



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

RE-ACCREDITED WITH GRADE 'B+' (CGPA-2.65) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

E-mail: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com

Website: <https://www.bmb.ac.in>

Tel: 07106-232349

DETAILED REPORT OF THE ACTIVITY

2025-2026

ACADEMIC SESSION	2025-2026
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	Bhiwapur Mahavidyalaya in association with Premier Academy for Administrative Services (P.A.A.S)
NAME OF THE ACTIVITY	Yoga and Self Defense- 150 Hours
CORE AREAS COVERED	- Training in <i>Asanas</i> (physical postures) for core strength and flexibility, alongside <i>Pranayama</i> (breathing techniques) and meditation to manage academic stress and enhance mental focus. - Mastery of real-world defensive maneuvers, including blocking, striking, countering physical grabs and utilizing tactical escapes to ensure personal safety. - Instruction on identifying potential hazards, reading body language and mastering verbal de-escalation strategies to prevent conflicts during daily commutes. - Long-term endurance training focusing on cardiovascular health, reflexes, agility, and overall physical fitness required to maintain high energy over the 150-hour curriculum. - Interactive discussions aimed at building psychological resilience, self-reliance, and basic knowledge of women's safety laws and institutional support systems
SCHEDULE	Tentative Schedule For BA and B.Com.– 11.30 onwards For B.Sc. – 9.00 a.m. onwards The schedule remained flexible for the students as per their academic workload
VENUE	Bhausaheb Mulak Memorial Indoor Sports Complex,

	Bhiwapur Mahavidyalaya
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	Offline
ORGANIZING COMMITTEE	Women's Study Centre
CHIEF COORDINATOR	Asst. Prof. Dr. Vinita S. Virgandham
COMMITTEE MEMBERS	▪ Asso. Prof. Dr. Anita V Mahawadiwar ▪ Asst. Prof. Dr. Ashwini Dhonge ▪ Asst. Prof. Mrs. Ashwini Kedar ▪ Asst. Prof. Dr. Vaishali Rahate ▪ Asst. Prof. Mrs. Usha Churhe ▪ Asst. Prof. Dr. Jyoti Bante ▪ Asst. Prof. Mrs. Chetana Thakare ▪ Asst. Prof. Mrs. Ashwini Ramteke ▪ Ku. Harsha Bode ▪ Ku. Jija Parate
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)	Brown Belt Karate Trainer Miss. Nitu Wagh
BENEFICIARIES/TARGET GROUP	Girl students of our Institution
NUMBER OF STUDENTS/BENEFICIARIES	95
DETAILED REPORT OF THE ACTIVITY	Bhiwapur Mahavidyalaya organized a comprehensive 150-Hour Training Programme successfully on Yoga and Self-Defence dedicated to empowering girl students. The formal Inaugural Session of this extensive training initiative was celebrated on 14th November, 2025 following which regular and rigorous practical sessions were conducted, which got concluded on 24th January, 2026. The inaugural ceremony was presided over by Prof. Dr. Sunil Shinde. Asso. Prof. Dr. Anita V. Mahawadiwar, the IQAC Coordinator, graced the occasion as the Guest of Honour. The Event also witnessed the presence of Mr.

