

STUDENT ENRICHMENT ACTIVITY APPROVAL FORM

Department: Women Development Cell

Program: Self-Defense Training Session

Objectives: -To equip students with basic self-defense techniques for personal safety.

Need: To enhance confidence and preparedness among women in case of emergencies.

Content: Practical self-defense moves, emergency response strategies, and personal safety tips.

Scope: Intra-collegiate, for students

Resource Persons: Lions Club

Date: 6th September 2024

Time: 12:00pm to 1:00pm

Venue: Auditorium, S. M. Shetty College, Powai.

Cost/Budget: N/A

Proposed by: Women Development Cell

Verified by:



Asst. Prof. Neena Sharma

Convenor



Dr. Sridhara Shetty

Principal

BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

SELF DEFENCE WORKSHOP



The poster is for a Self Defence Workshop. It features a red background with white text and silhouettes of people in martial arts poses. At the top left is a circular logo with the text 'KAMADHENU GUNA VIDYA SADANA PHALADAYINI'. At the top right is a circular logo with a stylized face and the text 'Women Development Cell'. The central text reads: 'Bunts Sangha's SM Shetty College of Science, Commerce & Management Studies (AUTONOMOUS) (Permanently Affiliated To University Of Mumbai) NAAC RE ACCREDITED 'A + ' GRADE (2nd Cycle) RECIPIENT OF BEST COLLEGE AWARD BY UNIVERSITY OF MUMBAI IMC RBNQ Certificate of MERIT 2019 ISO 2001:2018 CERTIFIED'. Below this, it says 'WOMEN DEVELOPMENT CELL PRESENTS SELF DEFENCE WORKSHOP'. At the bottom, it lists the date, time, and venue: 'DATE:- 6TH SEPTEMBER 2024', 'TIME:-12PM - 1 PM', and 'VENUE:- AUDITORIUM'.

Bunts Sangha's
SM Shetty College of Science, Commerce & Management Studies (AUTONOMOUS)
(Permanently Affiliated To University Of Mumbai)
NAAC RE ACCREDITED 'A + ' GRADE (2nd Cycle)
RECIPIENT OF BEST COLLEGE AWARD BY UNIVERSITY OF MUMBAI
IMC RBNQ Certificate of MERIT 2019
ISO 2001:2018 CERTIFIED

WOMEN DEVELOPMENT CELL
PRESENTS
SELF DEFENCE WORKSHOP

DATE:- 6TH SEPTEMBER 2024
TIME:-12PM - 1 PM
VENUE:- AUDITORIUM

Date: 6^h September 2024

Venue: Auditorium

Time: 12:00 PM

MINUTES OF THE MEETING

Date _____
Page _____

Minutes of Meetings.

Date: 04/09/24
Time: 11:30 am to 12:00 pm
Venue: Room no. 812

Main agenda: Preparation for Self Defence Session

Agenda:

- ① Making of schedule for the workshop
- ② Arrangements for requirements.
- ③ Deciding volunteers & photographers.
- ④ Making the notice

Attendance

① Taniya Boricha	(Taniya)
② Akshata Shetty	(Akshata)
③ Sumitika Shetty	(Sumitika)
④ Shrivanshi	(Shrivanshi)
⑤ Dhruv	(Dhruv)
⑥ Sauresh	(Sauresh)
⑦ Nisha	(Nisha)

Teachers

Ms. Neena Sharma
Ms. Jyoti Sharma
Ms. Vaishali Nikam

WhatsApp Message

taniya boricha wdc

➡ Forwarded

Sports Department of Bunts Sangha's S M Shetty College

&

Gender Sensitization Cell Seminar on Self Defence

In association with Lions Club Powai

Dear Students,

We are excited to announce a special Self-Defense Seminar in association with the Lions Club, Powai aimed at empowering you with essential self-defense skills and techniques.

Date: 6th- September 2024

Time: 12.00pm to 1.00pm

Venue: Auditorium

This seminar will be conducted by experienced instructors who will teach you practical self-defense moves, situational awareness, and strategies to stay safe in various scenarios. Whether you are looking to boost your confidence or learn how to protect yourself, this seminar is for you!

**Note: 1 Hour CC will be given to the
FY *sports & gender sensitisation
students*only**

22:42

BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)

PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI

NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)

IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

Resource Person Letter



BUNTS SANGHA'S

S M SHETTY COLLEGE OF SCIENCE, COMMERCE &
MANAGEMENT STUDIES (AUTONOMOUS)

Recipient of 'Best College Award' (2021-22)
by University of Mumbai

Permanently Affiliated to University of Mumbai
Re-accredited by NAAC 'A+' Grade (2nd Cycle)
Recipient of IMC – RBNQ Merit Certificate
ISO 21001 : 2018 Certified

SMS/775

6th September, 2024

To
The Lions Club
Powai

Respected Sir/Madam,

It was an immense pleasure to have you with us as a Resource person for the session on "Self Defence" on 6th September 2024 organised by the Sports Department & Women Development Cell (WDC) of Bunts Sangha's S M Shetty College of Science, Commerce & Management Studies (Autonomous), Powai.

We appreciate your efforts to share your expertise and knowledge.

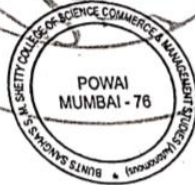
We on behalf of our college, we are indeed thankful to you for sparing your precious time.

