

# Vidya Prasarak Mandal, Mulund (E)

## R Z Shah College of Arts, Science and Commerce

Established in 2003 - Affiliated to University of Mumbai

Mithagar Road, Mulund East, Mumbai - 81 | [www.vpmrzshahcollege.edu.in](http://www.vpmrzshahcollege.edu.in)  
Accredited by NAAC Grade "A"



### Report of Event/ Programme

Name of the Department / Committee	College Women Development Cell.		
Name of the Convenor	Dr. Kavita Sharma		
Title of the Event / Programme	Self Defense Workshop		
Date / Period of Event / Programme	12 August, 2023		
Venue of the Event / Programme	College Auditorium		
In collaboration with (if applicable)	NSS		
Objective of the Event / Programme	Women Empowerment		
Number of Student Participants	Male :00	Female: 84	Total : 84
Number of Teacher Participants	Male : 00	Female : 04	Total : 04
Other Participants	Male :00	Female:00	Total :00
Total	Male: 00	Female : 88	Total: 88
Name of the Expert / Invitee / Lecturer (With Designation, Contact , Address & Email)	Sensei Rohit Mishra Close Combat Academy 8097492168 <a href="http://www.instagram.com/close_combat_mma">www.instagram.com/close_combat_mma</a>		
Description of the Event	Self Defense Training through the workshop		
Geo-tagged Photos & Poster	Attached with the report		

*Barkha*

Dr. Kavita Sharma  
CWDC Convenor

*Rajashree*

Rajashree Prabhu  
IQAC Coordinator

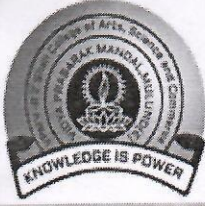
*Barkha*

Dr. Barkha Shamnani  
In charge Principal

College Seal:

- Encl : 1) Report of the session  
2) Notice  
3) Invitation Letter and Thankyou letter  
4) Feedback  
5) Geotag Photos





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VPM / CASC / WDC NOTICE / 2023 – 24

Date: 10/08/2023

## Notice

College Women Development Cell in collaboration with National Service Scheme of VPM's R. Z. Shah college cordially invite all girls' students for a workshop on self-defence on Saturday, 12th August 2023 at 11:30 a.m. in the college Auditorium.

Dr. Kavita Sharma.  
WDC Convener

Dr. Barkha Shamnani  
I/C Principal





**Vidya Prasarak Mandal, Mulund (E)**  
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NF/CS/9696/2023-24

Date: 12th August, 2023

To,  
Mr. Rohit Mishra  
Self Defence trainer,  
Close combat Academy and Trust.

**Sub: Invitation letter**

Respected Sir,

NSS unit and WDC of VPM's R.Z Shah college is organizing Self Defence Workshop on 12<sup>th</sup> August 2023. Your expertise in this field will help all the student to understand importance of Self Defence.

We are pleased to invite you to guide and train our students through this Self Defence Workshop. We here by request you to kindly give your valuable time.

Waiting for a Favorable Reply from your Side.

Warm Regards,

**Dr. Barkha Shamnani**

**I/C Principal**





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~ Pm / CASC / 9697 / 2023-24

Date: 12th August, 2023



To,

Mr. Rohit Mishra  
Self Defence trainer,  
Close combat Academy and Trust.

**Sub: Thanking letter**

Respected Sir,

On behalf of VPM's R.Z shah College of Arts, Science and Commerce, we wish to thank you for accepting our invitation for Self Defence Workshop. We are eternally grateful for giving your valuable time and for providing your expertise to train our students.

We look forward to your continues support and guidance in all our future endeavours.

Warm Regards,

*Barkha*




**Dr. Barkha Shamnani**  
I/C Principal



VPM's R.Z. SHAH COLLEGE OF ARTS, SCIENCE AND COMMERCE  
Mithagar Road, Mulund (East) Mumbai – 400081.

