

B.K.M.SCIENCE COLLEGE,VALSAD

**Self Defence training Programme by women's cell
12/1/2017 to 18/1/2017**

Prevention is always better than cure. So avoidance of danger is always a better alternative than to fight. In an odd and danger, a woman can find a way for safety, if only she is equipped with the self defense skill. Taking this facts into consideration. A one week karate training program for self defence was organized by the Women Cell of B.K.M Science College. It was an innovative step taken towards the safety and security of the Girls of the college. On the first day the camp begun with a lighting the lamp ceremony.

Principal Dr.Vikas Desai said that our aim and objectives of training programme are,

To impart self defense training to girl students at college level.

To empower girl students.

To instill self confidence and physical skill.

To enable the girl students to defend themselves against assault.

To develop a vibrant youth force in the state.

Principal told that Every woman student must bear in mind that self defence training is boon to her life, the best gift of her college life. Girls must be nurtured not tortured. Let us hope for the best for our women.

Vice Principal Dr.T.G.Gohil told that Self-defense, especially for women, is of prime importance due to the world of power imbalance that we live in today. Women, usually referred as the weaker sex as per the stereotype amongst the two genders are generally considered easy targets. Especially in a country like India where the cases of gender violence are on rise, while many others go unreported, self-defense for women has become imperative more than ever.

Convener of the programme Prof.Sandyaben Vani said that it is high time for every woman student to be made stronger physically, sharper and older mentally, to be ready to defend herself by being trained with self defence techniques.



Dr.Kirenben desai said that It is the birth right of every woman to have equality in this male dominated society. It is her right to live with dignity. Keep body and mind fit for every situation. Never lose confidence. Keep patience, and courage at the time of danger.

Dr.smruti Lad told that Such programme are necessary part of a college curriculum for it prepares female students in the outside world.


Dr.Madhvi Desai told that Self Defence Training Programme is meant to make every woman strong enough physically and mentally. she said three things are required for self defence courage, fitness and combat techniques.

