

PUNE VIDYARTHI GRIHA'S COLLEGE OF SCIENCE & TECHNOLOGY

Ghalkopar (East) Mulnbai 400 077.

Affiliated to University of Mumbai
CTS. NO.218, Br. Nath Pai Nagar, Ghatkopar (East), Mumbai – 400077. Tel: 2506 9118
Email: pvgcst@yahoo.com Website: www.pvgcst.in.

Report on Self-Defense Program

Date of activity: 8th March 2023

Place of activity: Seminar Hall (PVG College)

📉 of Alumni: 52

Pune Vidyarthi Griha's college of Science & Technology organized self Defense program for the girls students of the college in the jurisdiction of the University of Mumbai. The chief guest of the Program is Ms. Smita Shitole, Lawyer of Cyber Cell impart 3hrs. training on defense activities to our girl students. She also present speech on various self defense activities and rights of women.

Holly Principal

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Pune Vidyarthi Griha's
College of Science & Technology

Dr. Sunil Patil

Department of Students' Development and Foreign Students' Advisor

No SW/ 5 (- 2 of 20 2)

University of Mumbai

Department of Students' Development and Universities Information Bureau

Vidyapeeth Vidyarthi Bhavan, 1st Floor, 'B' Road, Churchgate, Mumbai - 400 020

Tel. and Fax No.: (022) 2204 2859

Date: 17-102/2023.

To, The Principal, Pune Vidyarthi Griha's College of Science and Technology, Ghatkopar, Mumbai

Subject: Organization of Self Defense Training Programme to Girl Students

Dear Sir,

Every year, Department of Students' Development organizes four district level 'Self Defense Training Programmes' for the girl students of the affiliated colleges in the jurisdiction of the University of Mumbai. The department has decided to organize such innovative programmes on March 8, 2023 on the occasion of World Women's Day for the girl students from the affiliated colleges and institutes of Mumbai/Thane/Palghar, Raigad and Ratnagiri districts.

'Self Defense Training Programme' is the one day training programme where at the centre, two girl students from different colleges (Minimum 50 girl students) are invited and experts will make them aware with self-defense skill and techniques.

You are requested to organize district level Self Defence Training Programme for the girl students on March 8, 2023. Please depute one female teacher from your college for coordination of the event and please communicate her details (Name, Designation, Email and Mobile No.) to my office.

The expenses required for the programme will be borne by the Department of Students' Development, University of Mumbai.

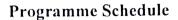
Kindly make all necessary arrangements for the organization.

Your positive assistance is solicited in the conduct of this innovative activity.

With kind regards

DR. SUNIL S. PATIL

DIRECTOR
Department of Students' Development,
University of Mumbai



Refreshment and Tea

09:30 a.m. to 10:00 a.m. lnaugural Ceremony

10:00 a.m. to 11:30 a.m. Session: 1

09:00 a.m. to 09:30 a.m.

• 11:30 a.m. to 01:00 p.m. Session: 2

01:00 p.m. to 02:00 p.m. Lunch

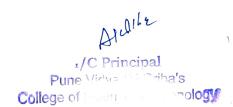
• 02:00 p.m. to 03:00 p.m. Session: 3 (Practical Session)

03:00 p.m. to 04:00 p.m. Session: 4 (Practical Session)

• 04:00 p.m. to 05:00 p.m. Session: 5 (Practical Session)

• 05:00 p.m. to 05:30 p.m. Feedback and Certificate Distribution

Dr. Sunil Patil Director, D.S.D.







PUNEA IDYARIHI GRIHA'S

COLLEGE OF SCIENCE AND TECHNOLOGY

Affiliated to University of Mumbai

Date: 08-03-2023

Time: 330 A

Attendance Sheet /

Name of The Event/Activity: Self Defence Training Programme

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9	Sakshi Novendra Kamble	EYB (org	331-37		
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11	Ashwini Gupta	FYCS(A)	-Arwin		
12-	Saloni Gravhano	FYCS(H)			
13	Vaishnau Tanaji Somvanshi -	14CS(B)	(Bornica.		
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15.	Shambhani Panchal		-Pigari		
16	Rutina Paril	RICCIM	- Land		
17.	Shavana Mahash March	SI BECM	Comme		
18	Bhaisana Mahesh Nayak Nikita Kaju Nagara	SYBrom CVP	SHE CHO		
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Aunt Vidyarthi Griha's
College of Science & Technology