For

Dr. Sridhara Shetty

PRINCIPAL

Bunts Sangha's S. M. Shetty College
of Science, Commerce & Management Studies
(Autonomous) Powai, Mumbai - 400 076



(Signature)

IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED


[illegible]

BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

self self defence.

B. Com GENDER SENSITISATION				
S.N.	Roll No	Name of the student	Contact Number	sign
1	127	BHAVE SAVNI MANOJ	8850923689	
2	134	PATEL SUNIL TEJPAL	7710068872	
3	138	GAIKWAD TITIKSHA RAJESH	7710881076	
4	141	Prithvi gowda	8591398858	<i>Prithvi</i>
5	142	Divya Durgesh Gupta	9920557178	<i>Divya</i>
6	148	Konjiya krish	9082640193	
7	155	Indushri konar	8850301182	
8	156	Jeet koyande	9136753468	
9	130	Simran kaur	9320415706	
10	176	RISHI AAYUSH	9004103993	<i>Aayush</i>
11	179	SAKKAR JOEL JOSHUA	9967966290	
12	191	Dhanush Shetty	970203990	
13	192	Divith Shetty	8779610868	<i>DShetty</i>
14	193	Jeevika Vishwanath Shetty	7718062126	
15	194	SHETTY PRATHMESH NARESH	9004282042	

BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

16	195	Saanvi shetty	9022570818	
17	200	SINGH DEVANSH DILEEP	9702301878	
18	202	SONI SNEHA RAMESH	8424939581	
19	211	YADAV AASHTHA RAMBACHAN	8928227282	
20	215	GADE PUJAN SURESH	8591082988	
21	229	SHARMA KRISHNA VINOD	9511809114	
22	230	Preetesh Shetty	7021369297	
23	236	Bhangera shreekanth	8799963581	
24	237	Paliwal Rudra	7977329451	
25	1	Aditya Mangesh Akut		
26	19	Yushu Choudhary		
27	33	Sonal Jaiswar		Sonal
28	46	Shwetha Mali	8850831323	Shwetha
29	50	Araadhana Manker	8097035961	Araadhana
31	7	ARAN PRAJAKTA JAYRAM	8433641096	
32	108	muskanpreet singh	9967900052	
33	18	CHOUDHARY PRADEEP DARGARAM		
34	27	DHONGDI HARSHITA NAGESH		
35	34	JHA SUBHANGI AJIT	9372370882	
36	36	KADAM SUJAL SUBHASH		
37	48	Sujit maane	9653679849	
38	47	MANDAL NEETU GOPAL		
39	39	KAMBLE YASH SURESH		
40	53	MOR KAVYA PRAVIN		

BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

BSc.IT GENDER SENSITISATION			
Roll No	Name of the student	Contact Number	sign
5	BHAVAKE KASHISH DILIP	8591033170	
7	CHAUDHARY AAVESH AFTAB	9324275717	<i>Avash</i>
10	CHOURSIYA SARVESH SATYARAM		
16	GAWARI SUJAL SUNIL		
19	Yash Govekar	8369618248	
41	Akash maurya	8976106004	
45	Vishnu Preman	7039449116	<i>Vishnu</i>
61	SHAIKH MOHD HASNAIN MOHD HANIF		<i>Mohd Hanif</i>
67	Gagan Shetty	8591033170	<i>Gagan</i>
82	Umesh Verma	88284 71649	
85	Dhruv Yadav	7304302472	
87	YADAV SAKSHI PANDURANG		
94	Anuj kulvirsingh gusain	9967351038	
95	Soham shirke	9356993524	

SELF DEFENCE WORKSHOP REPORT

Date: 06th September

Time: 12:00 PM

VENUE: Auditorium

On 6th September 2024, the Sports Department and Gender Sensitization Cell of Bunts Sangha's S M Shetty College, in collaboration with the Lions Club Powai, successfully hosted a Self-Defense Seminar aimed at equipping students with essential self-defense skills and promoting personal safety.

The seminar, held in the college auditorium from 12:00 PM to 1:00 PM, saw enthusiastic participation from students across various streams. The session was led by experienced instructors, who provided valuable insights and practical demonstrations on self-defense techniques, situational awareness, and strategies to handle challenging situations effectively.

The event began with a brief welcome address, followed by an introduction to the importance of self-defense in today's world, especially for young individuals. The instructors demonstrated easy-to-learn self-defense moves and engaged the participants in hands-on practice to ensure they could apply these techniques in real-life scenarios.

Highlights of the seminar included:

1. Practical Demonstrations: Techniques for evading potential threats and neutralizing aggressors.
2. Situational Awareness Training: Understanding surroundings and identifying potential risks.
3. Empowerment Strategies: Building confidence and mental preparedness to handle emergencies.

Students actively participated in the interactive session, asking insightful questions and practicing the techniques under the guidance of the instructors.

**BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)**

PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI

NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)

IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

The seminar concluded with a vote of thanks to the instructors, the Lions Club Powai, and the organizing teams for their efforts in making the event a success.

The Self-Defense Seminar not only empowered participants with life-saving skills but also emphasized the importance of self-reliance and confidence in personal safety. It was a highly impactful and engaging event, leaving students motivated to prioritize their well-being and security.



BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED



**BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES
(Autonomous)
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED**

