

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

**INTERNAL COMMITTEE 2024 - 2025**

**Activity Approval Form**

Date: 27<sup>th</sup> January, 2025

**Program:** Hands on Training Session on self defence

**Need:** To empower individuals with self-defence skills for personal safety and threat management.

**Objective:** To develop situational awareness, teach practical defence techniques, and build confidence.

**Content:** Covers threat assessment, basic strikes, escape techniques, defensive moves, and hands-on practice.

**On:** Wednesday, 5th February, 2025

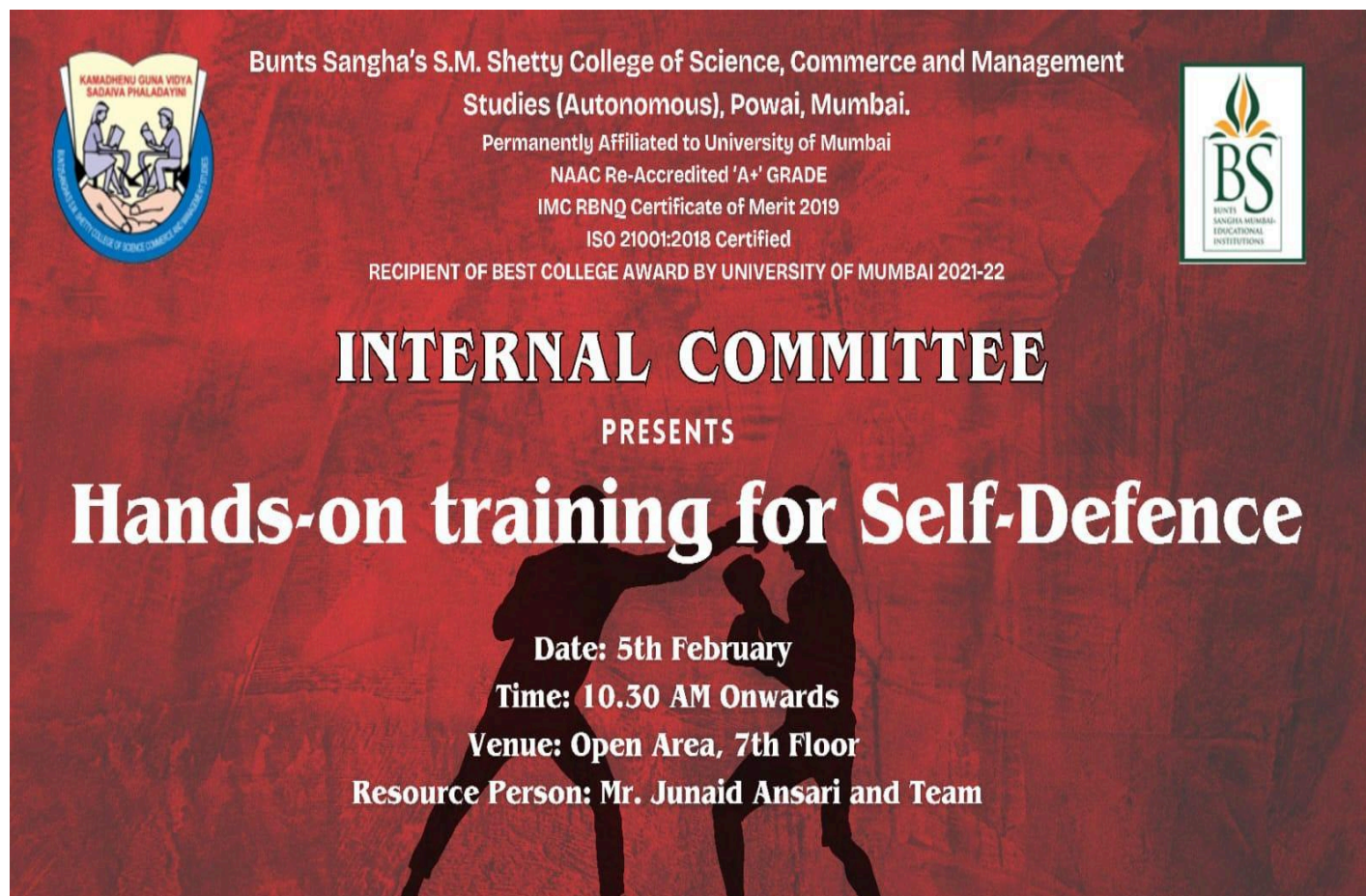
**Timing:** 11:00am onwards


**Venue:** 7<sup>th</sup> Floor Open area.

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**INTERNAL COMMITTEE 2024 - 2025**