	Purushottam Mahindrakar, Director of PAAS, alongside the Lead Trainer for the programme, Miss Nitu Wagh, a certified Karate Brown Belt holder, who brought valuable expertise to the practical self-defence modules. A motivational message from the Principal of our Institution was shared on the occasion, emphasizing the critical importance of physical fitness, mental resilience, and self-reliance among female students in contemporary times. The programme successfully blended the holistic wellness of Yoga with tactical self-defence techniques, significantly enhancing the confidence and safety awareness of the participating girl students.
PROGRAMME OBJECTIVES	▪ To cultivate physical strength, mental clarity and emotional resilience among girl students through disciplined, long-term Yoga practice. ▪ To equip students with practical, real-world defensive techniques, situational awareness and the physical confidence to handle personal safety threats. ▪ To utilize the comprehensive 150-hour structure to build sustainable habits of physical fitness and regular exercise that extend beyond the classroom. ▪ To help students manage academic anxiety, stress and pressure by introducing regular meditation, breath-control and mindfulness techniques.
PROBLEMS FACED, IF ANY	▪ The intensive 150-hour timeline heavily conflicted with university practical examinations and backlog papers for a significant number of female participants. ▪ Finding a single, uniform slot was impossible due to clashing class hours, with B.Sc. classes starting at 9:30 AM while Arts and Commerce lectures ran until 1:00 PM. ▪ Because of the staggered Departmental timings, there was no feasible “golden hour” in the College day where all enrolled students were simultaneously free. ▪ Maintaining consistent high energy, physical stamina and regular daily attendance across an extensive 150-hour curriculum amidst heavy academic pressures.

IMPACT/OUTCOME ACHIEVED	▪ Successfully delivered the full 150-hour curriculum by dynamically adjusting session slots to run around exam schedules and stream timings. ▪ Students successfully mastered core self-defense techniques and physical maneuvers, markedly boosting their self-confidence and sense of personal security. ▪ Participants demonstrated noticeable improvements in physical flexibility, core strength and stress-management capabilities through consistent Yoga practice. ▪ By prioritizing student convenience, the program achieved excellent completion rates without forcing girl students to sacrifice their crucial practical or backlog exams.
ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.	The student feedback analysis indicates an overwhelmingly positive response, with participants expressing deep gratitude for the highly flexible, student-centric scheduling that allowed them to balance University practical and backlog examinations without missing the training. Girls from all three streams (B.Sc., Arts, and Commerce) reported a remarkable surge in physical self-confidence, situational awareness and mental resilience against academic stress through sustained Yoga practice. The long-duration structure successfully transformed their daily fitness habits, though students requested periodic refresher sessions in future Semesters to maintain their newly acquired self-defense skills.
GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/ span of the activity will be accepted)	Director of Premier Academy of Administrative Services Mr. Purushottam Mahendrakar, Chairperson of the Inaugural Session Prof. Dr. Sunil Shinde, HoD -Economics & Shift In-charge, the IQAC Coordinator Asso. Prof. Dr. Anita V Mahawadiwar and Brown Belt Karate Trainer Miss. Nitu Wagh on the Dais during the Inaugural Ceremony of the Yoga and Self-Defense of 150 Hours



Students and Staff during the Inaugural Ceremony of the Yoga and Self- Defense Training Programme



Director of Premier Academy of Administrative Services Mr. Purushottam Mahendrakar addressing the students and explaining the nuances of Self-Defense



Students along with Director of P.A.A.S Mr. Purushottam Mahendrakar and the Master Trainer Ku. Nitu Wagh during the Inaugural Ceremony of the Yoga and Self- Defense Training Programme.



A few sample photographs of the Master Trainer Miss Nitu Wagh Demonstrating self-defence techniques through live presentation



Two students seen immersed in perfecting the Yoga postures



NEWS PAPER COVERAGE /MEDIA COVERAGE

Newspaper Clipping of Marathi daily , ‘ Deshonnati’
dated 16th November, 2025

देशोन्नती

भिवापूर महाविद्यालयात विद्यार्थिनींना आत्मसंरक्षण प्रशिक्षण

■ १५० तासांचा योगाभ्यास उपक्रम



देशोन्नती वृत्तसंकलन

भिवापूर : सध्याच्या काळ मुली आणि महिलांसाठी असुरक्षिततेचा आहे. या काळात विद्यार्थिनींचे शारिरीक आणि मानसिक बळ सशक्त करण्याच्या उद्देशाने भिवापूर महाविद्यालयाच्या महिला अभ्यास केंद्राच्या वतीने 'इंटरनल क्वालिटी एशुरन्स सेल' च्या नेतृत्वाखाली विद्यार्थिनींना १५० तासांचा योग व आत्मसंरक्षण प्रशिक्षण देण्यात आली. प्रशिक्षणाचे उद्घाटन डॉ. सुनील शिंदे यांच्या अध्यक्षतेखाली व प्रिमियर अकादमीचे संचालक पुरुषोत्तम महिंद्रकर, आयक्युएसीच्या समन्वयक डॉ. अनिता महावादीकर, प्रशिक्षक नितू वाघ यांच्या प्रमुख उपस्थितीत करण्यात आले.

