

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**D/11/0136/22-23**

**Approval Form Dhaakad (Self Defense Session)**

**Department:** NSS UNIT

**Program:** Dhaakad (Self Defense Session)

**Objectives:** The motive of self defense is to survive and escape without injury or stopping aggressive behavior

**Need:** This is the need of the hour to protect ourselves.

**Content:** The volunteers practiced the Self Defence Techniques .

**Judge:** NA

**Date:** 06 December , 2022

**Cost/Budget:** NA.

**Proposed by:** Mr. Shivam Upadhyay

**Verified by:** Dr. Vijay Vishwakarma & Prof. John Menezes.

**Date of Approval:** 1<sup>st</sup> December, 2022



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Minutes of Meeting - Dhaakad (Self Defense Session)**

There was an online meet taken on Zoom Platform

**1<sup>st</sup> Meeting on 29<sup>th</sup> November, 2022**

- The leaders were given the instruction of the event
- The Social Media team was given the work
- The plan was discussed with the volunteers



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Report: Dhaakad (A Session on self-defense)**

**Event:** Dhaakad (A Session on Self defense)

**Date:** 06 December , 2022

**Objectives:** The motive of self defense is to survive and escape without injury or stopping aggressive behavior

**Highlight:** The NSS Unit of **Bunts Sangha's S M Shetty College of Science, commerce and management studies, Powai** has organized a Dhaakad session on self defense for every student to know the basic techniques for protecting themselves in some aggressive conditions. Mr.Anil Rode(Third dan black belt),were invited to teach the volunteers self defense especially to girls to protect them in conditions like some boys are troubling them etc. Sir taught and appreciated some girls who performed very well in less time . sir told everyone to keep practicing and they will perform well next time. After the session started Vijay sir appreciated Mr. Anil for giving their time to NSS . Every volunteer was very happy and feeling confident after the session

Total Number of Volunteers Participated : 52



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Photos:**



*Dijay. Crishwappa*

**NSS Programme Officer**

*John Peres*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Participation List:**

1. Thriпти Suvarna	27. Astha tiwari
2. Rohan gutam ravindra	28. Chetan Metrela
3. Pinky Sahani	29. Madur Ganesh Karkera
4. Debasish behera	30. Jainam jain
5. Shaun shaji	31. Sanjana Yadav
6. Diksha Poojary	32. Ratnavali Surendra Chaurasia
7. Komal Thakulla	33. Vaibhavi Vijay Rathod
8. Sahil Anand kadam	34. Akhilesh Pappu Nishad
9. Aman Singh	35. Disha boricha
10. Appu ambali	36. Mulla muskan
11. Sonal Sanjay Jadhav	37. Shaikh maqsood mushtaq ali
12. Roshna Minu	38. Sujal Anil Sarpate



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

13. Jaya yadav	39. Piyush Taith
14. Kanchan lal bahadur Gupta	40. Jalal
15. Roshni anchan	41. Sakshi Poojary
16. Tushar Premshankar Chaurasiya	42. Reena chaurasiya
17. Rajyashree Jaiswal	43. Sneha Nishad
18. Guddu yadav	44. Yadav Anshika
19. Khushi Thapa	45. Chetan Virbhadrha Valmiki
20. Amisha shetty	46. Aakash Vinod Jagtap
21. Sejal Satish dhavade	47. Maurya pawan kumar Indrajeet
22. Manoj Poojary	48. Sanjana Yadav
23. Karthik Ganesh poojary	49. Reena chaurasiya
24. Shetty Shravya	50. Sneha Pandey
25. Pooja balaji patil	51. Sakshi Suresh Rai
26. Sanjiv bhappa	52. Sohail Shaikh



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



  
PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Action Taken Report Of Dhaakad (A Session On Self-Defense)**

<b>Date</b>	<b>Feedback Received</b>	<b>Suggestions Provided</b>
6 <sup>th</sup> December, 2022	Feedback received on all the volunteers and audience was highly positive and encouraging.  Suggestions were received regarding conducting more such events in the future.	Conduct more activity related to it.



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



  
PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**NAAC Accredited 'A' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

	Please add some more events such as Session, Awareness in local Areas	
--	-----------------------------------------------------------------------	--



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org