**POSTER / BANNER**





Bunts Sangha's S.M. Shetty College of Science, Commerce and Management  
Studies (Autonomous), Powai, Mumbai.  
Permanently Affiliated to University of Mumbai  
NAAC Re-Accredited 'A+' GRADE  
IMC RBNQ Certificate of Merit 2019  
ISO 21001:2018 Certified  
RECIPIENT OF BEST COLLEGE AWARD BY UNIVERSITY OF MUMBAI 2021-22



**INTERNAL COMMITTEE**  
**PRESENTS**  
**Hands-on training for Self-Defence**

**Date: 5th February**  
**Time: 10.30 AM Onwards**  
**Venue: Open Area, 7th Floor**  
**Resource Person: Mr. Junaid Ansari and Team**

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**INTERNAL COMMITTEE 2024 - 2025**

**NOTICE**



\*"Self-Defence is not an option but a necessity."\*



Dear \*\_S.M.Shetty\_\* Students,

Greetings from the \*\_Internal Committee\*  

We are pleased to invite you to a Hands-on Training for Self-Defense, conducted by Mr. Junaid Ansari and team. This interactive session will equip you with essential self-defense techniques for personal safety.



Date: 5th February



Time: 10:30 AM – 12:00 noon



Venue:



CC hours will be awarded to all the FY's



E-certificates will be provided

Don't miss this valuable opportunity!

Regards,

\_\*Internal Committee\*\_

\*For any Queries feel free to contact:\*



Shivanshi Tiwari - 9967801174

**BUNTS SANGHA'S**

**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES  
(AUTONOMOUS)**

**INTERNAL COMMITTEE 2024 - 2025**

**REPORT**

**Event: HANDS ON TRAINING SESSION ON SELF DEFENCE**

**Date:** Wednesday, 5th February, 2025

**Timing: 11:00am onwards**

**Venue: Room No. 7<sup>th</sup> Floor Open Area**

**Resource Person:** Saiyyed Junaid Malik

**Scope:** Students of all programmes

**Objective:** To develop situational awareness, teach practical defence techniques, and build confidence.

**Highlights-** 44 participants attended the session (31 females and 13 males).

A hands-on training session on self-defence was conducted by the Resource Person: Saiyyed Junaid Malik on Wednesday, 5th February 2025, starting at 11:00 AM. The session took place on 7th Floor Open Area and aimed to equip participants with essential self-defence skills to enhance personal safety and confidence.

**Objective**

The primary objectives of the session were:

- To raise awareness about personal safety and threat assessment.
- To teach fundamental self-defence techniques, including blocking, striking, and escape moves.
- To build confidence and develop a proactive mindset in handling real-life situations.

**Session Highlights**

1. Introduction to Self-Defence
2. Situational Awareness and Threat Assessment
3. Practical Self-Defence Techniques
4. Defensive Strategies Against Common Attacks
5. Hands-on Training and Drills
6. Psychological Aspects of Self-Defence

## **Participant Feedback**

The session was highly interactive and well-received by participants. They appreciated the practical approach and engaging demonstrations by Saiyyed Junaid Malik, which made learning effective and enjoyable. Many participants expressed increased confidence in handling challenging situations.

## **Outcome:**

The Hands-on Training Session on Self-Defence conducted by Saiyyed Junaid Malik was a great success. It provided valuable knowledge and practical skills to enhance personal safety. The session emphasized both physical techniques and mental preparedness, ensuring a holistic approach to self-defence. Participants left feeling empowered and more aware of how to protect themselves in real-life situations.



