



Shri Pragma Mahavidyalaya

(A Jain Minority Educational Institute, ISO 9001-2015 Certified)

Near 27 Mile Chouraha Pragma Road, BIJAINAGAR - 305624 (Ajmer) Raj.

www.pragyacollege.com, info@pragyacollege.com

Ph. : 01462-230101, 231801

Report for Self Defence Classes for Girls Safety

Self-defence is a crucial skill that empowers individuals, especially women, to protect themselves in potentially dangerous situations. Recognizing the importance of women's safety and empowerment, Shri Pragma Mahavidyalaya has initiated a program to conduct self-defence classes for its female students.

Objective: The primary objective of these self-defence classes is to equip female students with essential skills and knowledge that will enhance their confidence and ability to defend themselves in various real-life scenarios.

Program Details:

- **Duration:** The program will span over six weeks, with classes scheduled twice a week.
- **Instructor:** Experienced trainers certified in martial arts and self-defence techniques will conduct the classes.
- **Content:** The curriculum includes basic self-defence techniques such as strikes, blocks, escapes from grabs, and practical exercises to simulate real-life situations.

Schedule: Classes will be held on Tuesdays and Thursdays from 10:00 AM to 11:30 AM in the college gymnasium. The first session is scheduled to begin on August 1st, 2022, and conclude on September 10th, 2022.

Co-ordinator: Mr. Rakesh Lohar Black Belt in Karate, Member of Grappling Association Rajasthan is the co-ordinator for the program.

Expected Outcomes:

- Increased awareness of personal safety among participants.
- Improved physical fitness and coordination.
- Enhanced self-confidence and assertiveness.
- Ability to react effectively in threatening situations.

Participant Eligibility: The classes are open to all female students of Shri Pragma Mahavidyalaya. Interested participants are required to register in advance to ensure availability of training materials and resources.

Logistics:

- **Venue:** College Gymnasium


Director
Shri Pragma Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

(A Jain Minority Educational Institute, ISO 9001-2015 Certified)

Near 27 Mile Chouraha Pragya Road, BIJAINAGAR - 305624 (Ajmer) Raj.

www.pragyacollege.com, info@pragyacollege.com

Ph. : 01462-230101, 231801

- **Registration:** Participants can register at the college office from July 15th to July 30th, 2022.
- **Materials:** Participants are advised to wear comfortable athletic clothing and bring a water bottle to each session.

Conclusion: By providing self-defence classes, Shri Pragya Mahavidyalaya aims to empower its female students with practical skills that contribute to their personal safety and well-being. We encourage all eligible students to take advantage of this valuable opportunity.

