


G.E. SOCIETY'S
SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK
EVENT REPORT

Name of the Programme:	Swayamsiddha Camp
Day and Date:	11 th March to 16 th March 2024.
Organizing Committee/Department (Mention Collaborating Agency, if any)	Department of Physical Education and Internal Quality Assurance Cell(IQAC)In Association with Shri Wellness Consultancy ,Nashik.
Time:	11.00am to 12.30 pm
Topic/Theme:	Swayamsiddha camp
Resource Person:	1.Mr. Shrikant Bagul 2.Mrs.Praneta Nikumbh 3.Mrs.Minal Zawar 4. Smt.Sheetalpria Birade
Guest	Chief Guest Mr. Shrikant Bagul President of the Function Dr. Sandhya Khedekar Principal Dr. Nilam Bokil Vice Principal, Dr.C.M.Deshmane IQAC Coordinator
No. of students attended the programme:	32 students (All Faculty). Institutional Level
Brief Summary:	Swayamsiddha camp was organized by IQAC and Department of Physical Education In Association with Shri Wellness Consultancy , Nashik. The camp was inaugurated on 11 th March 2024 on the occasion of International Women's Day. The camp was conducted from 11 th to 16 th March 2023 to empower the young girls students in self defense techniques by Mr.Shrikant Bagul and Uday Nichal . Three other sessions were conducted for overall well being. 1.Development of Behavioral Skill By- Mrs.Praneta Nikumbh on 12 th March 2024. 2.Nutrition for healthy Life Style By- Mrs.Minal Zawar on 13 th March 2024. 3. Philological Well-being by Smt.Sheetalpria Biraden 14 th March

	<p>2023.</p> <p>15th and 16th there was self defense Tanning for Students.</p> <p>The valedictory function of this camp was conducted on 18/3/2024 at 11.00 am due to Sunday Holiday. Chief guest of the function was Mr.Shrikant Bagul and Guest of Honor was Mr. Uday Nichal. Mr. Abhilash Sharma has presented the report of Swayamsiddha Camp. Participants have shown demo of self defense techniques and gave their feedback. Principal Dr.Mrs.Sandhya Khedekar has proposed the presidential address Vote of thank was given by Ms. Priyanka Pagare.</p>
<p>Signature of the Committee In-Charge/H.O.D.</p>	<p>Ms.Priyanka Pagare Mr.Abhilash Sharma Physical Edu, Teacher Director Phy. Edu.</p> <p>Dr.C.M.Deshmane Dr Mrs.Sandhya Khedekar IQAC Coordinaort Principal</p>
<p>Attach Photographs</p>	



SWAYAMSIDDHA CAMP REPORT 2023-2024

Good Morning All,

A swayam siddha camp was held from March 11 to 16th March 2024 over the course of 6 days, 3 guest lecture were delivered to the group of 32 students and Self defense training everyday the self defense training was of 1 hour session and guest lecture was of half an hour the self defense training and lecture were held daily between 11:00 a.m. to 12:30 p.m.

Topic cover in guest lecture on first day by Praneta Nikam Madam on Development of Behaviour Skills on 2nd day by Sheetal Madam of HPT arts college on Psychological well being on third day by Minal Zawar Madam on Nutrition for life and day 4th 5th and 6th where self defence training given to the students.

Thanking You,

YoursSincerely

(Mr.Abhilash Sharma)

Director of Physical Education