




**Jogeshwari Education Society's  
JES COLLEGE OF COMMERCE,  
SCIENCE & INFORMATION TECHNOLOGY  
(AFFILIATED TO MUMBAI UNIVERSITY)**

**Activity Report**

IQAC Document No.	
Association/ Department/ Cell:	Women Development Cell
Event/Theme of event:	Self-defence workshop
Event Committee In-charge:	Ms. Tejswini Parab
Spokesperson/ Collaborative agency:	-
Date/ Time:	6 <sup>th</sup> December, 2018
Venue/Platform:	JES College Ground
Objective:	<ol style="list-style-type: none"><li>1. To educate the girl students about the different types of violence against them</li><li>2. To provide knowledge about the different tips of self-protection to keep in mind in different situations.</li><li>3. To show case and give demo on different self-defence techniques.</li></ol>
Outcome:	<ol style="list-style-type: none"><li>1. The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.</li><li>2. The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.</li></ol>
Target Audience:	100
No. of Beneficiaries:	70
Feedback:	Girl students find this workshop useful.



  
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JOGESHWARI EDUCATION SOCIETY'S  
COLLEGE OF COMMERCE SCIENCE  
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Caves Road, Jogeshwari (E), Mumbai-400 060.



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## NOTICE

All the degree college girl students are hereby informed that, Women Development Cell (WDC) is organising "Self Defence" workshop in collaboration with Mission Sahasi team on the occasion of National Day of Remembrance and Action on Violence Against Women on 6<sup>th</sup> December, 2018.

Date: 6<sup>th</sup> December, 2018  
Time: 11:00 AM - 12:30 PM  
Venue: JES College Ground



*Tejswini*  
Tejswini Parab

Co-ordinator



*Prashant Shelar*  
Dr Prashant Shelar

*Prashant Shelar*  
Principal  
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**Attendance Sheet**

Sr. No	Class	Name of the Student	Signature
1	Sy.Bcom.A.	Taiba Memon.	
2	Sy.com.B.	S.K. Meskan	
3	Sy.Bcom.B.	Darshana Waghare	
4	Sy.Bcom.B.	Rohini Tokur	
5	S.Y.Bcom.A	Shruti S. Kurew	
6	S.Y.Bcom.A	Kajal Deshpande	
7	S.Y.Bcom.B	Kalpana J. Dalvi	
8	S.Y.Bcom.A	Deepika A. Mishra.	
9	S.Y.Bcom.A	Poonam Jadhav	
10	FYBAF	Shaikh Tahira	
11	FYBAF	Amruta Adkewale	
12	FYBAF	Dikshita Salgoankar	
13	FYBAF	Purva Tawde	
14	FYBAF	URITA DARWANT	
15	SyBcom	Jyanyia Theras	
16	SyBcom	NEHA YADAV	
17	SyBcom	Preeti Gupta	
18	SyBcom	Shatma Artuli J. P.	
19	SyBcom	Arwa. A. Sarambha	



**P. S. Shelkar**  
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20	FYBAF	Prerana MARUH Vichare	<u>Pr</u>
21	FYBAF	Megha.P. Parmar	<u>mea</u>
22	FYBAF	Vaishnavi.V. Nakashe	<u>V.V.N</u>
23	FYBAF	Arati.Y. Devekare	<u>Ar</u>
24	FYBAF	Pratiksha.C. Terekar	<u>Prate</u>
25	FYBAF	Khushi Surana	<u>Kuz</u>
26	FYBAF	Khan Nida	<u>K.Nida</u>
27	FYBAF	Pratiksha.R. Chavhan	<u>Pr</u>
28	Sy.Bcom.B	Bharti.S. Sawant	<u>Bharti</u>
29	S.Y.BcomB	Prigyan gupta	<u>Prigyan</u>
30	S.Y.BcomB	Taraneem Bamzavala	<u>Taraneem</u>
31	S.Y.Bcom.A	Tanya Jachav	<u>Tanya Jachav</u>
32	S.Y.BcomB	Sejal. Veer	<u>Sejal</u>
33	Sy.BcomB	Aarti P. Vekar	<u>Aarti</u>
34	Sy.Bcom.B	Kranti R. Savare	<u>Kranti</u>
35	S.Y.Bcom.A	URMILA WALAVALKAR	<u>Urmila</u>
36	S.Y.Bcom.A	Akshata Anil Kasar	<u>Akshata</u>
37	S.Y.BcomB	Anuradha.R. Jaiswal	<u>Anuradha</u>
38	S.Y.BcomA	Jyoti Mahargavakar	<u>Jyoti</u>
39	S.Y.Bcom.B	ROHINI RANE	<u>Rohini</u>
40	S.Y.BcomA	<del>Pratiksha</del> Pratiksha. Kesare	<u>Pratiksha</u>
41	Fy.BcomB	Nikita Kumbhar	<u>Nikita</u>
42	Fy.BcomA	Soloni Warte	<u>Soloni</u>