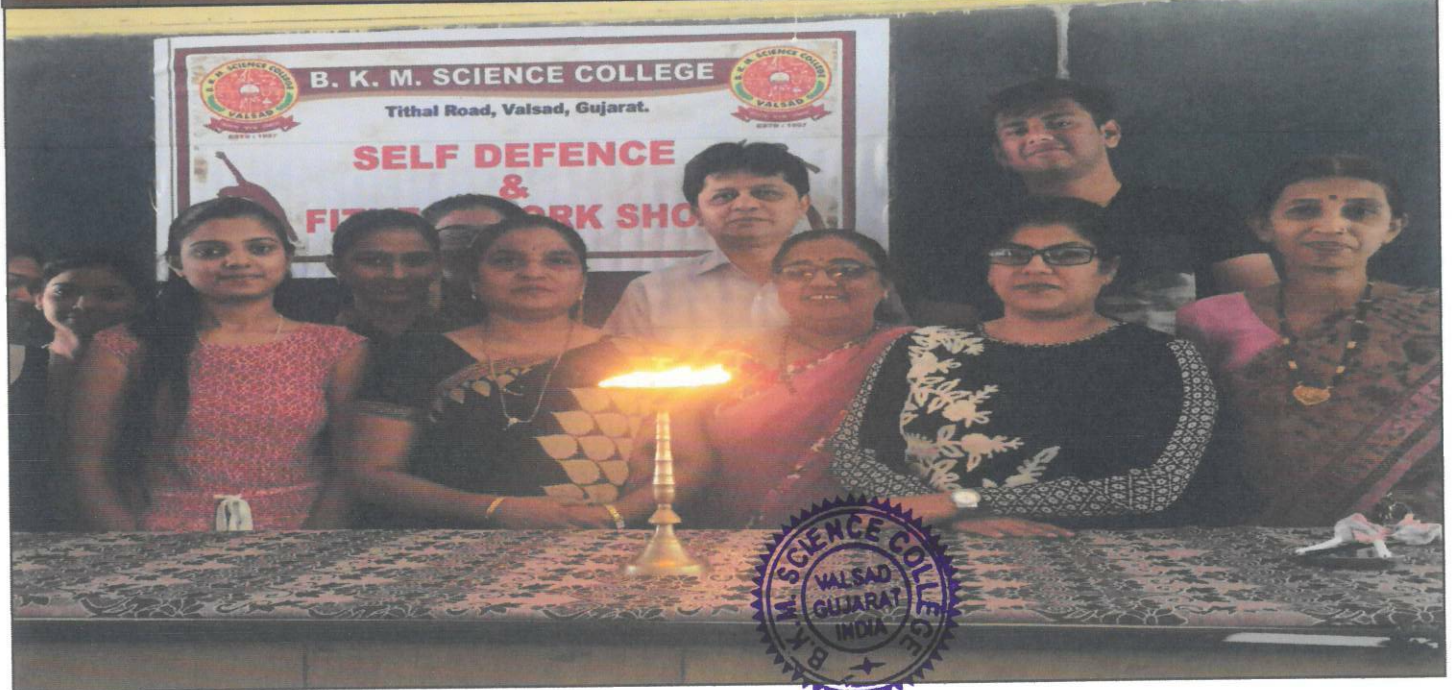
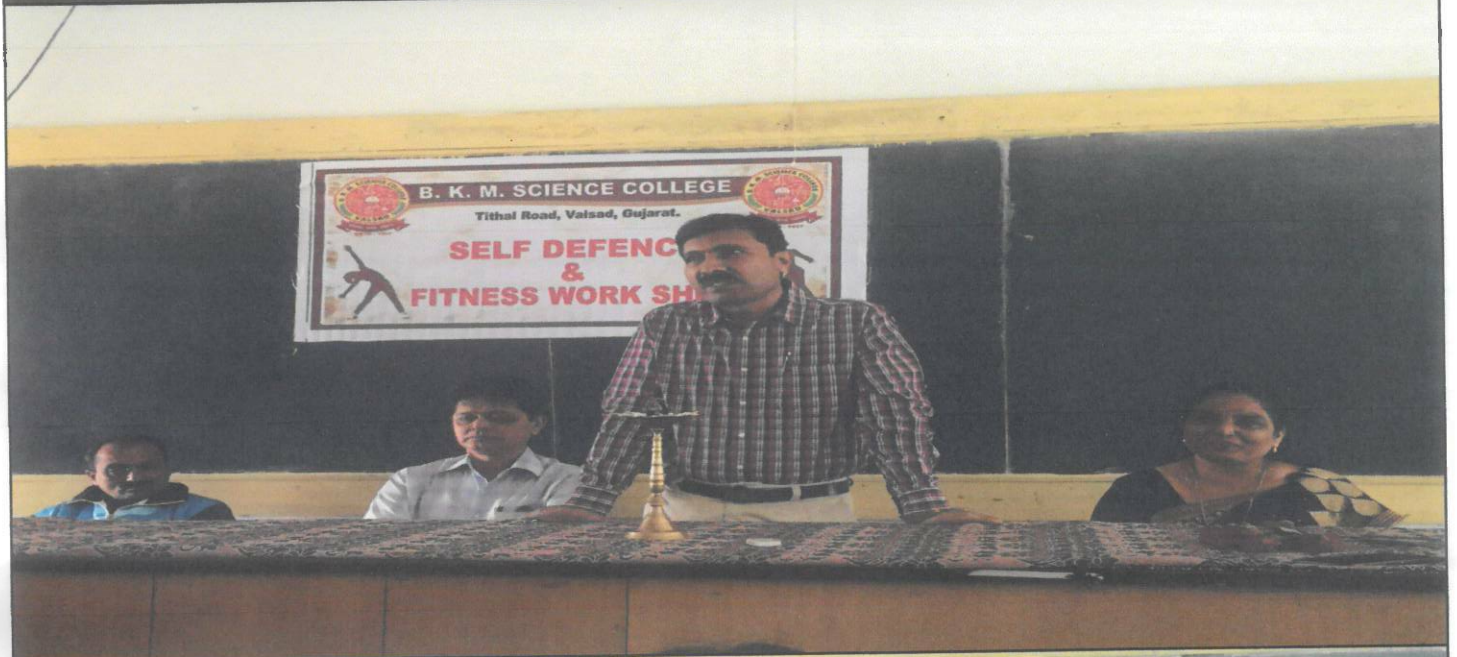
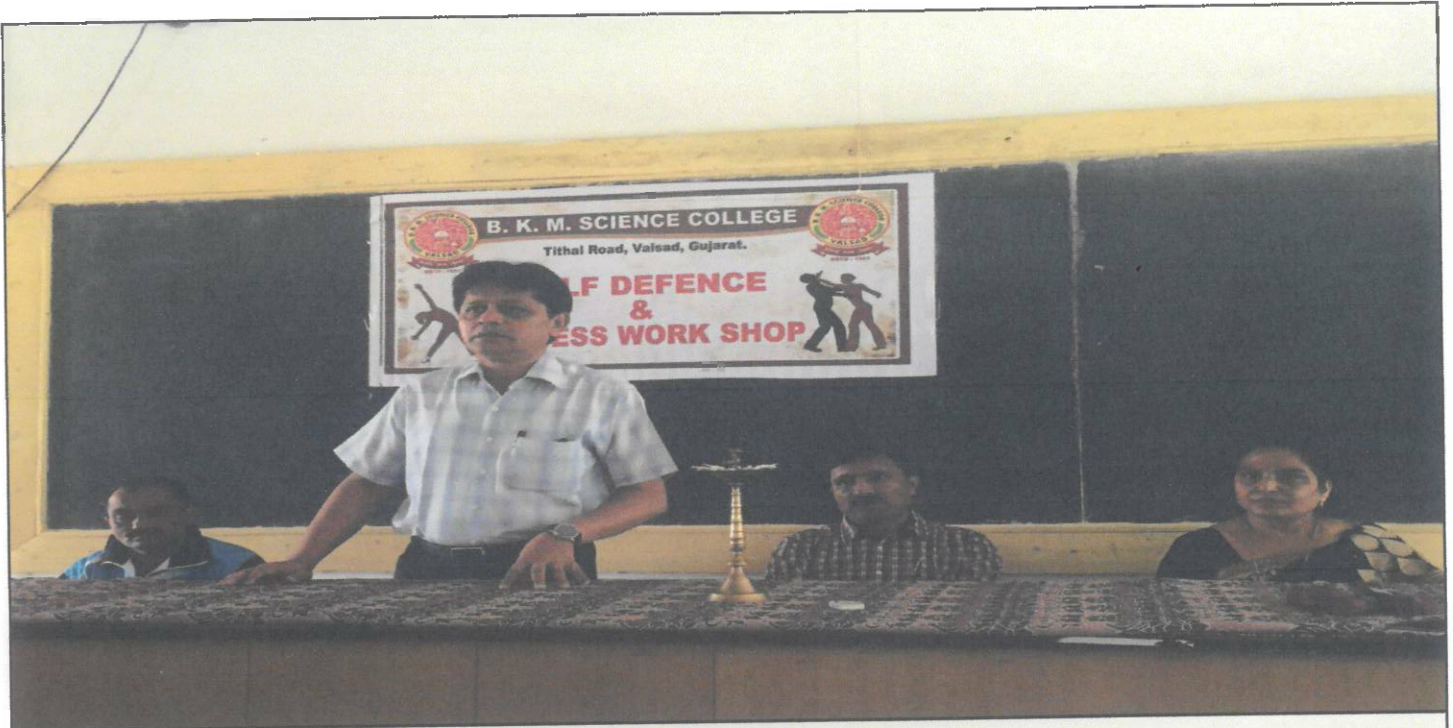
The training was imparted for six days to the girl students for one hour each day and the various techniques of self defense were taught to them and they were also trained in other exercises required to develop their physical and mental agility. During her training girl trainee is first taught how to remove fear from her mind and be bold enough to face the situation. So before falling a victim to an assailant she can plan a way to protect her. Almost fifty five girls students participated with full vigor and zeal and took advantage of this training. The program was highly appreciated on the final day of the program when students deftly demonstrated karate moves. Mr.jashpreetsing was invited for thr training.Principal felicitated the trainers.

