

Date: 7th October 2026, Wednesday

Title: GENDER SENSITISATION AND SELF-DEFENCE SESSION

Objectives:

- **Promote Gender Equality & Awareness:** Help students treat everyone with equal respect and break down every day gender biases.
- **Empowerment Through Self-Defence:** Teach simple, real-world self-defence moves and smart awareness tips so participants, especially women, feel safe and capable.
- **Build Self-Confidence & Resilience:** Boost students' confidence and body language so they can handle tense or tricky situations calmly.
- **Instill Safety & Mutual Support:** Build a caring campus culture where students look out for one another and stay proactive about personal safety.

Program Outcome

- Alignment with institutional learning outcomes: **PO1, PO2, PO6, PO7, PO9, PO10, PO11**

Organizers & Collaborators

- **Organized By:** Women Development Cell (WDC) of MES H.K. College of Pharmacy
- **In Collaboration With:**
- Department of Lifelong Learning and Extension (DLLE)
- Extension & Outreach Head (E&O)
- Lions Club of Mumbai HK College Campus (District 3231 A2, Region I, Zone I)
- Lions Club of Powai (International District 3231 A2)

Participants Details:

Total Students:

Category	Count
Total Girls	36
Total Boys	26
Grand Total	62

Summary of the Activity

The session was privileged to feature Lion Deepak Yadav, a former Indian Army Captain, martial artist, state-level kickboxing gold medalist, and active President of the Leo Club of Powai. Leveraging his unique blend of military discipline and self-defence expertise, he led an empowering workshop designed to instill practical safety skills and personal confidence in students.

On 7th October 2026, the Women Development Cell (WDC), alongside DLLE, Extension & Outreach, and the Lions Clubs of Mumbai HK College Campus and Powai, brought students together for this hands-on session on **Gender Sensitisation and Self Defence** at the H. K. College of Pharmacy Auditorium.

The program began on a positive note as faculty members warmly welcomed our guest speaker, Lion Deepak Yadav, with a floral bouquet. The session kicked off with an easygoing discussion on gender equality, focusing on mutual respect, breaking everyday stereotypes, and making sure everyone feels safe and valued.

Things quickly moved from talk to action as Lion Deepak Yadav stepped onto the mat. He walked students through simple, real-world self-defence moves—showing how to stay calm, break free from tight holds, and defend oneself if needed. Both male and female student volunteers jumped in to practice the techniques together, turning the workshop into a lively, interactive, and truly empowering experience.

Conclusion

The Gender Sensitisation and Self Defence session successfully blended awareness with practical safety skills. By combining physical self-defence practice with discussions on mutual respect, the workshop empowered students—especially young women—to stay safe, confident, and self-reliant. Strong participation from both male and female students highlighted a shared dedication to making H. K. College of Pharmacy a safe and inclusive campus.

Brochure/Photo Gallery:

MAHARASHTRA EDUCATIONAL SOCIETY
H. K. COLLEGE OF PHARMACY
Approved by PCI, D.T.E., Govt. of Maharashtra & Affiliated to University of Mumbai
 NAAC Accredited with Grade 'A', QCI Accredited

In association with
LIONS CLUB OF MUMBAI H.K. COLLEGE CAMPUS
 DISTRICT 3231 A2 • REGION 1 • ZONE 1 • 2026-27
LIONS CLUB OF POWAI
 International District 3231 A2

WOMEN DEVELOPMENT CELL
 IN COLLABORATION WITH
 Department of Lifelong Learning and Extension
 ORGANIZES

GENDER SENSITISATION SESSION
 ON
SELF DEFENCE
Distinguish Guest:
Lion Deepak Yadav
 Date: 7th October 2026
 Time: 11:45am
 Venue: Auditorium of H.K.C.P.

Lion Shifa Shaikh Lion Payal Maurya (WDC Student's In-charge)	Mrs. Vaishali Patel Ms. Sayli Sawant Mrs. Dipati Chirmade (WDC Faculty In-Charge)	Lion Dr. Sheela Yadav (Club Administrative)	Dr. Tushar Lokhande (Principal)
Mrs. Anshika Pandey E&O Head		Lion Hamza Tajani (President & CS - Students council)	

vision : To be recognized as an institution providing quality education in pharmacy to serve the healthcare sector.



Key Outcomes & Impact

- **Practical Self-Defence Skills:** Students learned easy, hands-on moves to break free from holds and protect themselves in real-life situations.
- **Better Gender Awareness:** The workshop encouraged female and male students to treat each other with equal respect, creating a safer and more supportive campus environment.
- **Stronger Confidence & Posture:** Female participants walked away feeling more confident, empowered, and aware of their personal strength.
- **Quick Thinking in Danger:** Students learned how to stay calm, spot potential danger early, and react quickly during emergencies.

Link for social media:

LinkedIn	https://lnkd.in/p/d8Ysi7jB
Facebook	https://www.facebook.com/photo/?fbid=1604603628345940&set=a.470185965121051
Instagram	https://www.instagram.com/p/Deix2ZoCAFF/?utm_source=ig_web_copy_link&obrf=MzRIODBiNWFIZA==&srtk=MzRIODBiNWFIZA==



Dr. Sheela Yadav

Mrs. Dipti Chirmade

Event co-ordinator




Dr. Archana Upadhyaya

IQAC coordinator



Dr Tushar Lokhande

Principal



PRINCIPAL
H.K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai-400 102