Rachel  
PRINCIPAL

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43	SYBCom	Neha Damodar Gupta	<del>Nehal</del>
44	SYBCom	Tyoti Sanjay Padwal	<del>Smita</del>
45	SYBCom	NEHA Gupta	<del>Neha</del>
46	SYBCom	Neeraj Shirin	<del>Dhruvi</del>
47	SYBCom	Bi Bi Ayesha Tajwar Shaikh	<del>Aishwariya</del>
48	SYBCom	Parisha Agrawal	<del>Tarush</del>
49	SYBCom	Laxmi Kanhiya Mawra	<del>Vishal</del>
50	SYBCom	Nisha Deepak Kule	<del>Wahid</del>
51	SYBCom	Munika B. Gaud	<del>Mahesh</del>
52	SYBCom	Rashmin Abnar Kurai	<del>Ramesh</del>
53	SYBCom	Mayuri Ashok Shingon	<del>Shigam</del>
54	SYBCom	Suadarshan Kalambe	<del>Sushree</del>
55	SYBCom	Yash Mestry	<del>Yash</del>
56	SYBCom	Mitali Nachankar	<del>Vikas</del>
57	SYBCom	Vikas Wanivadekar	<del>Jeet</del>
58	SYBCom	Jeet Khushwa	<del>Jeet</del>
59	SYBCom	Ashmita Bidlani	<del>Ashmita</del>
60	SYBCom	Kiran Pandey	<del>Kiran</del>
61	SYBCom	Pratibha Suryavanshi	<del>Pratibha</del>
62	SYBCom	Anita Vishwakarma	<del>Anita</del>
63	SYBCom	Smita Samawanshi	<del>Smita</del>
64	SYBCom	Ansari Anam	<del>Ansari's</del>
65	SYBCom	Kavita Sharma	<del>Kavita</del>
66	SYBCom	Ansari Shirinila	<del>Ansari</del>
67	SYBCom	Disha Desai	<del>Disha</del>
68	SYBCom	Kiran Pandey	<del>Kiran</del>
69	SYBCom	Priyanka Sutar	<del>Priyanka</del>
70	SYBCom	Shaikh Shaista	<del>Shaista</del>
71			
72			
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74			
75			
76			
77			



Rashmi  
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## Self Defence Workshop Report



*P. Shelar*

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## **Self Defence Workshop Report**

On 6<sup>th</sup> December, 2018, Women Development Cell (WDC) department of JES College organized self-defence workshop for girl student on the occasion of National Day of Remembrance and Action on Violence Against Women. Total 70 students participated in this workshop. This workshop was conducted by Mission Sahasi team. Ms Shobha Kaire, Mr Vitthal Parab, Mr Adarsh Biradar and Mr Prem Tiwari were part of Mission Sahasi team. This team showed our girls skill of self-defence and demonstrated few move and steps to self-guard themselves. It is also decided that our teachers would guide our students from time to time and giving new ideas.



*P. K. Kulkarni*

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