डॉ. विनिता विरगंधम यांनी प्रास्ताविकातून योग व आत्मसंरक्षणाचे महत्व विषद केले. महाविद्यालयाची माजी विद्यार्थिनी

तथाप्रशिक्षक नितू वाघ यांचे कौतुक केले. अध्यक्षीय भाषणात डॉ. सुनील शिंदे यांनी आरोग्यासाठी योग व आजच्या बदलत्या काळात मुलींना आत्मसंरक्षण अत्यंत महत्वाचे आहे. प्रशिक्षणातून या दोन्ही गोष्टी आत्मसात करावे, असे आवाहन विद्यार्थिनींना केले. महिला अभ्यास केंद्राच्या या स्तूत्य उपक्रमाचे कौतुकही केले. प्रिमियर अकादमीचे संचालक पुरुषोत्तम महिंद्रकर यांनी योग व आत्मसंरक्षणाचे महत्व समजावून सांगितले. संचालन प्रा.अश्विनी केदार यांनी केले. आभार दर्शना धामधर यांनी मानले. यशस्वितेसाठी अध्यापन कर्मचारी व महिला अभ्यास केंद्राचे सदस्य यांनी सहकार्य केले. १५० तास योगा प्रशिक्षणाचे आयोजन प्राचार्य डॉ. जोबी जार्ज यांच्या मार्गदर्शनाखाली ' प्रिमियर अकादमी फार अडमिनिसट्रेटिव्ह सर्व्हिसेस'च्या सहकार्याने करण्यात आले.

SCANNED COPY OF ATTENDANCE SHEET

Attendance Sheet of the Inaugural Ceremony

Backward Class Youth Relief Committee's
Bhiwapur Mahavidyalaya
Women's Study Centre under the aegis of IQAC organises
Yoga & Self-defence Training Programme of 150 Hours for Girls
in collaboration with P.A.A.S Skill Training Institute, Nagpur
from 14/11/2025 to 31/1/2026
Attendance of Inaugural Session on 14/11/2025

S. No	Name of the Student	Programme- BA/BCom/BSc	Signature
1	sadiya S. Sheikh	B.A. 1st	Sadiya S.
2	Vaishnavi V. Tikhmale	B.A. 1st	Vaishnavi
3	Mahini R. Sonkusare	B.com 1st	Mahini R. Sonkusare
4	Divyanki A. Mahve	B.com 1st	Divyanki A. Mahve
5	Shurika V. Markate	B.com 1st	S.V. Markate
6	Priyanka S. Gomase	B.A. 1st	Priyanka
7	Tejaswini D. Shetye	-11-	Tejaswini
8	Poonali P. Dahiwal	-11-	Poonali
9	Suhani P. Jumele	-11-	Suhani
10	Mansee N. Likhe	-11-	Mansee
11	Baloni D. Chhatte	-11-	Baloni
12	Pooja H. Rout	-11-	Pooja
13	Pooja S. Mate	-11-	Pooja
14	Roshni B. Wante	B.Com. I	Roshni
15	Kaushik S. Shambharkar	-11-	Kaushik
16	Kajal T. Deshmukh	B.A. 1st	Kajal T. D.
17	Manali M. Chembhale	B.A. 1st	Manali M.
18	Vaishnavi C. Jagtap	B.A. 1st	V.C. Jagtap
19	Pooja N. Mohankar	B.A. 1st	P. Mohankar
20	Rohan D. Admane	B.A. 1st	Rohan
21	Shreya S. Patil	B.com	Shreya
22	Usha C. Kulkarni	B.A. I	Usha
23	Sakshi V. Ghodmare	B.A. I	Sakshi
24	Pooja Manoj Meshram	B.A. I year	P. Meshram
25			

