

**B. K. M. Science College , Valsad  
Women's Cell**

**Workshop on " Self Defence And Fitness"**

**Trainer:- Sensei Nilesh Kosia**

**Date:- 13.02.2020**

Women's Cell had conducted the activity by organising a workshop on "self-defence and fitness" for College girl students at college ground dated 13.02.2020. The Guest Trainer Sensei Nilesh Kosia , Founder and chief instructor of Divine Martial Arts and Sports Academy ,Mahatma Gandhi Chowk,Nahid Shaikh & Manish Tandel as Senior instructor and Roshni Dhimmarr & Akash Parmar as Instructor was welcome by women's cell coordinator Dr. Madhavi Desai. Dr. Madhavi Desai emphasised on the importance of learning self- defence and motivated students to use it in a positive way. She also encouraged the students to take this as an opportunity to build their self - confidence. The trainers taught the girls many self-defence tricks and techniques to develop confidence in them. Orientation and discussion were held on safety precautions at road, home, College, public places and also while using internet.

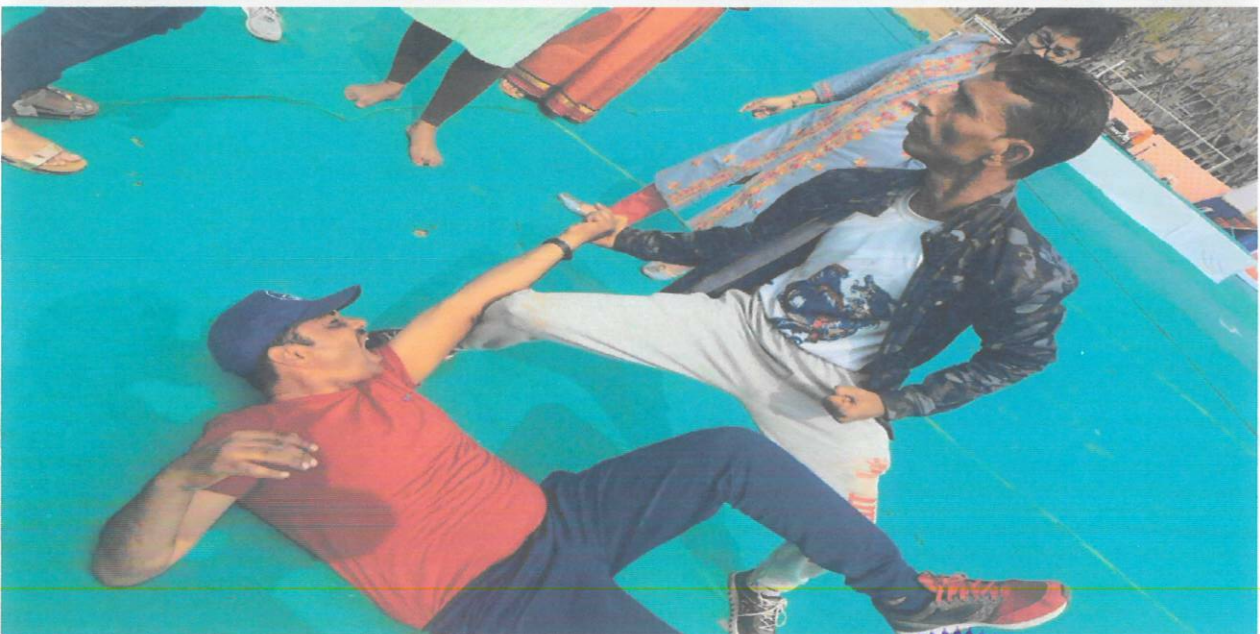




All the participants were taken to lawn area of college ground where the actual workshop started. Trainer Sensei Nilesh Kosia explained about kubotan and its uniqueness in area of self-defence. The participants were provided with the keychains which would be used as a safety tool. Then Senior instructor Nahid Shaikh explained various techniques and showed practically how to use that tool. All the participants were made to practise the techniques with other participant. The participant had learned the new techniques of self-defence.

The feedback of students was positive and looking for similar workshop on large scale to empower the skill of self-defence in future. At the end Dr. Madhavi Desai gave vote of thanks to trainers on behalf of all the girls and members of Women's Cell. The event was concluded by 11.30 a.m. with great response from all the participants .