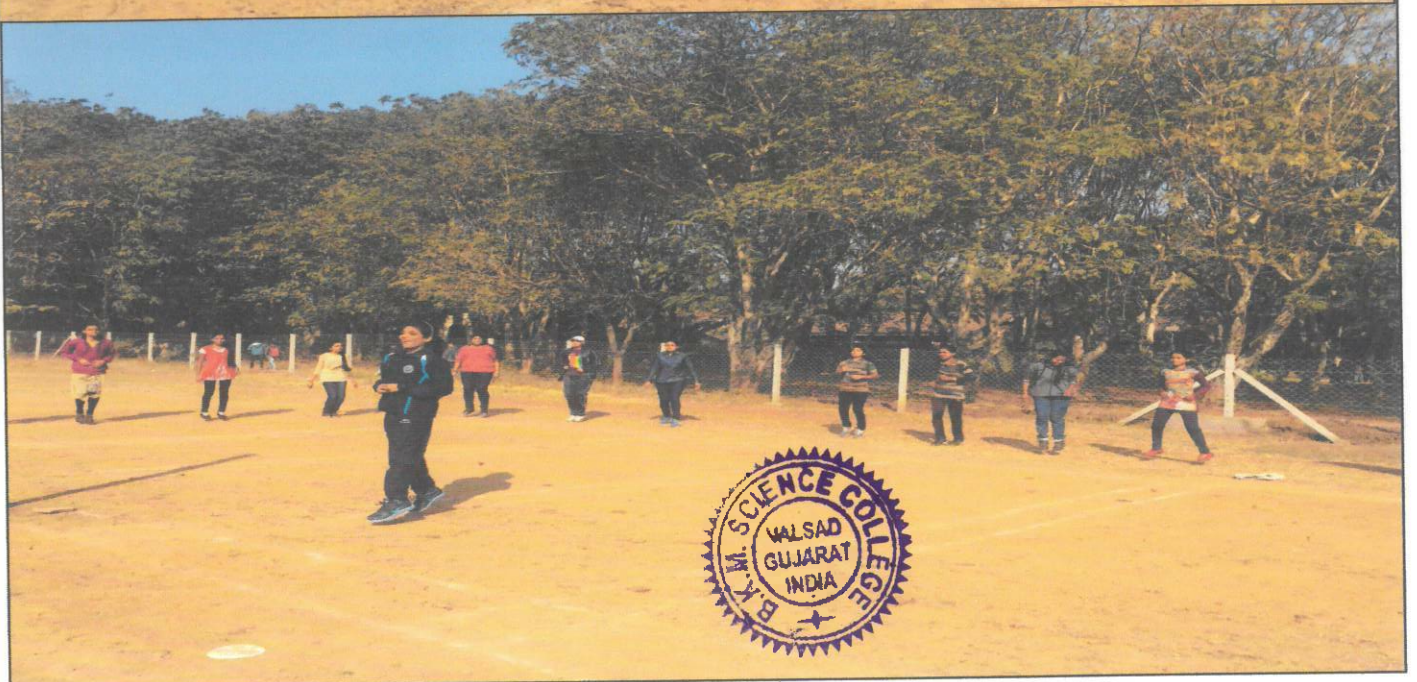
Lastly, all trainees are advised to practice the techniques regularly as 'practice makes one perfect'. Always exhibit a firm body language. Always keep eyes,ears and touch organ open to smell the oncoming denger.

