

DATE: 08/03/2024

Event Coordinators

Prof. Madhura Shirodkar
Prof. Nilambari Narkar
Prof. Martina D'Souza

Student Coordinators

Aishwarya Shenvi
Cecilia Dinesh
Alicia Dsouza

Time & Place:

3:30 pm to 4:30 pm

Xavier Institute of Engineering

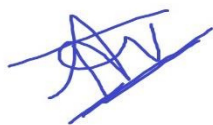
No of participant: 52

SELF-DEFENCE WORKSHOP

On March 7th, 2024, Xavier's Institute of Engineering celebrated International Women's Day with a vibrant event organized by the Women's Development Cell (WDC). Held in the Seminar Hall, the celebration kicked off at 3:30 PM.

As part of the festivities, the WDC conducted a self-defence workshop led by Salil Sadaphule. This empowering session equipped participants with practical skills and strategies for personal safety. Attendees learned various techniques to protect themselves in different situations, focusing on boosting their confidence and readiness to handle emergencies.

The workshop was an essential part of the day's events, highlighting the importance of self-protection and empowerment. Participants actively engaged in learning and practicing self-defence moves, making the session both informative and interactive. This initiative by the WDC contributed significantly to fostering a sense of security and empowerment among the women in our community, celebrating the spirit of International Women's Day.



PROF. TEENA VARMA
WDC CONVENER

Beautiful Posters of the event:



XAVIER INSTITUTE OF ENGINEERING

A sister Institute of St. Xavier's College, Fort, Mumbai



WOMEN DEVELOPMENT CELL
WE OVERCOME, MOTIVATE, EMPOWER & NUTURE



ORGANIZES

SELF DEFENSE WORKSHOP

DATE:

07 MARCH 2024

TIME:

4 PM ONWARDS

VENUE:

SEMINAR HALL



INSTRUCTOR :

MR. SALIL SADAPHULE

WDC Faculty Convener:

Teena Varma

Faculty Coordinators:

Prof. Madhura Shirodkar

Prof. Nilambari Narkar

Prof. Martina D'Souza

WDC Student Convener:

Aishwarya Shenvi: 9969962412

IMAGES OF THE EVENT :