Date: 12th Aug, 2023

**REPORT ON "SELF DEFENCE WORKSHOP"**



**VPM'S RZ SHAH COLLEGE OF  
ARTS, SCIENCE & COMMERCE**  
Mithagar Road, Mulund East, Mumbai - 400081  
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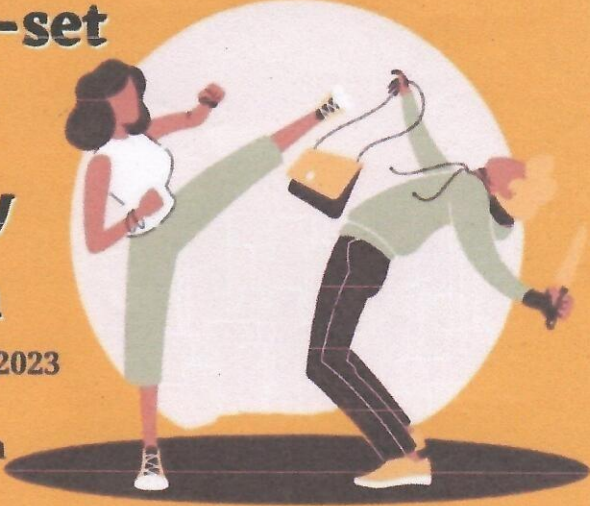
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**NATIONAL SERVICE SCHEME (NSS)**

In Collaboration with  
Women Development Cell (WDC)

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**Your mind-set  
is your  
primary  
weapon**




DATE : 12th August 2023  
TIME : 11:30 a.m.  
VENUE : Auditorium

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<b>NSS PROGRAMME OFFICER</b> Prof. Seema Ughade   Prof. Jagdish Rajane	<b>WDC convener</b> Dr. Kavita Sharma	<b>I/C PRINCIPAL</b> Dr. Barkha Shamnani
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 :- NSSUNITOFVPMRZSHAHCOLLEGE 12/08/2023



Women Development Cell (WDC) in collaboration with National Service Scheme (NSS) of Ypm R Z Shah College of Arts, Science and Commerce organized Self Defence Workshop by Sensei Rohit Mishra Under the organization Close Combat Academy and Trust. Mr. Rohit Mishra is also awarded a First Dan BlackBelt affiliated to Shishokai Do International.

Sensei Rohit Mishra & his instructors effectively taught the techniques to the energetic bunch of Teachers and Students. This marked the beginning to the series of Sessions conducted for the girls on the self-defence techniques in the College over remaining part of session. More than 100 girls students participated in the workshop.

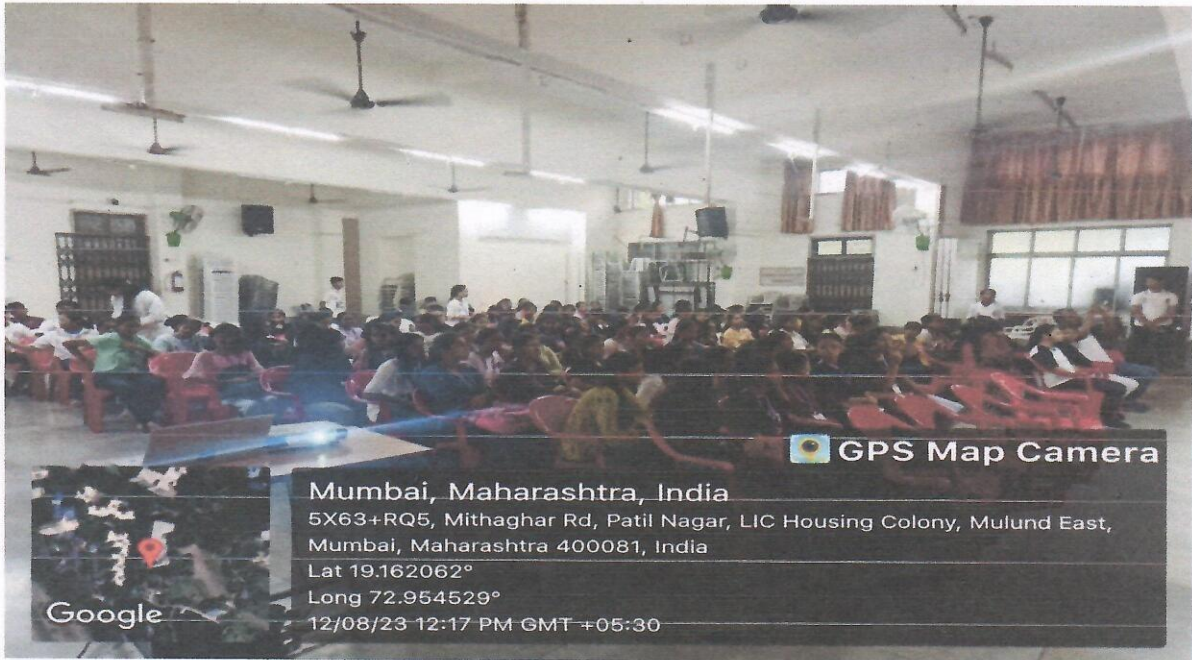
The enlightening words shared by the trainer left an indelible mark on the minds of everyone present.