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



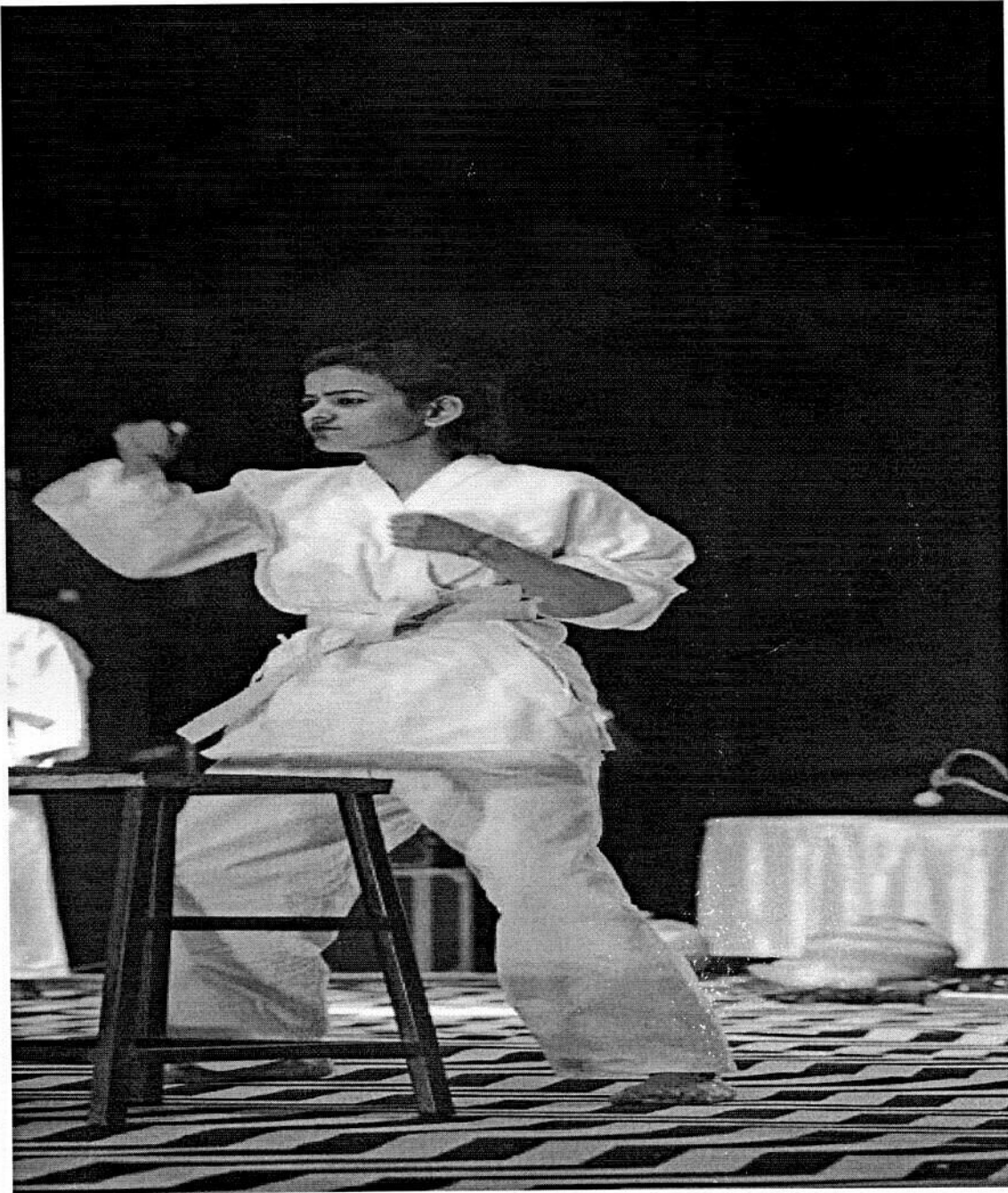
Shri Pragya Mahavidyalaya

(A Jain Minority Educational Institute, ISO 9001-2015 Certified)

Near 27 Mile Chouraha Pragya Road, BIJAINAGAR - 305624 (Ajmer) Raj.

www.pragyacollege.com, info@pragyacollege.com

Ph. : 01462-230101, 231801



Student Muskan performing her skills

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragma Mahavidyalaya

(A Jain Minority Educational Institute, ISO 9001-2015 Certified)

Near 27 Mile Chouraha Pragma Road, BIJAINAGAR - 305624 (Ajmer) Raj.

www.pragyacollege.com, info@pragyacollege.com

Ph. : 01462-230101, 231801



Student Niharika with her skill of martial art

Director
Shri Pragma Mahavidyalaya
Bijainagar-305624



Shri Pragma Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

Report on "Samajik Chetna Abhiyan"

On 11th July, 2019, Shri Pragma Mahavidyalaya conducted a Samajik Chetna Abhiyan focusing on the consequences of girl child marriage. The primary aim was to raise awareness among students, who are the future stakeholders, and to link their activities with social causes. This initiative sought to disseminate information and foster awareness on critical societal issues like child marriage, known as "Bal Vivah" in India.

Child marriage remains a significant problem affecting millions of children, especially girls, in India. Despite legal prohibitions, the practice continues due to entrenched cultural traditions, poverty, and lack of education. Raising social awareness is crucial to eradicate this harmful practice, which violates children's rights and places them at high risk of violence, exploitation, and abuse. Child marriage is a deeply rooted social norm that reflects widespread gender inequality and discrimination. In communities where this practice is prevalent, marrying a girl as a child is part of a cluster of social norms and attitudes that devalue the human rights of girls. Child marriage negatively impacts the Indian economy and can perpetuate an intergenerational cycle of poverty. Girls and boys married as children often lack the skills, knowledge, and job prospects needed to lift their families out of poverty and contribute to their country's social and economic growth. Early marriage leads girls to have children earlier and more frequently, increasing the economic burden on the household. The lack of sufficient investments to end child marriage is partly because the economic argument for ending the practice has not been forcefully made.

