

**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/11/071/22-23**

**Approval Form:- Session on Self-Defence**

**Department:** NSS UNIT

**Program:** Session on Self-Defence

**Objectives:** This session taught the girls to protect themselves, and to fight the critical situation .

**Need:** To empower the girl power and make them capable to fight the situation.

**Content:** All the volunteers learn the technique of Self-defense which was taught by the resource person.

**Judge:** NA

**Date:** 22<sup>nd</sup> September, 2022

**Cost/Budget:** NA.

**Proposed by:** Mr. Shivam Upadhyay

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



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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

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**Notice(WhatsApp):**

Jai Hind 

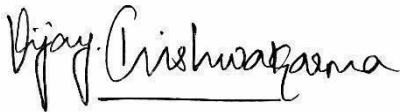
The NSS UNIT of  
Bunts Sangha's S.M.Shetty College  
Organized  
"DHAAKAD"  
(A Session on Self-Defence)

**Resource person:**  
**Miss.Jayshree Dhangda**  
**Mr. Khushal Parmar**  
**Mr. Siby Anthony**

Date –22<sup>nd</sup> September, 2022

Venue- 7<sup>th</sup> Floor Open Area

Time – 12:00PM



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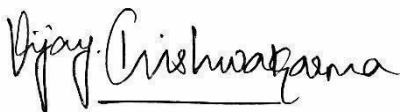
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**Minutes of the meeting:- Session on Self-Defence**

There was an online meet taken on Zoom Platform.

**Meeting on 22<sup>nd</sup> September, 2022**

- Volunteers told to maintain the discipline
- Volunteers should follow the instructions.
- Volunteers were told reporting time and some basic rules.



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**Report: Session on Self-Defence**

**Event:** Session on Self-Defence

**Date:** 22<sup>nd</sup> September, 2022

**Objectives:** This session taught the girls to protect themselves, and to fight the critical situation .

**Highlight:** The NSS Volunteers of S.M. Shetty College of Science, Commerce And Management Studies, Powai organized Session on Self Defence. This is the session that was taken to make the girls understand to fight for themselves and the resource person also taught the technique to tackle the situation, All the girls and boys participated in the session. The session was taken on the 7<sup>th</sup> floor open Area , at 12:00pm. The session was wonderful. Almost 60+ volunteers attended this session. Then the vote of thanks was given by the volunteer and end of the session.



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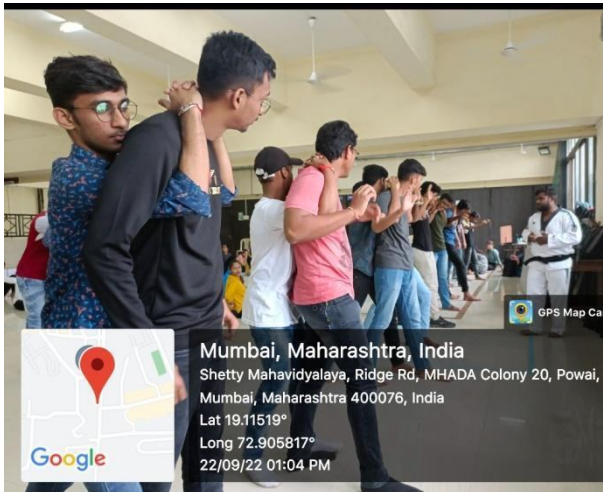


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**Images:**



*Dijay. Krishnarajama*

**NSS Programme Officer**

*John Penezo*

**NSS Programme Officer**

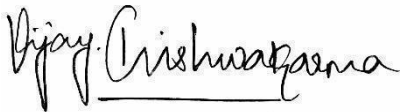
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**Participate:**