Thus, the essence of the workshop was to empower girl students, to reinstate their confidence, help them tackle situations boldly & discourage them from pulling the plug off their dreams.

The event was organised under the guidance WDC Convenor Dr. Kavita Sharma and NSS Programme Officers Ms. Seema Ughade and Mr. Jagdish Rajane. The event was attended by Incharge Principal Dr. Barkha Shamnani and other senior faculties.

  
Dr. (Mrs.) Kavita Sharma  
CWDC Convener





GPS Map Camera

Mumbai, Maharashtra, India  
5X63+RQ5, Mithaghar Rd, Patil Nagar, LIC Housing Colony, Mulund East,  
Mumbai, Maharashtra 400081, India  
Lat 19.162062°  
Long 72.954529°  
12/08/23 12:17 PM GMT +05:30

Google

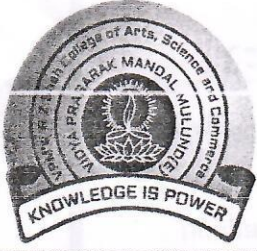


GPS Map Camera

Mumbai, Maharashtra, India  
5X63+RQ5, Mithaghar Rd, Patil Nagar, LIC Housing Colony, Mulund East,  
Mumbai, Maharashtra 400081, India  
Lat 19.162061°  
Long 72.954553°  
12/08/23 12:26 PM GMT +05:30

Google





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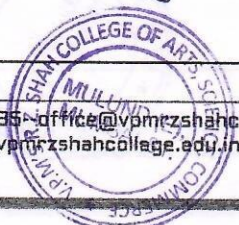
Class: \_\_\_\_\_ Subject: \_\_\_\_\_

Date: 12/08/23

Topics Covered: Self - defence workshop.

Sr. No.	Name of the Students	Roll no.	Signature
1	Khushi Yadav F.Y.B.com(B)	2311263	Khushi
2	Nishi Yadav F.Y.B.com(B)	2311109	Nishi
3	Tuandhya Upadhyay F.Y. BSC(Gs)	<del>2361027</del> 2361027	Tuandhya
4	Tanisha Dalve F.Y. Bcom(B)	23/11	Tanisha
5	Prachiti Manke F.Y. BCOM(B)	23/11	Prachiti
6	Shruti Bute F.Y. BSC	2361004	Shruti
7	Samika Bhikane F.Y. BSC	23 61002	Samika
8	Sneha Devlekar. F.Y. BSC.	2361007	Sneha
9	Smriti Chauhan F.Y. BSC	2361005	Smriti
10	Vaishali Bhatnagar F.Y. BSC	2361018	Vaishali
11	Pallavi Pawar F.Y. BSC	2361020	Pawar
12	Arya Mane F.Y. BSC	2361015	Arya
13	Sirisha Saina F.Y. BSC	2361022	Sirisha
14	Gudriya Shaikh F.Y. BSC	2361024	Gudriya
15	Shivangi Rajbhar F.Y. BSC	2361021	Shivangi
16	Khushboo Yadav F.Y. B.com (A)	2311108	Khushboo
17	Cherna Gupta F.Y. B.com (A)	2311028	Cherna
18	Shashi Mishra F.Y. GS	2361016	Shashi
19	Manasi Manoj Kamble F.Y. BAF	231122	Manasi

Name: \_\_\_\_\_ Signature: \_\_\_\_\_







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Class: \_\_\_\_\_ Subject: \_\_\_\_\_