# BUNTS SANGHA'S

## S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES (AUTONOMOUS)

### INTERNAL COMMITTEE 2024 - 2025

#### ATTENDANCE

BUNTS SANGHA'S					
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES					
<u>INTERNAL COMMITTEE 2024 - 2025</u>					
Event Name: "Hands on Training for Self Defense"					
Date and Venue: 05 Feb, 2025 10:30 am – 12:00 pm 7 floor					
SR.NO	NAME OF THE STUDENT	ROLL NO	CLASS	GENDER	SIGNATURE
1	Sakshi patil	102	TYBTB	female	S. Patil
2	Yadav Anjali Ramswarsh	133	TYBSCIT	Female	Yadav
3	Priya Chaurasia	72	TYBSCIT	Female	Priya
4	Shubhangi Medhulkar	26	FYBBT	Female	Shubhangi
5	Papal Choudhary	102	SYITB	Female	Papal
6	Dipanjali Mishra	28	FYBBT	Female	Dipanjali
7	Laxmi Sisodiya	58	FYBBT	Female	Laxmi
8	Rahul Gupta	17	SYBBT	male	Rahul
9	Deepak Shetty		FYBAF	male	Deepak...
10	Aniket Poojari		FYIT	male	
11	Vaishali		FYDS	male	
12	Arush Shetty		FYIT	male	
13	Jayesh Vyasa		FYIT	male	
14	Vedant Kishore	48	FYIT	male	Vedant
15	Nishan Lavale		FYDS	male	
16	Ankita Deshpande	156	SVBSCT	male	Ankita
17	Siddhant wani	92	FYBOM	Male	Siddhant
18	Shreyash Singh	78	FYIT	Male	Shreyash
19	Anirash Gini	17	FYIT	male	Anirash
20	SHWETA MISHRA	191	FYIT	Female	Shweta
21	Lavanya Thale	179	FYIT	Female	Lavanya
22	Aditi Shingare	173	FYIT	Female	Aditi
23	Siddhi Bobade	98	SYIT	F	Siddhi
24	Vaibhavi Rathod	38	TYBAF	F	Vaibhavi
25	Khushi Singh	76	FYIT	F	Khushi
26	Andhika Jadhav	65	TYBAF	F	Andhika
27	Mansi Kute	135	FYIT	F	Mansi
28	Veda Deshmukh	11	FYBMS	F	Veda
29	Nisha Patil	130	SYIT	F	Nisha
30	Rinitika Pandey	122	SYIT	F	Rinitika Pandey

**BUNTS SANGHA'S**

**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT  
STUDIES**

**INTERNAL COMMITTEE 2024 - 2025**

**Event Name: "Hands on Training for Self Defense"**

**Date and Venue: 05 Feb, 2025 10:30 am – 12:00 pm 7 floor**

SR.NO	NAME OF THE STUDENT	ROLL NO	CLASS	GENDER	SIGNATURE
1	Jarsha Dor	163	FB.com	F	Jarsha
2	Victoriza Sathapur	199	FB.com	F	Victoriza
3	Tanvi Ambre	103	FYIT	F	Tanvi
4	Nidhi Rane	52	FYIT	F	Rane
5	Sejal Jadhav	16	FYDS	F	Sejal
6	Pooja Talwar	79	FYIT	F	Pooja
7	Aisha Shetty	120	FYIT	F	Aisha
8	Samiksha Jadhav	18	FYDS	F	Samiksha
9	Janhvi Singh	66	SYBAF	F	Janhvi
10	Ananya Barai	4	FYITA	F	Ananya
11	Dipanjali Mishra	28	FYBBI	F	Dipanjali
12	Laxmi Sisodia	58	FYBBI	F	Laxmi
13	ROSHANI SINGH	77	FYIT	F	Rosani
14	Dhruv Salaskar	41	FYIT	M	Dhruv
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S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES

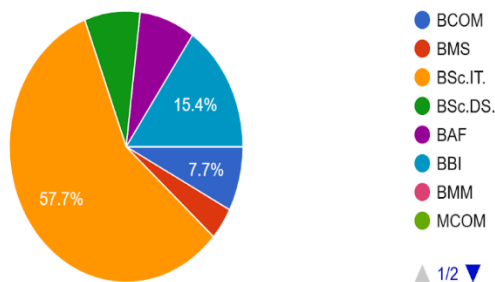
(AUTONOMOUS)

