

PRIYADARSHINI COLLEGE OF ENGINEERING, NAGPUR

INTERNAL COMPLAINTS COMMITTEE

A Report on

Workshop held on 17th September, 2025 organized by Internal Complaints Committee Cell of Priyadarshini College of Engineering .

COLLEGE : PRIYADARSHINI COLLEGE OF ENGINEERING, NAGPUR

DEPARTMENT : B.Tech.First Year

Session: 2025-26

EVENT : Self- Defence Training Programme

DATE: 17th September, 2025

Time: at 12.15 pm

VENUE : PCE. Auditorium

PURPOSE/ OBJECTIVE: The internal complaints Committee of the college organized a self defence Training Programme for girls students and female faculty members with the aim of empowering them with basic self-protection techniques and boosting their confidence to face challenging situations. To teach participants effective self-defence techniques such as escaping from wrist grabs, dealing with physical threats and maintaining balance during risky situations also how to use presence of mind, voice and body posture for self-protection.

NO. OF STDENTS PARTICIPATED: 1523

RESOURCE PERSON : Session on *Self Defence* was conducted by Dr.(Mrs.) Chhaya Janbandhu, International Athlete, Supervisor, South East Central Railway.