*Dr. Dhruv*  
Principal,  
B.K.M. Science College  
VALSAD - GUJARAT



# B.K.M.SCIENCE COLLEGE, VALSAD

WOMEN DEVELOPMENT CELL 2019-2020

Workshop on: "Self Defense and fitness"

Speaker: Sensesi Nilesh Kosiya

Date: 13/02/2020

SR.NO	NAME	CLASS	ROLL. NO.
1	AHIR JINAL ASHOKBHAI	F.Y.B.Sc	1
2	AHIR KAJALKUMARI BHALABHAI	F.Y.B.Sc	2
3	AHIR KINJALBEN NATVARLAL	F.Y.B.Sc	3
4	AHIR NITIXA ASHOKBHAI	F.Y.B.Sc	4
5	BANGAL MADHURIBEN KANTILALBHAI	F.Y.B.Sc	9
6	BARIA NIKISHABEN MAHESHBHAI	F.Y.B.Sc	10
7	BARIYA DIVYABEN DHARMESHBHAI	F.Y.B.Sc	11
8	BHANDARI AVANI UTTAMBHAI	F.Y.B.Sc	12
9	DADHANIYA KOMAL MUKESHBHAI	F.Y.B.Sc	22
10	DESAI HETVI MAHADEVVBHAI	F.Y.B.Sc	23
11	DESHMUKH TANVIBEN MOHANBHAI	F.Y.B.Sc	24
12	DHODI ARTIBEN MAHENDRABHAI	F.Y.B.Sc	25
13	JADAV DIXITABEN RAMCHANDBHAI	F.Y.B.Sc	36
14	JADAV RASHIKABEN LINGUBHAI	F.Y.B.Sc	37
15	JADAV SARSVATIBEN KANTILAL	F.Y.B.Sc	38
16	JADHAV MAMTA RAJU	F.Y.B.Sc	39
17	JANGID POOJA RAJENDRA	F.Y.B.Sc	40
18	PATEL KINALKUMARI PRAKASHBHAI	S.Y.B.Sc	121
19	PATEL KINJAL CHETANBHAI	S.Y.B.Sc	122
20	PATEL KINJALBAHEN UMEDBHAI	S.Y.B.Sc	123
21	PATEL KRINALI JITENDRABHAI	S.Y.B.Sc	124
22	PATEL KRIPALKUMARI RAJESHBHAI	S.Y.B.Sc	125
23	PATEL KRISHNA SATISHBHAI	S.Y.B.Sc	126
24	PATEL KRUTIBEN RAJESHBHAI	S.Y.B.Sc	132
25	PATEL KRUTIKA VIMALBHAI	S.Y.B.Sc	133
26	PATEL MANASVI UDAYBHAI	S.Y.B.Sc	134
27	PATEL MANSIBAHEN ASHWINBHAI	S.Y.B.Sc	135
28	TANDEL PEARL PRAMODBHAI	S.Y.B.Sc	466
29	TANDEL PRIYANKABEN PARSOTTAMBHAI	S.Y.B.Sc	467



30	TANDEL RUCHIBEN YOGESHBHAI	S.Y.B.Sc	468
31	TANDEL SALONI DALSUKHBHAI	S.Y.B.Sc	469
32	TANDEL SONALIBEN RAMESHBHAI	S.Y.B.Sc	470
33	TANDEL URVASHIBEN NATVARLAL	S.Y.B.Sc	471
34	TANDEL VANSHIKA MUKESHBHAI	T.Y.B.Sc	472
35	TANDEL VIDHYA PRABHUBHAI	T.Y.B.Sc	473
36	THAKOR KAJALBEN BHARATSINH	T.Y.B.Sc	474
37	PATEL NEHA KANU	T.Y.B.Sc	151
38	PATEL NIDHI ARVINDBHAI	T.Y.B.Sc	152
39	PATEL NIDHI ARVINDBHAI	T.Y.B.Sc	153
40	PATEL NIDHIKUMARI SURESHBHAI	T.Y.B.Sc	154
41	PATEL PAYALBEN ASHOKBHAI	T.Y.B.Sc	159
42	PATEL PRACHI SUMANBHAI	T.Y.B.Sc	160
43	PATEL PRAGATI SANJAYKUMAR	T.Y.B.Sc	161
44	PATEL PREETIKUMARI MOHANBHAI	T.Y.B.Sc	162
45	PATEL PRIYA DOLATBHAI	T.Y.B.Sc	165
46	PATEL PRIYA RAJESHBHAI	T.Y.B.Sc	166



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Valsad, Gujarat, India.

**B. K. M. Science College, Valsad  
Women Empowerment Cell  
Workshop on “ Self Defence and Fitness”**

**Speaker:- Mrs. Archanben Desai**

**Date:- 10.08.2019**

B. K. M. Science College, Valsad had organized a workshop on “ Self defence and fitness” for College Girl Students. The workshop was conducted on the occasion of Celebration of Women’s empower Day i.e. on 10.08.2019 at Room No. 12. Between 11:00 am to 01:00pm. The main objectives of the programme is to empower women, enable them to defend against any type of physical assault and to build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training. The event was started by welcome speech from Dr. Madhavi Desai. Floral welcome of the Speaker Mrs. Archanaben Desai, Astitva Mahila Utkarsh Sanstha, Valsad and her team by Dr. Smruti N. Lad. Total 45 girl Students were participated in this Workshop.



Apprising the students about the importance of self Defence, Mrs. Arpanaben Desai Said that one needs to tap one’s hidden physical strength and learn to respond, not react. She motivated the students to speak up about such crimes and gave them tips about what to do if they are trapped in an undesirable situation. She gave the students a demonstration of street fight techniques in real life scenarios.