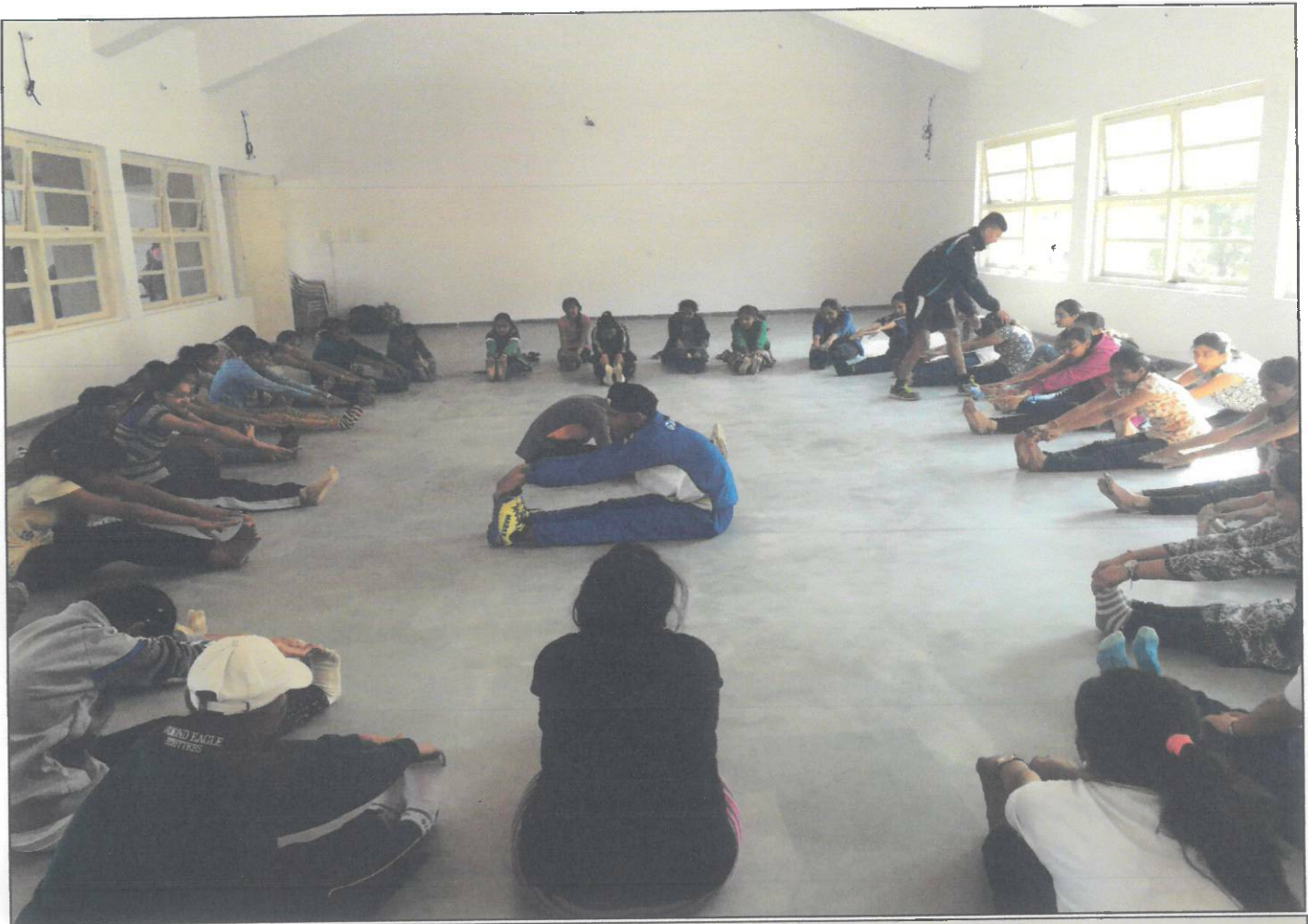
The training programme was arranged by PTI of the college Prof.Maheshbhai Patel. Prof.Sandhya Vani, Dr.Kirenben Desai, Dr.Smrutiben Lad, Dr.Madhviben Desai and Prof.Maheshbhai Patel work hard to make the event successful. The teaching faculty and the administrative team with Principal and Vice Principal together worked in unison and coordination to successfully conduct the program. Convener Prof.Sandhya Vani Congratulateand thanked all participant for participation in the event.