Date : \_\_\_\_\_

Topics Covered: \_\_\_\_\_

Sr. No.	Name of the Students	Roll no.	Signature
20	Bhakti Pawar	2381135	Bhakti
21	Lakshi Kotian Fy.Bcom/B	2311205	Lakshi
22	Shreya Kotian Fy.Bcom/B	2311206	Shreya
23	Heena Rathod Fy.Bcom/B	2311228 2311206	Heena
24	Disha Nai Fy.Bcom/B	—	Disha
25	Priti Renu Ajelreo	2311004	Priti
26	Siddhi Nitish Rajput	2311071	Siddhi
27	Payal J. Gautam FY.Bcom/A	2311019	Payal
28	Divya Bhushan Bhoir FYIT	2341062	Divya
29	Bhagyashree Kakhetti FYIT	2341015	Bhagyashree
30	Sneha Dhattar FYIT	2341002	Sneha
31	Shivani Kannujiya FYIT	2341016	Shivani
32	Shravani Labde FYBAMMC	2331013	Shravani
33	Reeta Dharmendra Chauhan (FYBAMMC)	2331002	Reeta
34	Khushi Bhola Gupta FYBAMMC	2331008	Khushi
35	Sanjana Shigwan FYBAMMC	2331021	Sanjana
36	Sapana Jaiswal TYBMS	2323055	Sapana J.
37	Simran Manika FYBD FYBcom	2311209	Simran
38			

Name: \_\_\_\_\_ Signature \_\_\_\_\_





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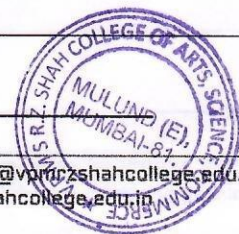
Class: \_\_\_\_\_ Subject: \_\_\_\_\_

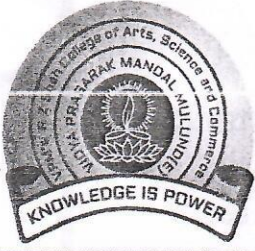
Date : 12/08/23

Topics Covered: Self-defence workshop

Sr. No.	Name of the Students	Roll no.	Signature
39	Khushboo pawar 54 bcom (b)	217	R Pawar
40	Diksha Salunke 54 bcom (b)	230	D Salunke
41	Payal Gajre 54 bcom (b)	172	Payal
42	Prate Dongre 54 bcom (b)	169	Prate Dongre
43	Payal Gupta FY bcom(b)	181	Payal
44	Roshani Paswan FY Bcom(b)	221	R
45	Vinika Kerme F.Y Bcom(b)	208	Kerme
46	Runali Bhogane F.Y. Bcom (b)	161	Runali

Name: \_\_\_\_\_ Signature \_\_\_\_\_





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Class: \_\_\_\_\_

Subject: \_\_\_\_\_

Self defense Workshop

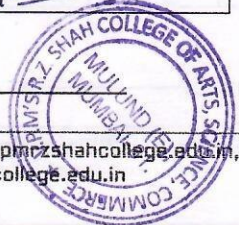
Date: 12/8/23

Topics Covered: \_\_\_\_\_

Sr. No.	Name of the Students	Roll no.	Signature
47	Shreyun Gupta	2311183	Shreyun
48	Mithali Devadiga	2311171	Mithali
49	Chetna Jangid	2311194	Jangid
50	Priyanka K. Mistry	2312210	Priyanka
51	Mamali M. Chauda	2312174	Mamali
52	Riya A. Wadkar	2311259	Riya
53	Disha M. Shinde	2311288	Disha
54	Kajal M. Morate	2312207	Kajal
55	Peeti Maji	2312206	Peeti
56	Puanjal S. Gawand	2312176	Gawand
57	KOMAL RAWAT	2312227	KOMAL
58	Parvin V. Shaikh	2312233	P.V. Shaikh
59	Sukanya S. Gawade	2312175	S.S. Gawade
60	Neha R. Yadav	2312250	Neha
61	Sonal N. Singh	231235	So Singh
62	Pooja S. Sangati	231231	Pooja
63	Priya. Lakpeti	2312151	Priya
64	Nisha M. Pachame	2312216	Nisha
65	Komal S. Mhoisane	2312204	Komal

Name: \_\_\_\_\_

Signature: \_\_\_\_\_





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Class: \_\_\_\_\_ Subject: \_\_\_\_\_