Girl Students were also made aware of an android application, “Shahkti”, which is devised to promote women safety. She said that the application “Shakti” will allow women to send a distress call to police control room and designate their relatives and friends directly in case of any emergency. Police can also reach the spot quickly, once notified, and verify the facts”



Faculty Member Dr. Smruti N. Lad, Dr. B.D. Mistry, Dr. Kiramben D. Desai always be present to encourage students. Vote of thank given by Dr. Madhavi Desai and said that this type of workshop is very helpful to College students.

*Dem*  
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# B.K.M.SCIENCE COLLEGE,VALSAD

WOMEN DEVELOPMENT CELL 2019-2020

Seminar on: "Self Defence and Fitness"

Speaker: Mrs. Archanaben

Date: 10/08/2019

SR.NO	NAME	CLASS	ROLL. NO.
1	PATEL DIVYA RAKESHBHAI	F.Y.B.Sc	23
2	PATEL DIXITA ASHVINBHAI	F.Y.B.Sc	56
3	PATEL DIXITAKUMARI YOGESHBHAI	F.Y.B.Sc	9
4	PATEL DRASHTI DILIPBHAI	F.Y.B.Sc	63
5	PATEL HEMANGIBEN ASHOKBHAI	F.Y.B.Sc	119
6	PATEL HEMANGINI RAMESHCHANDRA	F.Y.B.Sc	36
7	PATEL HENIBEN MAHESHBHAI	F.Y.B.Sc	38
8	PATEL HIMISHA NALINBHAI	F.Y.B.Sc	146
9	PATEL HINALKUMARI DINESHBHAI	F.Y.B.Sc	65
10	PATEL MIXA BHANABHAI	F.Y.B.Sc	35
11	PATEL NEIN DINESHCHANDRA	F.Y.B.Sc	131
12	PATEL NENSI RAJESHBHAI	F.Y.B.Sc	26
13	PATEL NIDHI DILIPBHAI	F.Y.B.Sc	164
14	PATEL NIHIL ASHVINBHAI	F.Y.B.Sc	108
15	PATEL NIKITABEN SHANAKARBHAI	F.Y.B.Sc	124
16	JARIWALA AFIFA IFTEKHAR	S.Y.B.Sc	2
17	PATEL MANSIKUMARI PRAKASHBHAI	S.Y.B.Sc	3
18	PATEL VIDHIKUMARI MAHESHBHAI	S.Y.B.Sc	4
19	PATEL JENVI PRAKASHBHAI	S.Y.B.Sc	26
20	PATEL DRUVI NANUBHAI	S.Y.B.Sc	27
21	TANDEL SANJANA MADHUKAR (SPORT)	S.Y.B.Sc	28
22	BHAGAT TWISHABEN AKSHAYBHAI	S.Y.B.Sc	58
23	GANVIT RENUKABEN KESHVBHAI	S.Y.B.Sc	59
24	PATEL CHARMI HARISH	S.Y.B.Sc	60
25	PATEL PURVIKUMARI NATUBHAI	S.Y.B.Sc	61
26	TANDEL ROSHNI KANOJBHAI	S.Y.B.Sc	62
27	PATEL PRUSHTI PRAKASHKUMAR	S.Y.B.Sc	63
28	LAD BHOOMI HEMANTKUMAR	S.Y.B.Sc	64
29	PATEL BHUMIKABEN RAMESHBHAI	S.Y.B.Sc	65
30	GAYAKWAD PRITIBEN MITHUBHAI	S.Y.B.Sc	66
31	KHIRARI PRIYALBEN BACHALBHAI	S.Y.B.Sc	67
32	BARIYA SRUSHTI DILIPBHAI	S.Y.B.Sc	68
33	PATEL DIYA KANTILAL	S.Y.B.Sc	69





34	PATEL VIDHI GULABBHAI	T.Y.B.Sc	11
35	AHIR DIVYABEN JAYANTIBHAI	T.Y.B.Sc	12
36	PATEL PRINSIKUMARI SHAILESHBHAI	T.Y.B.Sc	13
37	AHIR RIDDHI PANKAJBHAI	T.Y.B.Sc	14
38	PATEL KHYATI SANJAYBHAI	T.Y.B.Sc	15
39	PATEL VAISHALIBEN MAHENDRABHAI	T.Y.B.Sc	16
40	PATEL BINJALBEN MAHESHBHAI	T.Y.B.Sc	17
41	DESAI NEETI ASHISHBHAI	T.Y.B.Sc	18
42	GANVIT TRUPTIKUMARI NAVLUBHAI	T.Y.B.Sc	19
43	PATEL DIYA KANTILAL	T.Y.B.Sc	539
44	PATEL DRASHTI JITENDRABHAI	T.Y.B.Sc	540
45	PATEL HARDIKUMARI HEMANTBHAI	T.Y.B.Sc	541



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