The event created awareness among the village people on the critical consequences of Child Marriage as the students wrote slogans on the walls of public properties in village. Also, the students of our college presented their views to the villagers and made them believe the how child marriage can be a curse to their children.

Outcome

The campaign yielded significant outcomes, including heightened awareness among villagers about the legal and social repercussions of child marriage. The rallies and slogans effectively stimulated public dialogue, encouraging community members to reconsider and challenge outdated practices.



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

The presence and involvement of college students and faculty fostered a sense of collective responsibility and demonstrated a commitment to social justice. Additionally, the programme facilitated stronger community engagement with the issue, potentially leading to a reduction in child marriage rates as local attitudes shifted towards supporting the education and rights of girls. The campaign also strengthened the role of educational institutions in promoting social change and demonstrated the potential for grassroots activism in addressing critical social issues.

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce
Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India
Email : info@pragyacollege.com, Website : www.pragyacollege.com
Ph. : 091-1462-230101, 9587888125, 126

Photographs



Figure 1: Photograph of Students writing slogans to aware about social vices



Figure 2: Photograph of Students writing slogans to aware about social vice

Director



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

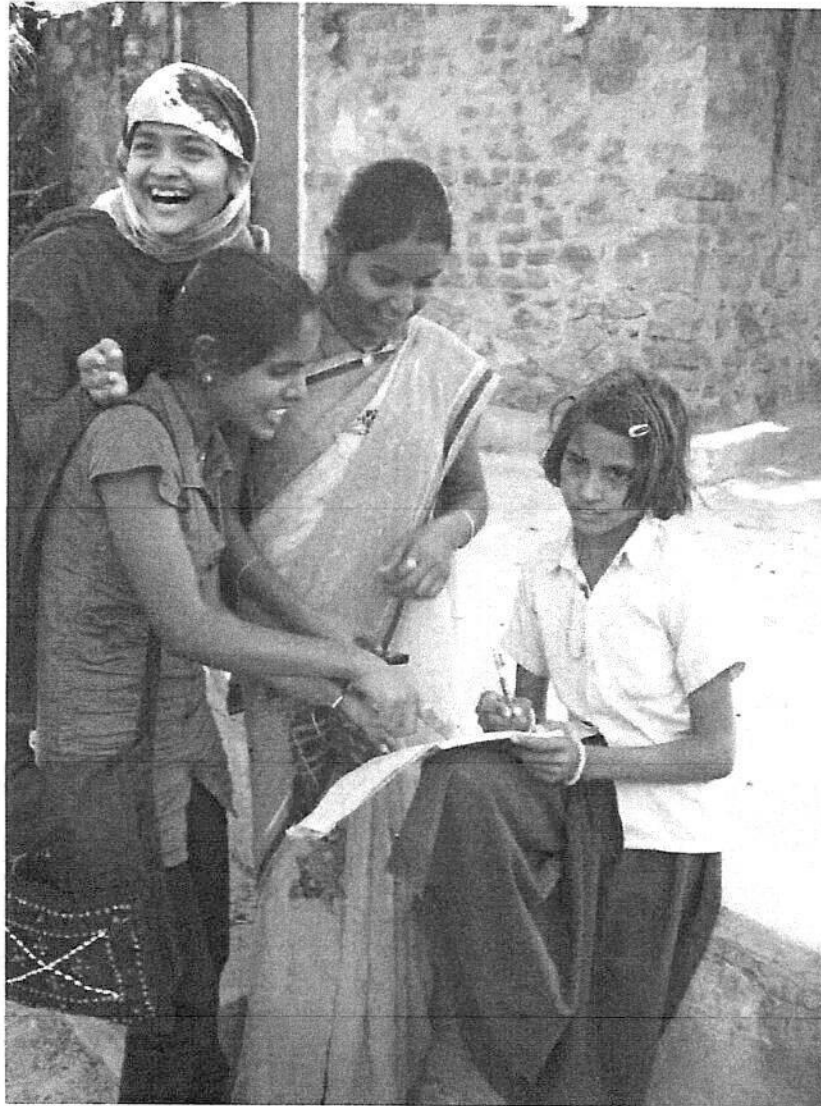


Figure 3: Photograph of Faculty Member and Student creating awareness on Importance of Education for Girls