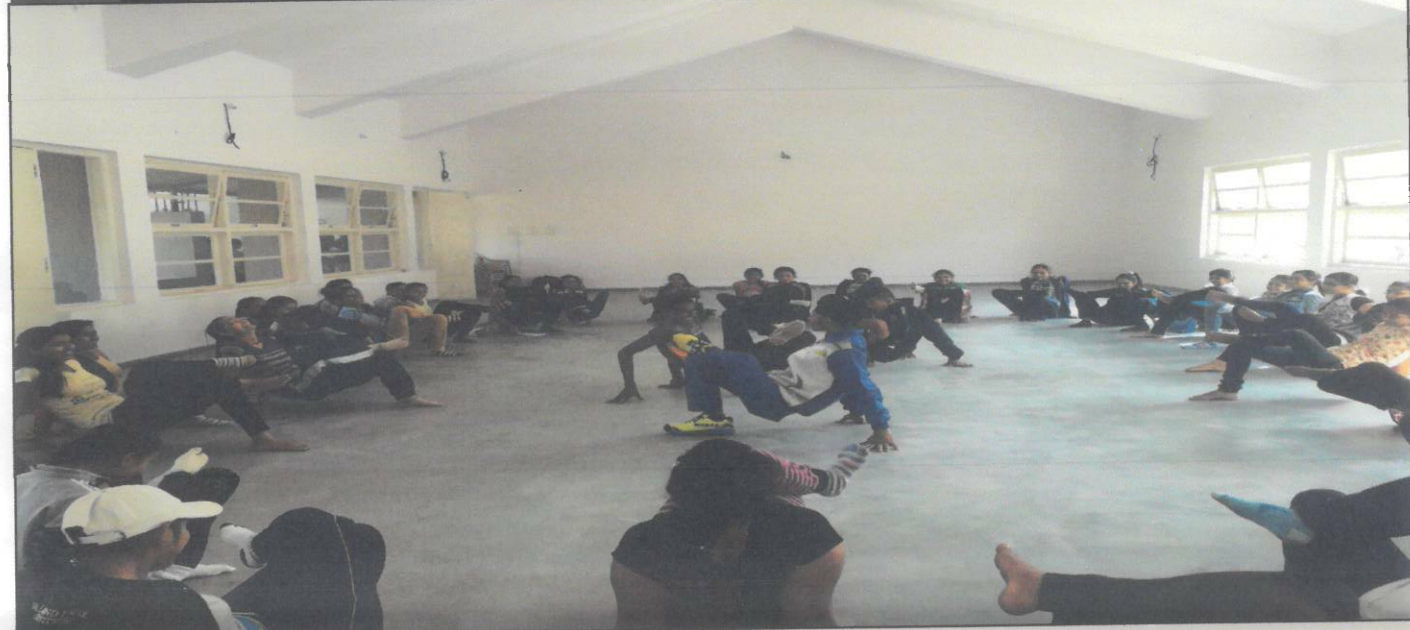
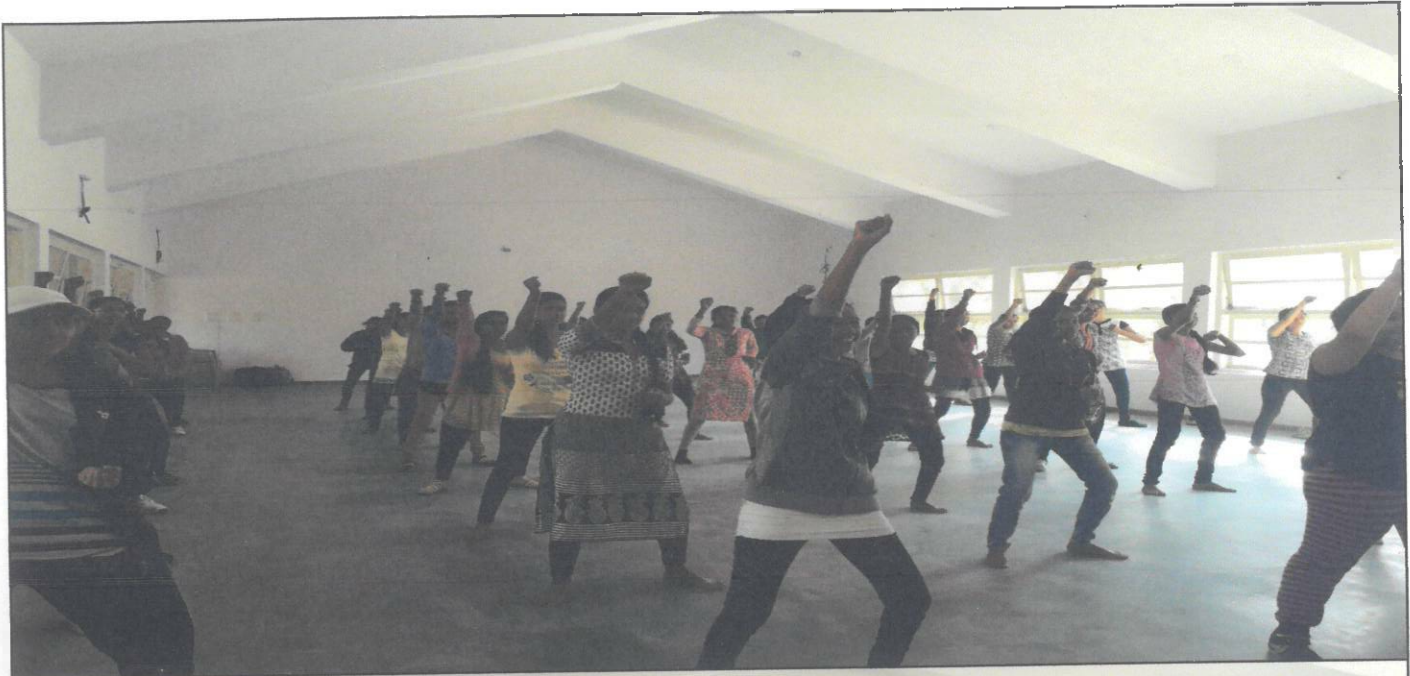