S. No	Name of the Student	Programme- BA/BCom/BSc	Signature
26	Saksham G. Bhaskar		Saksham
27	Nikhil Borkar		Nikhil Borkar
28	Rohit Borkar		Rohit
29	Pratik Salunke	B.com 1st	Pratik
30	Anmol Admane	B.com	Anmol
31	Aditya S. Shende	B.A. I	Aditya
32	Saurabh S. Sawaimul	B.A. I	Saurabh
33	Umesh Kavade	B.com	Umesh
34	Pooja S. Shambharkar	B.A. I year	Pooja
35	Kaushik B. Shende	B.A. I	Kaushik
36	Rohit D. Borkar	B.A. 1st year	Rohit
37	Arun D. Lakhe	-11-	Arun
38	Divyanti R. Wadgaonkar	B.A. 1st year	Divyanti
39	Naina S. Kalse	B.A. 1st year	Naina
40	Samiksha Pramod Gonsalves	B.A. 1st year	Samiksha
41	Shruti Sunil Choudhary	B.A. 1st year	Shruti
42	Samiksha Bhandu Dighore	B.A. 1st year	Samiksha
43	Shubhangi D. Dohadare	B.Sc. 1st year	Shubhangi
44	Manvi V. Ghodake	B.com 1st year	Manvi
45	Samiksha B. Sawarkar	B.A. 1st year	S.B. Sawarkar
46	Akasha D. Kulkarni	B.Sc. II year	A.D. Kulkarni
47	Tanusha J. Rout	B.Sc. II year	T.Rout
48	Suhani K. Kale	-11-	Suhani
49	Avantika P. Patil	B.com I year	Avantika
50	Shreya S. Giri	B.com I	Shreya
51	Shreya R. Sawarkar	B.com I	Shreya
52	Bhagyashree P. Motghare	B.Sc. 1st year	Bhagyashree
53	Sanam P. Kulkarni	B.Sc. II year	Sanam
54	Sakshi V. Somkhare	B.Sc. II year	Sakshi
55	Sajal A. Phane	-11-	Sajal
56	Priya J. Dewalkar	-11-	Priya
57	Trishuli V. Ramteke	-11-	Trishuli
58	Sayali K. Tighare	-11-	S.K. Tighare
	Apeksha Bole	-11-	A.Bole
59	Tannu K. Meshram	-11-	T. Meshram

S. No	Name of the Student	Programme- BA/BCom/BSc	Signature
59	Sejal O. Barthel	B.A III year	Sejal Barthel
60	Muskan K. Maraskolhe	- 11 -	Muskan K.
61	Poonali N. Raskekar	- 11 -	Poonali N.
62	Shagorshali S. Sontakke	- 11 -	Shagorshali S.
63	Anshu A. Bhoyar	- 11 -	Anshu A.
64	Saraj M. Soloro	- 11 -	Saraj M.
65	Vithoba S. Hantkure	- 11 -	Vithoba S.
66	Naseem A. Fakhur	- 11 -	Naseem A.
67	Samiksha S. Rohankar	- 11 -	Samiksha S.
68	Janhvi L. Mathane	- 11 -	Janhvi L.
69	Ambika D. Murbate	- 11 -	Ambika D.
70	Vidya K. Nagose	- 11 -	Vidya K.
71	Akanksha R. Raut	- 11 -	Akanksha R.
72	Tanuja K. Shambharbas	- 11 -	Tanuja K.
73	Priya P. Phomvijay	B.Com III year	Priya P.
74	Ram K. Jaiswal	B.A III year	Ram K.
75	Tejaswini Anil Jadhav	BSc 1st year	Tejaswini A.
76	Kashish T. Lande	BSc 1st year	K.T. Lande
77	Shubhag D. Dahakare	BSc 1st year	Shubhag D.
78	Aishwarya S. Bokale	BSc 1st year	Aishwarya S.
79	Aparna P. Gedam	BSc 1st year	Aparna P.
80	Lisa R. Jankandhu	BSc 1st year	Lisa R.
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S. No	Name of the Student	Programme- BA/BCom/BSc	Signature
92	Rishika Hedau	B.S.C 2nd year	Rishika H.
93	Sneha Jivode	B.S.C 2nd year	Sneha J.
94	Nandani Shegarkar	B.S.C 2nd year	Nandani S.
95	Anu Kotekar	B.S.C 2nd year	Anu K.
96	Mayuri M. Bagade	B.S.C 1st year	Mayuri M.
97	Nikita R. Raut	B.S.C 1st year	Nikita R.
98	Khushbu Tighare	B.S.C 1st year	Khushbu T.
99	Vaishnavi D. Borghare	B.S.C 1st year	Vaishnavi D.
100	Nikita T. Meshram	B.S.C 1st year	Nikita T.
101	Kashish T. Lande	B.S.C 1st year	K.T. Lande
102	Tejaswini A. Jadhav	B.S.C 1st year	T.A. Jadhav
103	Swati P. Shegarkar	B.S.C 1st year	Swati P.
104	Vaishnavi T. Zode	- 11 -	Vaishnavi T.
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Attendance- post the Inaugural Session till 24/01/2026