Date: 12/08/23

Topics Covered: self defence workshop

Sr. No.	Name of the Students	Roll no.	Signature
66	Namrata B. Jadhav	188	Namrata
67	Akshata R. Shinge	2311240	Akshata
68	Riya S. yadav	265	Riya
69	Safiya Shaikh	233	Safiya
70	Poonam R. Jaiswal	190	Poonam
71	Priya S. Sharma	236	Priya
72	Shweta Jaiswal	192	Shweta
73	Suvarta Kalamare	203	Sufamare
74	Annu K. Sharma	325	Annu
75	Poonam C. Jaiswal	189	Poonam
76	Harshita P. Radye	225	H.P. Radye
77	Muskan R. Gaud	177	Muskan
78	Shehnaz Shaikh	234	Shehnaz
79	waghela. Kusum. Nitish	2311260	Kusum
80	Bhoomi C. Patil	2311223	B.C. Patil
81	Sneha S. Vichare	257	Sneha Vichare
82	sakshi V. More	211	Sakshi
83	Manasvi Kudu	2311196	Manasvi
84	Saloni Salchale	2311230	Saloni

Name: \_\_\_\_\_ Signature: \_\_\_\_\_



# VPM's R.Z Shah College of Arts, Science and Commerce

Feedback form of Self-Defense workshop organized by college WDC in collaboration with NSS.

Date: 12<sup>th</sup> August, 2023

Time: 12:00 noon

Venue: Auditorium

Name: Shravani Labde

Email: shravanilabde23@gmail.com

Class/Div: F4BAMMC [A]

Roll no. 2331013

## Yours Feedback

1. The Topic of the Workshop
  - Excellent
  - Good
  - Satisfactory
2. The Content of the workshop
  - Excellent
  - Good
  - Satisfactory
3. The Proficiency of the speaker
  - Excellent
  - Good
  - Satisfactory

Topic Suggestions for next session of college WDC.

Addiction on Emergency Steps to be taken

that time that will help very well.

Any other comments

All good.



# VPM's R.Z Shah College of Arts, Science and Commerce

Feedback form of Self-Defense workshop organized by college WDC in collaboration with NSS.

Date: 12<sup>th</sup> August, 2023

Time: 12:00 noon

Venue: Auditorium

Name: Reeta Dharmendra Chauhan

Email: ~~Reeta~~ reeta01@gmail.com

Class/Div: FYBAMMC (A)

Roll no. 2331002

## Yours Feedback

1. The Topic of the Workshop
  - Excellent
  - Good
  - Satisfactory
2. The Content of the workshop
  - Excellent
  - Good
  - Satisfactory
3. The Proficiency of the speaker
  - Excellent
  - Good
  - Satisfactory

Topic Suggestions for next session of college WDC.

Education on emergency steps to be taken  
in periods.

Any other comments

All good.



# VPM's R.Z Shah College of Arts, Science and Commerce

Feedback form of Self-Defense workshop organized by college WDC in collaboration with NSS.

Date: 12<sup>th</sup> August, 2023

Time: 12:00 noon

Venue: Auditorium

Name: Sonali Niranjan Singh

Email: Singhsonalisingh319@gmail.com

Class/Div: Sy [Bcom] [B]

Roll no. : 235

## Yours Feedback

1. The Topic of the Workshop
  - Excellent
  - Good
  - Satisfactory
2. The Content of the workshop
  - Excellent
  - Good
  - Satisfactory
3. The Proficiency of the speaker
  - Excellent
  - Good
  - Satisfactory

Topic Suggestions for next session of college WDC.

[Safety of women in india]

Any other comments

Bring some more techniques and ideas to save or to protect the girls/women against any crime or some other protection acts or ideas, to know how to protect or to safe in such situations.



# VPM's R.Z Shah College of Arts, Science and Commerce

Feedback form of Self-Defense workshop organized by college WDC in collaboration with NSS.

Date: 12<sup>th</sup> August, 2023

Time: 12:00 noon

Venue: Auditorium

Name: Neha Rajesh Yadav

Email: ny212890@gmail.com

Class/Div: S.Y. Bcom [B]

Roll no. 250

## Yours Feedback

1. The Topic of the Workshop
  - Excellent
  - Good
  - Satisfactory
2. The Content of the workshop
  - Excellent
  - Good
  - Satisfactory
3. The Proficiency of the speaker
  - Excellent
  - Good
  - Satisfactory

Topic Suggestions for next session of college WDC.

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Any other comments

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