



PIMPRI CHINCHWAD EDUCATION TRUST'S

Pimpri Chinchwad College of Arts, Commerce and Science (PCACS)



Ravet, Pune.

Academic Year: 2024-25

Nirbhay Kanya Abhiyan

Program Report:

Date of Program: 28th February 2025

Time: 9:30 AM - 11:30 AM

Venue: Room - 502, Fifth Floor, Pimpri Chinchwad College of Arts, Commerce and Science College, Ravet, Pune - 412 101

No of Female Students Participation-50

Programme Coordinator - Mrs.Ishpreet Kaur, Mr.Devendra Desai.

The Nirbhay Kanya Abhiyan is a statewide initiative launched with the objective of empowering young girls and women by raising awareness about personal safety, self-defense, and legal rights. The campaign aims to educate women about their rights, encourage them to report incidents of abuse, and equip them with the tools they need to protect themselves physically and emotionally. By providing such resources and support, the program works towards reducing gender-based violence and promoting equality.

The primary objective of the Nirbhay Kanya Abhiyan awareness program held at our college was to spread awareness among girl students about safety, self-defense, and their rights. The initiative aimed at empowering women to face challenges in society with confidence and knowledge about protective measures available to them.

The program began at 9:30 AM with an opening speech by Dr. Smriti Pathak, Principal of Pimpri Chinchwad College of Arts, Commerce, and Science College, who chaired the event. Dr. Pathak welcomed the participants and emphasized the importance of such awareness programs in today's world, especially in empowering young women with the knowledge and confidence to protect themselves.

The first session was conducted by Dr. Vaishavi Naikaware, Subject Expert in Female Health & Nutrition, who highlighted the importance of women's health and well-being. explained how physical health is fundamental in ensuring mental resilience and confidence in self-defense situations.

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The session was conducted by Ms. Sayali Dafade, Clinical Psychologist & Counselor, who spoke about the emotional and psychological aspects of personal safety, empowering young women to develop confidence and awareness of their legal rights. Ms. Dafade also shared various self-defense strategies and methods for handling difficult situations effectively.

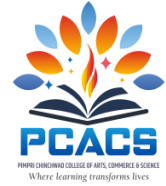
Mr. Purrosham Chate, PSI from Ravet Police Station, addressed the students about the legal protections available for women and shared practical advice on how to seek help in times of danger. He also demonstrated basic self-defense techniques and explained the importance of maintaining awareness of one's surroundings, especially when out in public spaces.





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I/C Principal