PUNE VIDYARTHI GRIHA'S

COLLEGE OF SCIENCE AND TECHNOLOGY

Affiliated to University of Mumbai

Date: 08-03-2023

Time: 9.30

Attendance Sheet

Name of The Event/Activity: Self Defence Training Programme

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25	Sakshi Pophale	SYBMS	Sperhalt-
26.	Vaishnari Nirmal	57BM5	
27.	Prima Shinde	Tres	Mund
728	Komal Gonvale		
29.	Rochna Bhand	SYTT	Char.
30	Tanvi Parah	SY B Cam	•
31	Shital Kachare	SYBCom Luca (A)	TS Paren
32.	Namyata Ctaikay	Fycs (A)	Hirman -
33	Guddi- Sahie	fycs(B)	
34	Ruchita Sathe	19 C3 (B)	Orunn!
35	Ashwini Pyata -	54. B.M.S	The same
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39	Haushada Ingle	SYBM5	Fauxly
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47	Ashwini Guggila / 1/C Principal	, Fy IT	ad.a.
118	Pune Vidyarthi Griha College of Science & Tech		
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50	KUSUM Pal		Property.
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जागतिक महिला दिनानिमित्त विद्यार्थिनींना मिळाले सेल्फडिफेन्सचे प्रशिक्षण

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पृथा । प्रतिनिधी

डिपारेपेंट ऑफ सुद्रांटस इंप्रलपवंट पृतिपहर्सिटी ऑफ मुंबई च्या पाञ्चणातृत नागतिक महिला दिनासिम्ब पुणे विद्याचीपृह कॉलेज ऑफ साच्या औड देक्योलीजी धारकोपा वेथे संल्वडिफेना कार्यक्रम आप्रतिक कार्यकार आला होता. या कार्यक्रमात कॉलेजच्या 50 विद्याविंगीजी सामगण चेतला होता. या कार्यक्रम डिपारेसेंट ऑफ स्टूडेंट्स इंट्रलनपवंट पृतिवहर्सिटी ऑफ पृष्ठां थे इत्याव्यट डां मुनील पारील आणि कांत्रल थे प्राचार्थ डॉल्य कृपा पाठक तथेच कॉलेज ये हायोक्टर एजेंड धारां क्या कार्यक्रमतीलाली संपन्ता



भोगाई बांच्या मार्गदर्शनास्त्राती संपन्न इन्यांनशन रेक्नांनांनी च्या एवआंडी आले या कार्यक्रमान ३ मेशन हाले. हाला या कार्यक्रमातील रीपक्रवानन हाँ वृगंच्या मीरे बांच्या हम्ने कारचान वात पहिल्या संशत गर्भ विद्यार्थिनीया

माचवा संक्वरिटी यो पाहितो देण्यात जाली, रंतर दसऱ्या मेशन मध्ये महिला रंकर यो माहिती देण्यात आली ता शेवटी तिमन्त्रा मेशन पर्ध्व सेल्फडिपना रीन तामांचे प्रान्यशिक मादा करण्यात आले. जापनिक पहिला दिनाचा हा कार्वक्रम प्राध्याविका म्हाती लिनरे पांच्या बेहत्याखाली संपन ग्राना पाइंडी म्वानी शिगरे माणान्या की आतची परिला मर्पय क्षेत्रामध्ये भापने वर्षस्य दाखबीत भारे. कॉलेज षध्ये या गरिला दिनानिषित आयोजित कार्यक्रमात विद्यार्थिनीना सेन्फडिकेना व महिला कायधावी माहिली आणि सायपा मरका संबंधीयी पाहिती देखन विद्याच्योषध्ये जनजागृती करण्यात





Department of Students' Development, University of Mumbai and

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CTS No. 218, Br. Nath Pai Nagar, Ghatkioper (East), Mumbiel - 400 077.

Workshop on Self Defense Training Programme



Certificate of Participation 🦠



This is to certify to	hat Ms. Rogini Nirmal
(£4IL)	has participated in Self Defense Training
Program Organi	zed by Department of Students' Development
University of M	umbai on 8th March 2023 at Pune Vidyarth
Griha's Colleg	e of Science and Technology, Ghatkopai
Mumbai.	

Co-ordinator

Principal





Department of Students' Development, University of Mumbai and

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CTS No. 218, Br. Nath Pai Nagar, Ghatkopar (East), Mumbai - 400 077.

Workshop on Self Defense Training Programme



Certificate of Participation



This is to certify that Ms. Shital Kachare
(FYC5) has participated in Self Defense Training
Program Organized by Department of Students' Development,
University of Mumbai on 8th March 2023 at Pune Vidyarthi
Griha's College of Science and Technology, Ghatkopar,
Mumbai.

Co-ordinator

Principal

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Department of Students' Development, University of Mumbai and

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Workshop on Self Defense Training Programme



This is to certify to	hat Ms	Vaishnavi	Bhilard	0
(SYBMS)	has p	articipated in	Self Defe	nse Training
Program Organi	zed by De _l	partment of S	Students' L	Development,
University of Mu	ımbai on	8th March 2	2023 at Pu	ne Vidyarthi
Griha's College	of Scien	nce and Te	chnology,	Ghatkopar,
Mumbai.		alledo on 88.		

Co-ordinator

Principal