Principal,
B.K.M. Science College,
Valsad, Gujarat, India.









ગુજરાતમિત્ર

તથા ગુજરાત દર્પણ

શુક્રવાર,
તા. ૨૦ જાન્યુઆરી,
૨૦૧૭, સુરત

વલસાડ કોલેજમાં વિદ્યાર્થીઓને સેલ્ફ ડિકેન્સની તાલીમ અપાઈ

વલસાડ : બી.કે.એમ. સાયન્સ કોલેજ દ્વારા વલસાડના વુમન ડેવલોપમેન્ટ સેલ દ્વારા આયોજીત વુમન કિટનેસ અને સેલ્ફ ડિકેન્સનો એક અઠવાડિયાનો કેમ્પનું આયોજન કરવામાં આવેલ હતું. જેમાં લગભગ ૭૫ જેટલી વિદ્યાર્થીનીઓએ ભાગ લીધો હતો.

આ કેમ્પનું ઉદ્ઘાટન આચાર્ય ડો. વિકાસ એ. દેસાઈએ દીપ પ્રાગટ્ય દ્વારા કર્યું હતું. અને વિદ્યાર્થીઓને આજના સમયને અનુરૂપ કિટનેસ અને સેલ્ફ ડિકેન્સનસ શું અગત્યતા છે તે સમજાવી ભાગ લેનાર વિદ્યાર્થીઓને પ્રોત્સાહિત કરી હતી.

ઉદ્ઘાટન દરમ્યાન ઉપસ્થિત ઉપાચાર્ય ડો. તખ્તસિંહ ગોહિલે પણ ભાગ લેનાર વિદ્યાર્થીઓને આ અંગે યોગ્ય માર્ગદર્શન આપી પ્રેરિત કરી હતી.

આ કેમ્પમાં વોર્મઅપ, રનિંગ, યોગા વિવિધ કસરતો મુખ્ય રહ્યા અને તે દ્વારા વિદ્યાર્થીઓને ફીટ રહેવા માટે ટ્રેનિંગ આપવામાં આવી હતી. જેનો વિદ્યાર્થીઓએ લાભ લીધો હતો.



Dam 20/1/17
આચાર્ય,
બી. કે. એમ. સાયન્સ કોલેજ
વલસાડ - ગુજરાત.

સંદેશ 09

SUNDAY, 22-01-2017

સંક્ષિપ્ત સમાચાર

વલસાડમાં વુમન ફિટનેસ-સેલ્ફ ડિકેન્સ માટે કેમ્પ

વલસાડ : વલસાડ બી.કે.એમ. સાયન્સ કોલેજના વુમન ડેવલોપમેન્ટ સેલ દ્વારા આયોજિત વુમન ફિટનેસ અને સેલ્ફ ડિકેન્સના એક અઠવાડિયાના કેમ્પમાં લગભગ 8૫ જેટલી વિદ્યાર્થીનીઓએ ભાગ લીધો હતો. કેમ્પનું ઉદ્ઘાટન કોલેજના આચાર્ય ડો. વિકાસ દેસાઈએ કર્યું હતું. તેમણે વિદ્યાર્થીનીઓને આજના સમયને અનુરૂપ ફિટનેસ અને સેલ્ફ ડિકેન્સની શું અગત્યતા છે તે સમજાવી, ભાગ લેનાર વિદ્યાર્થીનીઓને પ્રોત્સાહિત કરી હતી. ઉપાચાર્ય ડો. તખ્તસિંહ ગોહિલે પણ ભાગ લેનાર વિદ્યાર્થીનીઓને યોગ્ય માર્ગદર્શન આપી પ્રેરિત કર્યા હતાં. આ કેમ્પમાં, ફિટનેસ અંતર્ગત વોર્મઅપ, રનિંગ, યોગા, વિવિધ કસરતો દ્વારા વિદ્યાર્થીઓને ફીટ રહેવા માટે ટ્રેનિંગ અપાઈ હતી.



Dan
22/1/17
આચાર્ય,
બી. કે. એમ. સાયન્સ કોલેજ
વલસાડ - ગુજરાત.