



COEP Technological University (COEP Tech)

(Unitary Public University of Government of Maharashtra)
w.e.f.22 JUNE 2022

(Formerly College of Engineering, Pune)
Shivajinagar, Pune-411005

COEPTU/BoSD/Gymkhana

11.10.2023

BOARD OF STUDENTS DEVELOPMENT

Notice Self Defense Awareness Program for FY. B.Tech students and Staff

Society of Women Engineering(SWE), Arya Raas, Youth Empower Center(YEC) and Alumni Association of COEP Technological university, Pune is organizing **Self-Defense Program** for the FY B.Tech First Year girls and boys students . It is essential for everyone to learn self-defense skills to protect themselves and fight for their lives without relying on weapons. Self-defense involves defending oneself against potential threats while also ensuring personal safety. While training teaches techniques to block attacks, it is always better to avoid them altogether. Therefore, a significant portion of self-defense training should focus on prevention

Date: 13th Oct 2023 Time: 4 pm to 6.00 pm Location: Main Auditorium of COEP Tech

It is our collective responsibility to become our own best protectors. As the saying goes, "Self-defense is not only our right, it is our duty." – Ronald Reagan.

Following are trainer to show self-defense tricks and techniques to develop self confidence.

1. Smt Sangita Jadhav, Senior Police Inspector , Sonali Hinge(Damini Pathak)
2. Mr Nilesh Renuse and Varsha Renuse, Certified instructor of skill india and NSDC Marshall Art Coach-
3. Rupali Saikhedkar(Executive Director of Dhruv defense motivation association with Indian Army

Ms N. R. Kolhare
Associate Professor(Dept. of E&TC)
VP Gymkhana
COEP Technological University,
Pune

Prof. M. P. Khond
Associate Professor
Director Board of Students Development