



PUNE VIDYARTHI GRIHA'S
COLLEGE OF SCIENCE & TECHNOLOGY

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)

No 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 .

Smita Shitole

Principal

1/C Principal
Pune Vidyarthi Griha's
College of Science & Technology

Dr. Sunil Patil

Director,

Department of Students' Development
and Foreign Students' Advisor

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: 17/02/2023

No SW/ 56-2 of 20 23

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



Programme Schedule

- 09:00 a.m. to 09:30 a.m. Refreshment and Tea
- 09:30 a.m. to 10:00 a.m. Inaugural Ceremony
- 10:00 a.m. to 11:30 a.m. Session: 1
- 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.

Atul
./C Principal
Pune Vidya Prithi Griha's
College of Education & Technology



PUNE VIDYARTHI GRIHA'S

COLLEGE OF SCIENCE AND TECHNOLOGY

Affiliated to University of Mumbai

Date: 08-03-2023

Time: 9:30 AM

Attendance Sheet

Name of The Event/Activity: Self Defence Training Programme



SR.No	NAME	CLASS	SIGN
1.	Singh Shradha Rajesh -	FYIT	
2.	Arviya Annasaheb Patil -	FYIT	
3.	Shaikh Eram Shahbaz Ahmed -	FYIT	
4.	Ansari Mantasha Bano Mohd Latif -	FYB.COM	
5.	Tajne Aditi Dattaraj -	FYB.COM	
6.	Kewat Pooi Santoshi -	FYB.COM	
7.	Shalini Pallar -	FYB.COM	
8.	Anjali Kharbade	FYB.COM	
9.	Sakshi Nazendra Kambale	FYB.COM	
10.	Bhumi Sachin Pawar	FYB.COM	
11.	Ashwini Gupta -	FYCS(A)	
12.	Saloni Gravhane -	FYCS(A)	
13.	Vaishnavi Tanaji Somvarshi -	FYCS(B)	
14.	TABBASSUM SHAHEH -	FYCS(B)	
15.	Shambhavi Parichal	SYB.COM	
16.	Rutuja Patil	SYB.COM	
17.	Bhavana Mahesh Nayak	SYB.COM	
18.	Nikita Raju Nagare	SYB.COM	
19.	Megha Mangesh Salve -	SYCS	
20.	Shradha Prakash Gorav -	SYCS	
21.	Shruti Pawar -	SYBMS	
22.	Shweta M. Shete -	SYBMS	

A. N. K.
./C Principal
Pune Vidyarthi Griha's
College of Science & Technology



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COLLEGE OF SCIENCE AND TECHNOLOGY

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Date: 08-03-2023

Time: 9:30

Attendance Sheet

Name of The Event/Activity: Self Defence Training Programme



SR.No	NAME	CLASS	SIGN
23	Vaishnavi Bhilare ✓	SYBMS	Bhilare
24	Shraddha Gopale ✓	SYBMS	Gopale
25	sakshi Pophale ✓	SYBMS	Pophale
26	Vaishnavi Nirmal ✓	SYBMS	Nirmal
27	Prerna Shiade ✓	TYCS	Shiade
28	Komal Gornvale ✓	SYIT	Gornvale
29	Rachna Bhand ✓	SYBcom	Rachna Bhand
30	Tanvi Parab ✓	SYBcom	Ts Parab
31	Shital Kachare ✓	FYCS (A)	Shital
32	Namrata Gaikar ✓	FYCS (A)	Gaikar
33	Guddli Sahu ✓	FYCS (B)	Guddli
34	Kuchita Sathe ✓	FYCS (B)	Sathe
35	Ashwini Pyata ✓	SYBMS	Pyata
36	Prachi khansuli ✓	SYIT	Prachi
37	Harshada Ingle ✓	SYBMS	Ingle
38	Jivika shinde ✓	SYBMS	Jivika
39	seema Khandagale ✓	FYBcom	Seema
40	Aishwarya Kamble ✓	FYBcom	Aishwarya
41	Priyanka Kanogiya ✓	FYBcom	Priyanka
42	Ragini Nirmal ✓	FYIT	Ragini
43	Harshada Chile ✓	FYIT	Chile
44	Tejaswini Nagar ✓	FYIT	Tejaswini
45	Diksha Gamare ✓	SYIT	Diksha
46	Avantika Ghodke ✓	FYIT	Avantika
47	Ashwini Guggila ✓	FYIT	Ashwini
48	Kajal Dhyria ✓	CS	Kajal
49	Ankita Yadav ✓	CS	Ankita
50	Kauseri pal ✓	CS	Kauseri
51	Deepika Kanogiya ✓	CS	Deepika
52	Manavi Athar ✓	CS	Manavi

Achale
i/c Principal
Pune Vidyarthi Griha's
College of Science & Technology

University of Mumbai



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. Ragini Nirmal

(FYIT) 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.



[Signature]

Co-ordinator

[Signature]

Principal

University of Mumbai



Department of Students' Development, University of Mumbai and

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Workshop on Self Defense Training Programme

❖ Certificate of Participation ❖

*This is to certify that Ms. Shital Kachare
(F.Y.CS) 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.*



Sube

Co-ordinator

Achuthak

Principal

University of Mumbai



Department of Students' Development, University of Mumbai and

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Workshop on Self Defense Training Programme

❖ Certificate of Participation ❖

This is to certify that Ms. Vaishnavi Bhilare

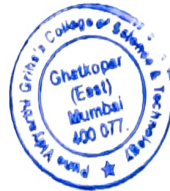
(SYBMS) has participated in Self Defense Training

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.



Shaba

Co-ordinator

A. R. Thakre

Principal