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Skill Development Training					

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Skill Development Trainings

[illegible]

Skill Development Trainings

[illegible]

BHIWAPUR MAHAVIDYALAYA BHIWAPUR
Mahatma Jyotiba Phule Research and Training Institute (MAHAJYOTI), Maharashtra state and Sports & Fitness-Sector
Skill Council (SPEFL-SC), New Delhi

Skill Development Training

Sr. No	Name	29/11	03/12	04/12	05/12	08/12	09/12	10/12	11/12	12/12	13/12	16/12	17/12
102	Samiksha Pramod Sawasakde												
103	Samiksha Suresh Rohankar												
104	Samiksha Vasanta Dharme												
105	Saniya Tulcidas Shende												
106	Sarika Madhukarrao Raut												
107	Saroj Madhukar Selore												
108	Sejal Omnarayansingh Baghel								P				
109	Shradha R. Bawane			P									
110	Shivani Dyaneshwar Khandal												
111	Shreya Subhash Giri	P	P	P	P	P	P	P	P	P	P	P	P
112	Shruti Sunil Chaudhari												
113	Shrutika Someshwar Navghare												
114	Shubhangi Dyaneshwar Dohatare												
115	Sneha Suresh Jivtode												
116	Sonu Ashok Korekar												
117	Suhani Bhagwan Gorpude												
118	Suhani Devidas Junde												
119	Suhani Gopal Gahrole												
120	Suhani Kiran Kale												
121	Sujita Rajeshwar Bhoyar												
122	Swati Prakash Aadmane												
123	Tanisha Hansraj Janbandhu												
124	Tanuja Kothiram Shambharkar												
125	Tanustree Jagdish Raut												
126	Tejasvini Amol Dahikar												
127	Tejaswini Dashrath Bhoyar												
128	Tejaswini Kawadu Ghodmare												
129	Tejaswini Suresh Maupar												
130	Tiranjali Subhash Gongal												
131	Trupti Ankush Gorpude												
132	Urvashi Chandrashekhar Vaidya												
133	Vaishnavi Chandrashekhar Jagtap												
134	Vaishnavi Dashrath Thakre												
135	Vaishnavi Shivdas Borghare												
136	Vaishnavi Yuvraj Zode												
137	Vaishnavi Upendra Titamare												
138	Vidya Kawadu Nagose												
139	Vithabai Sheshrao Khankure												

ANY OTHER INFORMATION

Letter of Communication from P.A.A.S for Yoga and Self-defence Training Programme

PREMIER ACADEMY FOR ADMINISTRATIVE SERVICES
 Kalle Sabhagruha, Opp. Bank of Maharashtra, Sharda Chowk, Nagpur - 440024.
 email - paaa.educations@gmail.com
 Mob - 9822022004 / 9870074652 / 9823100633
 email - paaa.educations@gmail.com • Website - www.upscompsc.com

Ref. No. _____ Date: _____

To,
 The Principal,

Subj: Skill Training in Self Defence and Yoga for Female Students of your esteemed institution

Dear Sir,

We as a P.A.A.S ACADEMY are the Implementation Partner of SPEFL-SC (Sport Physical Education Fitness and Leisure Skill Council of India).

