.	1767	VEDPATHAK SHRADDHA	4	7	4	5	3
163.	1728	KHAIRNAR VAIBHAVI PRAVIN	5	4	6	5	3
164.	1112	Bhosale Ritika	6	6	5	6	7
165.							

Ramchandra
Event Coordinator

Head of the Department

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Quiz On Self Defense for women's

First Year Department

Instructions

All the question are compulsory

Questions from 1-5 carry one mark and 6-15 carry 2 mark each.

* Indicates required question

Email *

☐

Record **rupali.mehetre@abmspcorpune.org** as the email to be included with my response

Roll No. *

Your answer

Division *

Choose ▼



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Your answer

Branch *

Your answer

1.What is the importance of practicing self-defense regularly? *

- ☒ protect themselves
- ☐ Reduce fat

2.How to practice self-discipline? *

- ☒ Trust your ability to learn and improve
- ☐ Irregular timing

3.Is self-defense useful for all girls? *

- ☐ No
- ☒ Yes



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5. The act of protecting yourself from harm or danger through physical actions, verbal confrontation, or using tools. *

☒ Self Defense☐ Dancing

6. What is the most effective way to defend yourself when an attacker grabs your wrist? *

☐ Try to pull your wrist out straight☒ Rotate your wrist towards the attacker's thumb☐ Shout for help and wait for someone to come☐ Freeze and hope the attacker lets go

7. If you are attacked in a public place, what should you do first? *

☐ Stay silent and try to protect your valuables☐ Fight back immediately☒ Scream loudly to attract attention☐ Run away as fast as possible

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- ☐ Keep walking and ignore the situation
- ☒ Alter your route and head towards a busy area
- ☐ Stop and confront the person
- ☐ Pretend to be lost and ask for directions

9. What is a good tactic to use when attacked from behind? *

- ☐ Try to talk to the attacker calmly
- ☒ Drop your weight and fight back immediately
- ☐ Stay frozen in place
- ☐ Wait for the attacker to let go of you

10. Which of the following is the best way to use pepper spray for self-defense? *

- ☐ Hold it close to your body to avoid spillage
- ☒ Spray it at the attacker's eyes and face
- ☐ Aim for the attacker's chest
- ☐ Spray it only in the air to create a cloud

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- ☐ Speed away without looking
- ☒ Lock your doors and drive to a public place
- ☐ Roll down the window and talk to the attacker
- ☐ Get out of the car and confront the attacker

12. What should you do before getting into a ride-share car? *

- ☒ Confirm the driver's name and license plate
- ☐ Get in the car without checking the details
- ☐ Ignore the driver's details if you are in a rush
- ☐ Wait for the driver to open the door for you

13. What is the most effective method to stop an attacker who tries to grab your hair? *

- ☐ Let the attacker pull you towards them
- ☒ Swing your body to break free and strike them
- ☐ Cry out loudly for help
- ☐ Stay still and try to calm the attacker down

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- ☐ Walk faster to get away from them
- ☒ Enter a store or busy place to seek help
- ☐ Ignore them and continue your walk
- ☐ Let the person get closer before you act

15. How should you prepare for personal safety before going out alone at night? *

- ☐ Don't inform anyone about your plans
- ☒ Carry a self-defense tool like pepper spray or a personal alarm
- ☐ Avoid telling someone your location and time of arrival
- ☐ Walk without any awareness of your surroundings

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