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

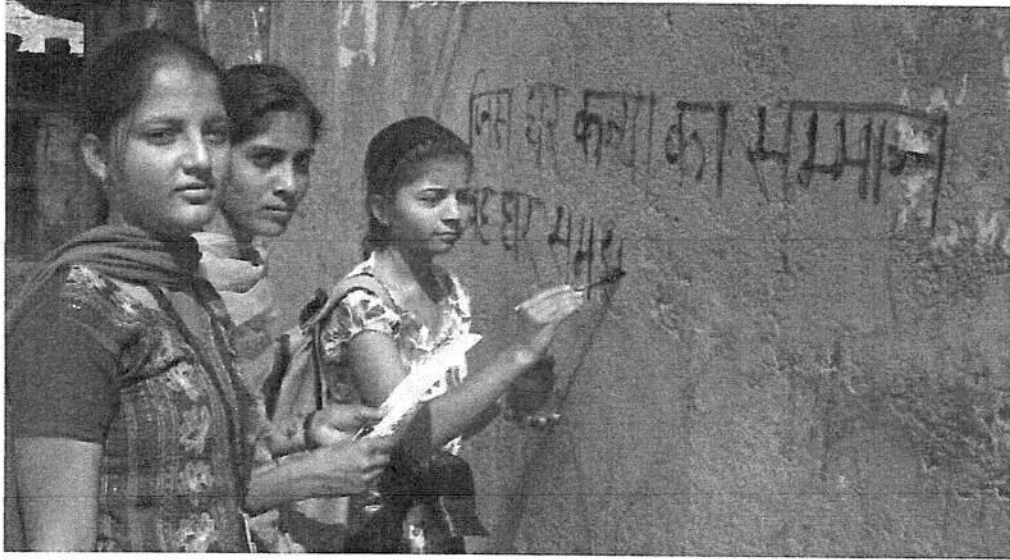


Figure 4: Photograph of Students writing slogans to aware about social vice

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce
Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India
Email : info@pragyacollege.com, Website : www.pragyacollege.com
Ph. : 091-1462-230101, 9587888125, 126

Report on “Beti Bachao,Beti Padhao”

The **Beti Bachao Beti Padhao** extension activity held at Government Senior Secondary School, Badi, on 22nd January 2019, was organized with the aim to raise awareness about gender equality and the importance of educating girls in society. This initiative sought to engage both college and school students in meaningful discussions and activities related to the theme. The event commenced with informative sessions on the Beti Bachao Beti Padhao initiative, its objectives, and its impact on society.

College students and school students actively participated in panel discussions focusing on the challenges faced by girls in accessing education and the role of communities in supporting girls' education. An engaging debate on the topic "Empowering Girls through Education" was held, highlighting different perspectives and solutions to promote girls' education. College students conducted interactive sessions with school students, discussing career opportunities, scholarships, and support mechanisms available for girls pursuing education.

The activity received overwhelming participation from both college and school students, fostering a sense of responsibility towards promoting gender equality and empowering girls through education. Students expressed their newfound understanding of the challenges faced by girls and pledged to support initiatives promoting equal opportunities for all.

Outcome of the Event:

The Beti Bachao , Beti Padhao extension activity at Government Senior Secondary School, Badi, served as a platform for students to engage in meaningful dialogue and action towards creating a more inclusive and equitable society. It reinforced the importance of collaborative efforts in addressing societal issues and empowering the younger generation to advocate for positive change.


Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce
Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India
Email : info@pragyacollege.com, Website : www.pragyacollege.com
Ph. : 091-1462-230101, 9587888125, 126

Photographs



Figure 1 : Photographs of Faculty Members teaching Students about "Beti Bachao Beti Padhao" in Govt. Senior Secondary School, Badi

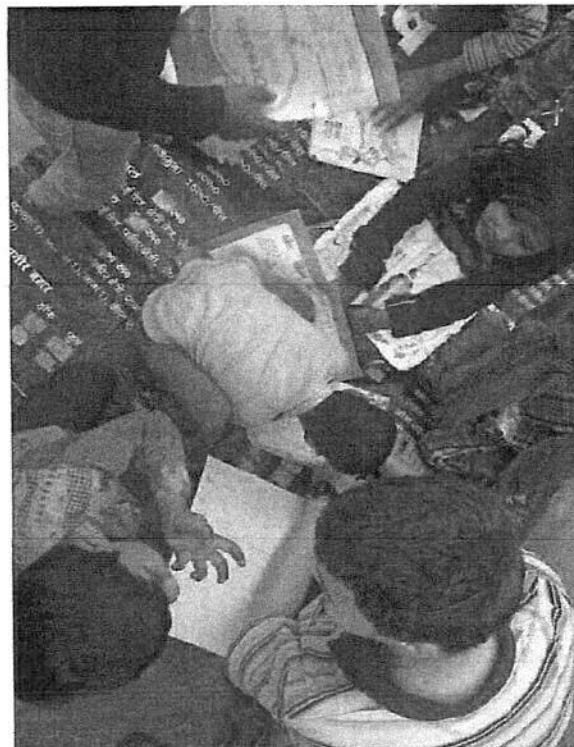


Figure 2 : Photographs of Faculty Members instructing village children on importance of Education



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

Report on "Women's Day"

International Women's Day is celebrated in the world over, every year on the eight day of March. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Its root lies in the early 1900s when oppression and inequality was spurring women to become more vocal and active in campaigning for change and to create awareness of gender equality for a healthy society. Also, the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community.

This day brings many things for women – a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. Shri Pragya Mahavidyalaya, Bijainagar organized International Women's Day celebrations on March 7. In this connection, games were conducted exclusively for girl students. The selected teams have competed enthusiastically. Recreational Games like Chain game, Ball dribbling, Tug of war, and Shoot the cone were conducted for students. Prizes were distributed to winners later in the day. Food Stall were set up by the students in the college premises. All students participated enthusiastically. Also, a guest lecture was organized by the Women Empowerment Cell on the same day. Speaking on this occasion, she encouraged the girl students to work hard to realize their dreams and never to give up. She also insisted that women have special powers which they need to use these powers for their career development. She also told that education play a key role in every woman's life and exhorted girl students to aim for higher education. The chief guest was felicitated by college Director. Students have participated in the cultural events. Competitions were also held to all women staff members and prizes were distributed to the winners.

Outcome

The Women's Day celebration program at Shri Pragya Mahavidyalaya led to several positive outcomes, including heightened awareness of women's rights and gender equality among participants. The event featured inspiring talks, performances, and activities that celebrated women's achievements and addressed challenges they face. It fostered a sense of empowerment and



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126

solidarity among female students and staff, encouraging them to pursue their goals with confidence. The program also strengthened community bonds by involving both male and female participants in discussions about support and allyship. Overall, the event reinforced the institution's commitment to promoting gender equality and women's empowerment.

AC
Director
Shri Pragya Mahavidyalaya
Bijainagar, Ajmer



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce
Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India
Email : info@pragyacollege.com, Website : www.pragyacollege.com
Ph. : 091-1462-230101, 9587888125, 126

Photographs



Figure 1: Photograph of Faculty Members appreciating the Women's Staff on Women's Day

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624



Shri Pragya Mahavidyalaya

Post Graduate College of Science, Technology, Management, Arts & Commerce

Pragya Road, Bijainagar - 305624 Distt.-Ajmer, Rajasthan, India

Email : info@pragyacollege.com, Website : www.pragyacollege.com

Ph. : 091-1462-230101, 9587888125, 126



Figure 2: Photograph of Faculty Members gathered during Women's Day

Director
Shri Pragya Mahavidyalaya
Bijainagar-305624