INTERNAL COMMITTEE 2024 - 2025

FEEDBACK ANALYSIS

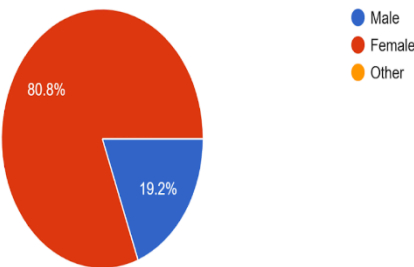
Programme

26 responses



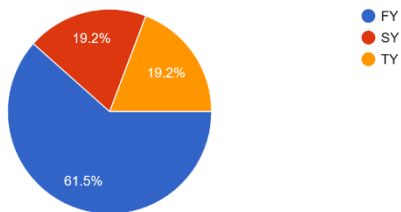
Gender

26 responses

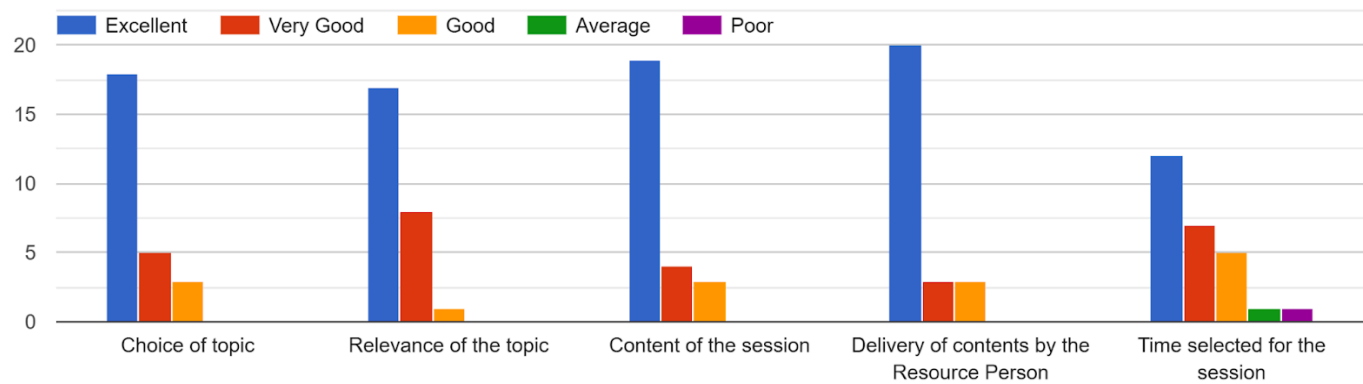


Class of Participant

26 responses



Please rate the session





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**INTERNAL COMMITTEE 2024 - 2025**

**ACTION TAKEN REPORT**

**Event: HANDS ON TRAINING SESSION ON SELF DEFENCE**

**Date:** Wednesday, 5th February, 2025

**Timing:** 11:00am onwards

**Venue:** Room No. 7<sup>th</sup> Floor Open Area

**Resource Person:** Saiyyed Junaid Malik

**In charge:** CA Zainab Rangwala

The **Hands-on Training Session on Self-Defence** was successfully executed, achieving its objective of enhancing personal safety awareness and empowering participants with practical self-defence skills. The positive feedback indicates strong engagement and effectiveness, emphasizing the need for future sessions to reinforce learning and preparedness.

<b><u>FEEDBACK RECEIVED</u></b>	<b><u>ACTION TAKEN</u></b>
Feedback received from the participants continued practice and self-defence awareness program and Proposed periodic refresher sessions for skill reinforcement.	Regular practice sessions, awareness programs, quarterly refresher workshops, simulation drills, and certification initiatives have been implemented to reinforce self-defence skills and engagement.

## BUNTS SANGHA'S

### S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES

#### INTERNAL COMMITTEE 2024 - 2025

#### PHOTOGRAPHS