SPEFL-SC - SPEFL-SC is a not-for-profit organization formed by the Ministry of Skill Development and Entrepreneurship (MSDE). The council has been promoted by National Skill Development Corporation (NSDC). The SPEFL-SC fills the gap between the skill ecosystem and industrial demand. SPEFL-SC plays a crucial role in bringing together all the stakeholders including industry, labour, and academia, to make sure that the industry is equipped with skilled and effective workforce.

SPEFL-SC in association with MAHAJYOTI (Mahatma Jyotiba Phule Research and Training Institute) an independent institute working under Bahujan Vikas Mantralaya of Govt. of Maharashtra has created a customized special training program on YOGA and SELF DEFENCE for free of cost for young female students belonging to OBC, VI/NT and SBC students of Maharashtra state.

Name of the Training Program - YOGA and SELF DEFENCE

Target Audience - Undergraduate/Graduate/PG female students (First year to Final Year) from OBC, VI/NT and SBC (Age Group - 18 to 35)

Training fees - Nil (Free)

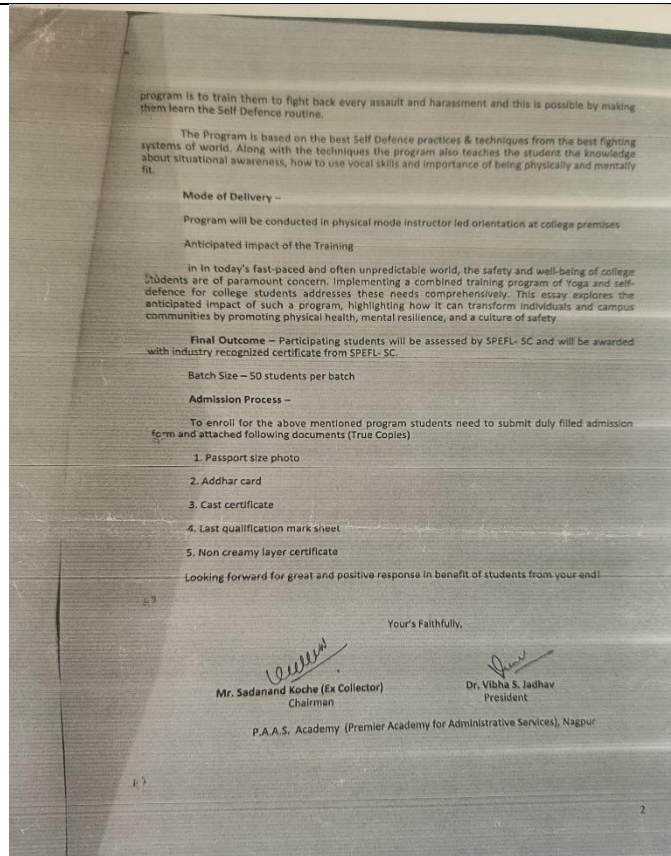
Duration - 150 hours

Program Brief - About the Self Defence Training Program

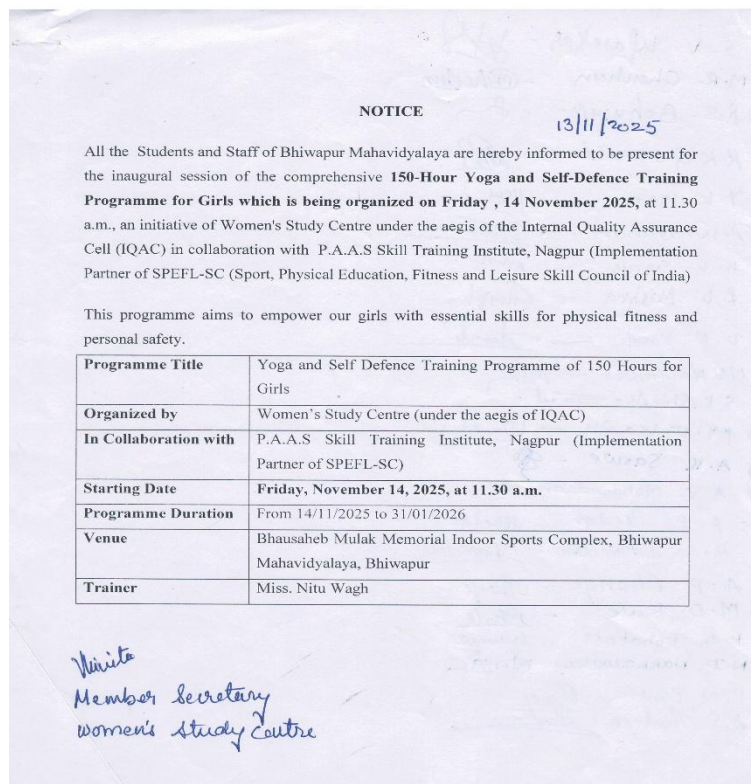
A specially designed Self Defence Program for young female population. With the help of this training program, we empower and enable students to protect themselves against real life scenarios such as Sexual Assaults, Kidnapping, Molestation, and Bullying etc. The basic aim of this

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Best regards, Dr. Vinita Virgandham Madam
 30/12/25



Notice for Girl Students to enrol in Yoga and Self-Defence of 150 hours



BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
NOTICE

5/8/2025

Skill Training in Self-Defence and Yoga for Female Students

