

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Re-Accredited With A+ Grade, 2nd Cycle
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Approval Form –Session on Self-Defence

Department: NSS UNIT

Program: Session on Self Defence

Objectives: To gain some knowledge about taekwondo, and karate for our self-defence.

Need: To make sure we know self-defense skills and are prepared for risky situations.

Content: Volunteers were taught self-defense techniques and skills professionally.

Judge: NA

Date: 15th September, 2023.

Cost/Budget: NA.

Proposed by: Dr. Vijay Vishwakarma

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 16th September 2023.

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Notice (WhatsApp):

Jai Hind

The NSS UNIT of Bunts Sangha's S.M. Shetty College of Science, Commerce
and Management Studies, Powai

PRESENTS

Self Defence Session


In collaboration with

Women Development Cell

Resource person:- Mr. Siby Antony (Vice President, Rotaract Club Mumbai
Jewels & Mr. Santosh Thombare (Taekwondo Instructor)

Note: Students will be taught how to defend themselves.

 Date: 15th September 2023.

 Time: 11 am to 1 pm.

 Venue: R N Shetty, Auditorium.

For any queries Call:

Sanjiv Bhappa:- 81692 43391

Jai Nakashe:- 8928650996

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Minutes of the meeting:- Session on Self Defence

There was an online meeting taken on the Zoom Platform.

1st Meeting on 14th September 2023.

- Volunteers should follow the instructions.
- Volunteers were told reporting time and some basic information about the activity
- The Volunteers were guided by the rules and regulation

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Report: Session on Self-Defence

Event: Session on Self Defence.

Date: 15th September, 2023.

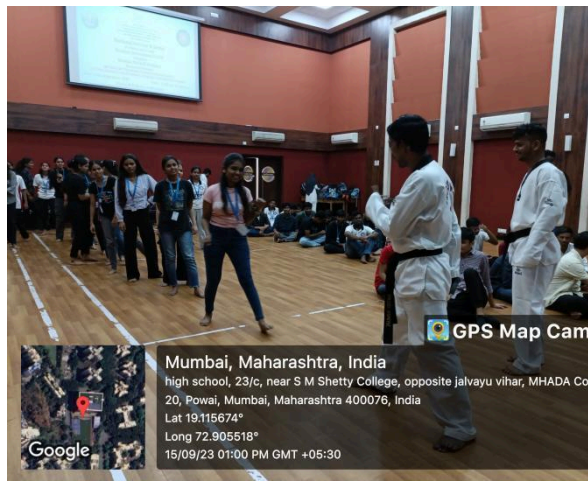
Objectives: To gain some knowledge about taekwondo, and karate for our self-defense.

Highlight The NSS unit of S.M. Shetty College of Science, Commerce, and Arts, Management Studies, Powai had organized a Session on Self Defence. The session started at merely 12.30 pm. The resource person for the day was Mr. Santosh Thombare Sir and Siby Anthony. Both had received Black Belt in Taekwondo and Karate respectively. Firstly sir guided us about basic knowledge about taekwondo and self-defense skills. The significance of science and techniques was demonstrated. While later we joined the practice along with their guidance. The volunteers were allowed to showcase their skills. It was a really fun and important session for all of us.

Total Number of Volunteers: 56

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Photos:



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Participants list:

SR NO.	Name	Roll No.	Course	Gender
1	Tanmay Shetty	113	FYIT	M
2	Arya Dhokare	117	FYIT	M
3	Pooja Nikam	213	TYBCOM	F
4	Shaun Shaji	73	SYBCOM	M
5	Aman Mohan Singh	85	SYBCOM	M
6	Mahesh Kunwar	100	SYBMS	M
7	Pratisha Singh	60	SYBAF	F
8	Saanvi Poojari	105	FYBMS	F
9	Sejal Dhavade	18	FYDS	F
10	Riddhima Pal	40	FYDS	F
11	Sumeet Yadav	70	SYBDI	M
12	Bipin Singh	77	SYBCOM	M
13	Sarvesh Shetty	60	SYBBI	M
14	Dhruv Dhoke	11	SYBBI	M
15	Shivanshi Tiwari	55	SYBCEBI	F
16	Aditya Zalk	55	FYDS	M
17	Sahaj Singh	80	SYBAFTYIT	M
18	Prihi Pandey	29	SYBAF	F
19	Nisha Sagar	33	SYBAF	F
20	Swayam Padale	80	TYBCOM	M
21	Toola Nikam	213	FYBCOM	F
22	Sumitsha Shetty	106	FYBROM	F
23	Alok Tiwari	179	FYBCEIT	M
24	Pravesh Gural	27	FYDS SYBCOM	M
25	Abuzer Khan	21	FYDS SYBAF	M
26	Anshika Yadav	66	SYBAF	F
27	Abhishek Sheretkar	73	FYDS SYBCOM	M
28	Janhvi Singh	687	FYBAF	F
29	Nikki Singh	48	FYBOM	F
30	Shaun	73	SYBAOM	M
31	Pratisha Singh	60	SYBAF	M
32	Akshata Shetty	102	FYBMS	F
33	Abhishek Gowda	81	FYBAOM	M

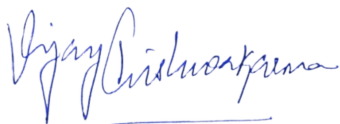
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SR No	Name	Roll no	Class	M/F
		7	FYBBI	M
34	Mayuresh Birmole	144	FYBMS	F
35	Krupa VirBhadra	94	FYBMS	F
36	Nandita Medda	166	FYIT	M
37	Divith Shetty	116	FYIT	M
38	Hardik Dhanawade	25	FYIT	F
39	Satshi Kambale	10	SYBCOM	F
40	Ratnavali Chaurasiya	73	SYBCOM	M
41	Shaun	170	FYBBI	M
42	Singh Amankumar	51	FYDS	M
43	Joel	93	FYIT	F
44	Saarth	28	FYDS	M
45	Adarsh Mishra	2	SYBBI	F
46	Akhushi Agrahari	42	FYBBI	M
47	Vikas Prayapati	4	SYBMS	F
48	Aar+Taniya Boricha	50	TYBAMM	M
49	Sahil Dal	13	SYBBI	M
50	Sumit Gupta	183	TYBCOM	M
51	Sanjiv Bhappa.			
52				
53				

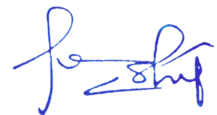
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Action Taken Report Of Session on Self-Defence

Date	Feedback Received	Suggestions Provided
15 th September, 2023.	Feedback received from all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future.	More such sessions should be taken to learn and get to know about new skills.



NSS Programme Officer



Principal