



# GIDC Degree Engineering College

(Managed by GIDC Education Society)

Abrama, Ta: Jalalpore, Dist: Navsari - 396406

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## SELF DEFENCE PROGRAM DURING WOMEN EMPOWERMENT WEEK

Women empowerment is very necessary to make the bright future of the family, society and country. Women need fresh and favourable environment so that they can take their own right decisions in every area whether for themselves, family, society or country.

Gujarat CM Smt. Anandiben Patel announced that 1st to 15th August 2015 will be celebrated as women empowerment weeks in Gujarat. The government would undertake a state wide awareness drive for women during this period to educate women against issues affecting them, such as domestic violence, harassment of women and other social evils. The Department of Women and Child Development functions well in this field for the proper development of the women and child in Gujarat. Empowering women is the main motto of the development department because an empowered mother with child makes the bright future of any nation.

To support this initiative GIDC Degree Engineering College, Abrama arranged Self-defence program on 11-Aug-2015 for all the Girls students and female staff. Self-defence provides women with personal power and skills that may help prevent future violence and abuse.



Under the guidance of expert trainer Mr. Mukesh Parmar college successfully organized self-defence training, which was designed to “help women identify their risks and evaluate their strengths, and to explore their options for dealing with the threat of violence.” All the coordinators supported the event with great enthusiasm which lead to the gain of awareness for various karate activities among all the girls students and female staff of the college. With this GIDC Degree Engineering has made a significant footstep towards women empowerment.



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Women Empowerment Team:

**Principal**

Dr. K. N. Mistry

**Event Co-ordinator :**

Archana Nayak

**Department Co-ordinators:**

Amruta Naik (Computer Department)

Apexa Naik (Electrical Department)

Hemali Patel (Civil Department)