All the female students of the college are hereby informed that Premier Academy, a not-for-profit organization and the implementing partner of SPEFL-SC (Sports, Physical Education, Fitness and Leisure Skill Council of India), is offering free training in Yoga and Self-Defence in collaboration with Mahajyoti (Mahatma Jyotiba Phule Research and Training Institute, functioning under Bahujan Vikas Mantralaya, Government of Maharashtra).

This skill training is specially designed to empower and enable female students to protect themselves in real-life situations such as sexual assault, kidnapping, molestation and bullying.

Program Details:

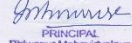
- Program: Self-Defence and Yoga Training
- Eligibility: Female students (Undergraduate, Graduate, and Postgraduate) from First Year to Final Year
- Age Group: 18 to 35 years
- Duration: 150 Hours
- Training Fees: NIL (Free of Cost)

Admission Requirements (to be submitted at the time of registration):

1. One Passport-size Photograph
2. Aadhar Card (Photocopy)
3. Caste Certificate (Photocopy)
4. Last Qualification Marksheet (Photocopy)
5. Non-Creamy Layer Certificate (if applicable)

All eligible female students are encouraged to take advantage of this valuable opportunity. For registration and further details, kindly contact the Member Secretary of Women's Study Centre.


Asst. Prof. Dr. Vinita S Virgandham
Women's Study Centre
Bhiwapur Mahavidyalaya


PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur

**भिवापूर महाविद्यालय, भिवापूर
सूचना**

दिनांक: 05/08/2025

महिला विद्यार्थ्यांसाठी स्वसंरक्षण व योगा कौशल्य प्रशिक्षण

महाविद्यालयातील सर्व महिला विद्यार्थ्यांना सूचित करण्यात येते की Premier Academy, ही एक ना-नफा तत्वावरील संस्था व SPEFL-SC (Sports, Physical Education, Fitness and Leisure Skill Council of India) ची अंमलबजावणी भागीदार संस्था, महाज्योती (महात्मा फुले संशोधन व प्रशिक्षण संस्था, बहुजन विकास मंत्रालय, महाराष्ट्र शासन) यांच्या सहयोगाने योगा व स्वसंरक्षणाचे मोफत प्रशिक्षण आयोजित करीत आहे.

