



PIMPRI-CHINCHWAD EDUCATION TRUST'S
Pimpri Chinchwad College of Arts, Commerce and Science

Sr. No. 110, Gat No.01, Ravet, Pimpri-Chinchwad, Pune – 412101
Email-id – pcacs.sr.college.edu@gmail.com Website – www.pcacspune.com



NIRBHAY KANYA ABHIYAN REPORT

The **Student Development Cell** of Pimpri Chinchwad College of Arts, Commerce and Science organized a special programme under the “**Nirbhay Kanya Abhiyan**” on **05th February 2026** at the **Auditorium, 6th Floor, PCCOER Building, Ravet** from **9:00 A.M. to 1:00 P.M.** The programme was exclusively arranged for girl students with the objective of empowering them through self-defense training, health awareness, and safety guidance.

Event Coordinator- Prof. Devendra Desai

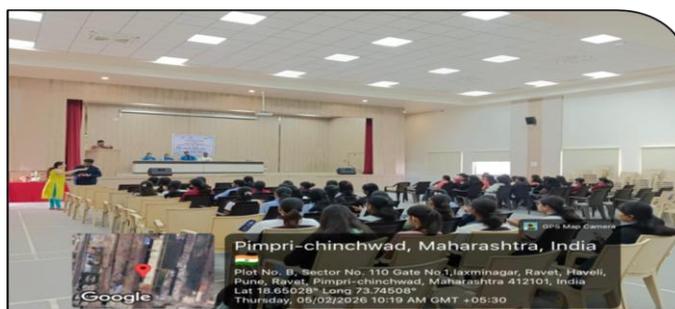
Objectives of the Programme:

1. To create awareness about self-defense techniques among girl students.
2. To promote physical fitness and mental strength.
3. To provide guidance on women’s health and hygiene.
4. To educate students about women’s safety laws and precautionary measures.

Session Details:

1st Session: Karate Training (9:30 A.M. to 11:30 A.M.)

The first session was conducted by **Mr. Rakesh Yadav and Team** from Defence Sports Academy (Affiliated by Pune District Kudo Association). The session focused on basic self-defense techniques, practical demonstrations, and interactive participation of students. The trainers demonstrated various defensive moves to protect oneself in emergency situations. The students actively participated and learned effective techniques to enhance their confidence and self-protection skills.



2nd Session: Women's Health Awareness (11:30 A.M. to 12:00 Noon)

The second session was delivered by **Dr. Gitajali Deshmukh**, who spoke about important aspects of women's health, menstrual hygiene, balanced diet, mental health, and preventive healthcare measures. She encouraged students to prioritize their physical and emotional well-being and addressed their queries with practical guidance.



3rd Session: Women's Safety (12:00 Noon to 1:00 P.M.)

The third session was conducted by **PSI Mrs. Neha Khaire**, who guided students on women's safety laws, cyber safety, emergency helpline numbers, and self-confidence in handling difficult situations. She explained legal rights and safety measures and motivated students to remain alert and aware in public spaces.

