



**M.G. M.'s COLLEGE OF ENGINEERING, NANDED**  
**Department of Electronics and Telecommunication Engineering**



Electronics Technocrats Association (ETA)

Name of the activity:	Self Defence for Girls
Date:	29 Aug. 2024
Activity Coordinator:	Dr. Mangal Banwaskar
Participants:	25

**Introduction:**

The Electronics Technocrats Association (ETA Club), driven by its commitment to social responsibility and youth empowerment, organized a self-defence workshop exclusively for the girls residing at Suman Balgrih, a local orphanage. This initiative was aimed at equipping young girls with essential self-defence techniques, fostering a sense of confidence, security, and independence among them.

In today's world, the need for self-defence training is more crucial than ever, especially for young girls who may face various vulnerabilities due to societal and environmental challenges. Girls living in orphanages, without immediate familial support, are often at a greater risk of exploitation and abuse. Providing them with practical skills to protect themselves is a powerful step toward ensuring their safety and well-being. Beyond physical techniques, self-defence training also helps build mental strength, awareness, and the ability to respond calmly and effectively in threatening situations.

The session included demonstrations of basic self-defence moves, techniques to break free from common holds, and strategies to raise alarm or seek help during emergencies. The training was delivered by **SY ECT** girls in an interactive and engaging manner. Through this workshop, the club aimed not only to impart essential safety skills but also to inspire hope, strength, and resilience in the young hearts of Suman Balgrih.

**Participants:**

- Number of participants: 05 Girls from SY ECT and 20 volunteers



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**Outcome of the Event:**

The self-defence workshop organized by the ETA Club at Suman Balgrih had a meaningful and lasting impact on the participants. The girls actively engaged in the training sessions, demonstrating enthusiasm, curiosity, and a genuine interest in learning self-defence techniques

By the end of the session, they were able to confidently perform basic defensive moves and demonstrated improved awareness of their surroundings and personal safety. The workshop also boosted their self-confidence and encouraged them to believe in their ability to protect themselves in difficult situations.

In addition to physical empowerment, the event fostered a spirit of trust, teamwork, and communication between the trainers and the participants. The positive feedback from the caretakers and the girls themselves reflected the effectiveness and necessity of such socially driven initiatives. ETA Club members also gained valuable experience in planning, coordination, and community engagement, further enhancing their leadership and interpersonal skills.

**Relevance with Program Outcomes (POs):**

The event is well-aligned with several Program Outcomes as outlined in engineering education:

- **PO6 – The Engineer and Society:** Apply reasoning informed by contextual knowledge to assess societal and safety issues. The event addressed a real societal need—safety and empowerment of orphan girls—through a practical approach.
- **PO8 – Ethics:** Apply ethical principles and commit to professional ethics and responsibilities. Organizing such an event demonstrated social responsibility and ethical sensitivity towards vulnerable groups.
- **PO9 – Individual and Team Work:** Function effectively as an individual and as a member or leader in diverse teams. ETA Club members worked collaboratively in organizing and conducting the session.
- **PO10 – Communication:** Communicate effectively with societal groups. The club members successfully conveyed complex self-defence concepts in a simple and understandable manner to young participants.

Through this initiative, the ETA Club exemplified how technical students can contribute meaningfully to society.



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#### Feedback

- The self-defence workshop organized by the ETA Club at Suman Balgrih received positive feedback from all stakeholders involved. The girls who participated in the workshop expressed great enthusiasm and gratitude for the opportunity to learn practical and empowering skills.
- Many of them shared that it was their first experience being taught how to protect themselves physically, and they felt more confident and prepared to handle uncomfortable or threatening situations.
- The caretakers and staff at Suman Balgrih appreciated the thoughtful initiative, highlighting that such training sessions are not only necessary but also emotionally uplifting for the girls. They thanked the ETA Club for their professional conduct, sensitivity, and effective communication with the children.





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