

**BHARATI VIDYAPEETH UNIVERSITY  
COLLEGE OF ENGINEERING, PUNE**

**“Empowering Girl Students- A self Defense Training Program”**

**Offence is the best form of defense - said Lt Col (Retd) Vijay Bhaskar Reddy, CEO Vanguardz Pro Skills, Hyderabad**, when speaking at “Empowering girl students- A self defense training program” organized by Women’s cell of Bharati Vidyapeeth University College of Engineering, Pune. Mr KVS Reddy, Co-founder of Vanguardz Pro Skills, Hyderabad, was also present as the orator for the program.

Lt Col (Retd) Vijay Bhaskar Reddy further addressed the girl students on how to recognize, avoid and tackle hostile situations faced by females in their day to day life. He also gave some video as well as real time demonstrations for easy and quick self protection against assaults or eve teasing situations.

Mr KVS Reddy, Co-founder of Vanguardz Pro Skills, Hyderabad, also guided the girl students with some important aspects of female safety. He informed that awareness, risk reduction, avoiding confrontation and surprise are the four pillars of safety and contribute to 90%of self defense.

The inaugural function of the program was conducted in the presence of Dr Anand Bhalerao, Principal, BVUCOE, Dr. R. W. Jawale, Vice Principal, BVUCOE and Prof. Swati More, Chairman, Women’s cell, BVUCOE.



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Speaking at the inaugural function, Dr. Anand Bhalerao, introduced the guests and audience with the noteworthy achievements of the university and institute in the form of Re-accreditation by NAAC, MHRD and the consistent top rankings at national and state level. He said that woman's safety and security has become an important and sensitive issue and the institute takes utmost care of its girl students and female staff members. Further he added that initiatives like emergency SMS system and continuous contact with parents are implemented at the institute for woman's safety. He also informed that the University Grants commission has made it mandatory for the entire institute to conduct training and awareness programs for female students and staff members of their institutes. And that this program was just an attempt to progress in lieu of the same.

Prof. Swati More introduced the audience with the importance and operations of Women's Cell of BVUCOE. She also informed about the programs conducted under the cell for female students and staff of the institute.

The training program was organized by Women's cell of BVUCOE especially for female students and staff members of the college. The guests covered various aspects like focus on self defense, protection from eve teasing, building self-esteem, safety precautions in day to day life, and minimizing dangers on social networking sites and mobiles, public transport safety. The most important activity of the program was the practical demonstrations to quickly tackle frequent hostile situations taking place with females. They also introduced the audience with few smart phone apps especially designed for female safety and also familiarized audience with the Nirbhaya Act.

They concluded the session saying that every girl needs to be alert always and prepared to face and handle hostile situations any time on the go.

Lt. Col (Retd) Vijay Bhaskar Reddy informing the girl students and female staff members of BVUCOE about the Nirbhaya Act.