



Swasaurakshan
 Safety by choice, not by chance



Stay Safe Stay Strong Workshop

8th January 2025 | 08:00 – 13:00

Venue: Malla Reddy Medical College for Women, Suraram

Chief Coordinator: **Dr Jayashree Deshpande**, Coordinator: **Dr Mettu Pradeep Reddy, Dr Suma Priya**

TIME	TOPIC	SPEAKER
08:30 – 09:00	Breakfast for Faculty & Delegates	
	MOC	Dr Chitra Kulkarni
09:00 – 09:10	Deepa Prajwala Prayer	
	Welcome Note Mission & Vision of Self Defence Workshop	Dr Jayashree Deshpande
09:12 – 09:20	Mental Strength in Self Defence	Dr Archana Joshi
09:20 – 09:30	Sixth Sense in Self Defence	Dr Jayashree Deshpande
09:32 – 09:40	Body Language in Self Defence	Dr Chitra Kulkarni
09:42 – 09:50	Use of day today article in Self Defence	Dr Sangita Lodha
09:52 – 10:00	Types of harassment helpline numbers & safety apps	Dr Suma Priya
10:02 – 10:10	Legal Aspects in Self Defence	Dr Satish Tiwari
10:15 – 10:30	Tea Break	
10:30 – 12:50	Live Demonstrations of Self Defence Techniques	
	Self Defence Workstations	Mr Sensei Bharath Ram Maj (Dr.) S. Bakhtiar Choudary (Retd) Mr Hanuman Prasad Maj Gen (Dr.) MNG Nair
12:50 – 12:55	Rapid Response Team (RRT) – workplace violence in healthcare	
12:55 – 13:25	Cyber safety and other take home messages	Mrs Mamatha Raghuveer Achanta
13:25 – 13:30	Vote of Thanks	
13:00 Hrs	Lunch	

- ❖ This workshop is free and doesn't require registration for main PEDICON Conference
- ❖ This workshop is intended for medical and nursing students, covering topics such as self-awareness, self-defence, self-care, and issues related to digital world safety.
- ❖ Reputed faculty from across the country will conduct this activity-driven workshop, packed with practical tips, for the participants

Dr GV Basavaraja

President, CIAP 2024

Dr Vasant Khalatkar

President, CIAP 2025

Dr Upendra Kinjawadekar

President, CIAP 2023

Dr Yogesh N Parikh

Honorary Secretary CIAP

Dr Atanu Bhadra

Treasure CIAP

Dr Nitin Shah

Scientific Chairperson CIAP

Dr Jeetendra Gavhane

Scientific Convener CIAP

Dr. Ravindra S Sonawane

Workshop Chairman CIAP

Dr Neeli Ramchander

Chief Organizing Chairperson

Dr M Surendranath

Chief Organizing Secretary

Dr Sunkoj Bhaskar

Organizing Treasurer

Dr A Yashowanth Rao

Scientific Chairperson

Dr T Usha Rani

Scientific Chairperson

Dr Pavan Kumar

Scientific Convener

Dr V Ram Narasimha Reddy

Reception Committee Chairperson

Dr M Sheshu Madhav

Reception Committee Chairperson

Dr J V Rao

Workshop Committee Advisor

Dr C Nirmala

Workshop Chairperson

Dr Gopal Singh

Workshop Chairperson

Dr Vijay Anand

Workshop Convener