- |                         |                     |
|-------------------------|---------------------|
| 1. Shaun shaji          | 49. Upadhyay        |
| 2. Kunal Prakash Sawale | Saurabh             |
| 3. Ritu Prajapati       | Gautam              |
| 4. Tushar mohite        | 50. Kanchan Gupta   |
| 5. Shruti Dubey         | 51. Anish Kotian    |
| 6. Dhruv Dhoke          | 52. Shravya Shetty  |
| 7. Diksha Poojary       | 53. Sonal Gupta     |
| 8. Manoj Poojary        | 54. Nandini         |
| 9. Gargi Worlikar       | Sadashivan          |
| 10. Mohammad Aabid Ali  | 55. MAYUR           |
| mehboob shaikh          | Shewale             |
| 11. Saurabh yadav       | 56. Chetan Metrela  |
| 12. Shubham Yadav       | 57. Sonal Sanjay    |
| 13. Rajyashree Jaiswal  | Jadhav              |
| 14. Tushar Premshankar  | 58. Sakshi Poojary  |
| Chaurasiya              | 59. Ratnavali       |
| 15. Aakash Jagtap       | Chaurasia           |
| 16. Sahil Anand kadam   | 60. Karthik Ganesh  |
| 17. Pratistha singh     | Poojary             |
| 18. Sneha Nushad        | 61. Sakshi Suresh   |
| 19. Krishni Shetty      | Rai                 |
| 20. Jainam jain         | 62. Bhavika.B.Pujar |
| 21. vinyas shetty       | i                   |
| 22. Aastha Dabola       | 63. Zaara shaikh    |
| 23. Shejal              | 64. Akshata         |
| 24. Astha tiwari        | Jitendra Sawant     |
| 25. Pinky Sahani        | 65. Sanjana pawar   |
| 26. Roshni sahani       | 66. Priti pramod    |
|                         | Pandey              |
|                         | 67. Reena           |
|                         | chaurasiya          |
|                         | 68. Ayush kumar     |
|                         | 69. Piyush Taith    |



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- |                                |                             |
|--------------------------------|-----------------------------|
| 27. Sarthak Takekar            | 70. Aameena Sayyed          |
| 28. Sanjana yadav              | 71. Pooja Singh             |
| 29. Dinesh Bendar              | 72. Muskna mulla            |
| 30. Priya soni                 | 73. Pooja patil             |
| 31. Simranpreet kaur           | 74. Sneha mandal            |
| 32. Khushi thapa               | 75. Zoeb khan               |
| 33. Preeti sahu                | 76. Guddu Yadav             |
| 34. Komal Thakulla             | 77. Rishi Tebak             |
| 35. Chinmay shashikant mule    | 78. Priti Chaurasia         |
| 36. Sheetal bhatane            | 79. Dhwani Ashwin Salian    |
| 37. Vaibhavi Vijay Rathod      | 80. Yadav Anshika           |
| 38. Roshna Minu                | 81. Sayali berde            |
| 39. Sneha Pandey               | 82. Christy Biju            |
| 40. Aman Singh                 | 83. Sanjiv Bhappa           |
| 41. Utkarsha kadam             | 84. Priyanka sahu           |
| 42. Aarti Gupta                | 85. Annapurna shetty        |
| 43. Shaikh maqsood mushtaq ali | 86. Ritu Ramsingh Chaurasia |
| 44. Chetan valmiki             | 87. Pratham mahyavanshi     |
| 45. Thriпти Suvarna            | 88. Saurabh Tripathi        |
| 46. Yuvraj jaiswar             | 89. Sumit Naiya             |
| 47. Gupta muskan ramkumar      | 90. Sanjiv bhappa           |
| 48. Arhs shaikh                | 91. Sapna Rajesh Saroj      |
|                                | 92. Sohail Shaikh           |
|                                | 93. Shaikh chandbee         |
|                                | 94. Amisha shetty           |
|                                | 95. Jai Atul Nakashe        |



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**Action Taken Report:- Session on Self-Defence**

<b><u>Date</u></b>	<b><u>Feedback Received</u></b>	<b><u>Suggestions Provided</u></b>
<b>22<sup>nd</sup> September, 2022</b>	<b>Feedback received on all the volunteers and participants was positive and some unique topics were introduced.</b> <b>Suggestions were received regarding conducting more such events in the future. Please add some more events such as Social issues.</b>	<b>More sessions can be conducted on social Issues.</b>



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