हे कौशल्य प्रशिक्षण खास करून महिला विद्यार्थिनींना प्रत्यक्ष आयुष्यातील संकटांचा (जसे की लैंगिक छळ, अपहरण, छेडछाड व धमकावणे इ.) सामना करण्यासाठी संक्षम व आत्मविश्वासू बनविण्यासाठी तयार करण्यात आले आहे.

कार्यक्रमाचे तपशील:

- कार्यक्रम: स्वसंरक्षण व योगा प्रशिक्षण
- पात्रता: प्रथम वर्ष ते अंतिम वर्षांपर्यंतच्या महिला विद्यार्थिनी (अंडरग्रेज्युएट, ग्रेज्युएट व पोस्टग्रेज्युएट)
- वय: १८ ते ३५ वर्षे
- कालावधी: १५० तास
- प्रशिक्षण शुल्क: नाही (पूर्णतः मोफत)

प्रवेशासाठी आवश्यक कागदपत्रे (नोंदणीवेळी सादर करावयाची):

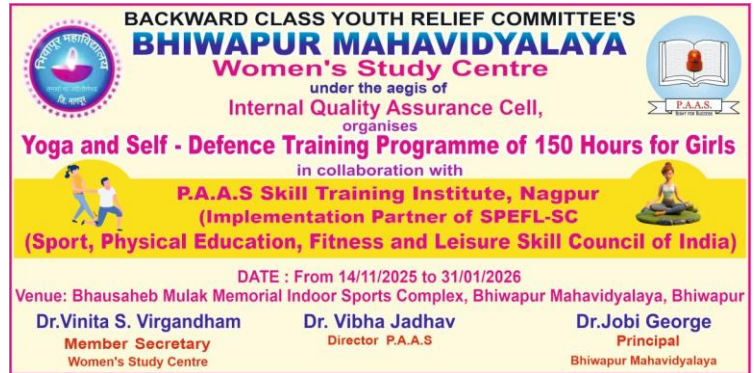
1. एक पासपोर्ट साईज छायाचित्र
2. आधार कार्ड (झेरोक्स)
3. जात प्रमाणपत्र (झेरोक्स)
4. अंतिम शैक्षणिक पात्रतेचा गुणपत्रक (झेरोक्स)
5. नॉन-क्रीमी लेयर प्रमाणपत्र (लागू असल्यास)

या मौल्यवान संधीचा लाभ घेण्यासाठी सर्व पात्र महिला विद्यार्थिनींनी नोंदणीसाठी पुढे यावे. नोंदणी व अधिक माहितीसाठी महिला अध्ययन केंद्राच्या सदस्य सचिवांशी संपर्क साधावा.


Asst. Prof. Dr. Vinita S Virgandham
Women's Study Centre
Bhiwapur Mahavidyalaya


PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur

Banner of Yoga and Self-defense training Programme of 150 hours for Girls



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S
BHIWAPUR MAHAVIDYALAYA
Women's Study Centre
under the aegis of
Internal Quality Assurance Cell,
organises
Yoga and Self - Defence Training Programme of 150 Hours for Girls
in collaboration with
P.A.A.S Skill Training Institute, Nagpur
(Implementation Partner of SPEFL-SC
(Sport, Physical Education, Fitness and Leisure Skill Council of India))

DATE : From 14/11/2025 to 31/01/2026
Venue: Bhausahab Mulak Memorial Indoor Sports Complex, Bhiwapur Mahavidyalaya, Bhiwapur

Dr.Vinita S. Virgandham Member Secretary Women's Study Centre	Dr. Vibha Jadhav Director P.A.A.S	Dr.Jobi George Principal Bhiwapur Mahavidyalaya
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Principal
Bhiwapur Mahavidyalaya