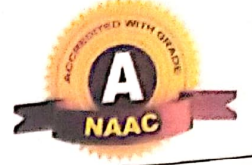


Kamala Education Society's
Pratibha College of Commerce and Computer Studies

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Chinchwad, Pune-411019.

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Azadi Ka
Amrit Mahotsav

- Govt. of Maharashtra & Savitribai Phule Pune University Recognized Minority Institute
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 - Reg. No. PU/PN/BBA, BCA BFT/280/2007
 - UGC – 2(f) and 12(B) Status
 - NAAC accredited College with 'A' Grade
- www.pcccs.org.in pccs@pratibhagroup.org.in +91 - 8600100942 /8600100945



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Report of Workshop on Awareness of Nasha Mukti and Safety Training.

Anti-sexual Harassment Committee and Gender Sensitization Committee on Gender Equality, Gender Sensitization and Nasha Mukti Bharat Abhiyan of Pratibha College of Commerce and Computer Studies Chinchwad Pune was organized a Workshop on 'Awareness of Nasha Mukti and Safety Training' on 26th December 2024 at 10.00am in PIBM Auditorium.

Mr. Santosh Mhatre, Founder President of Aryan's Martial Arts and his team members Kartik Wagh, Aditya Shirasath and Manish Mhatre were the resource person for the workshop. It was for 2 hours duration. The chief guest Mr. Santosh Mhatre was speaker, he motivated our college students with his knowledge and guidance on the Addiction and Prevention of addiction during the session. After encouraging session, they started live training skills. 140 students were attended and benefited out of this workshop. He covered the following points during the workshop.

1. Introduction to Self-Defense:

- The workshop began with an introduction to self-defense principles, focusing on situational awareness and awareness of addiction how can we prevent from these addictions and stay healthy.
- Participants were briefed on the importance of staying calm and how avoiding dangerous situations which is best defense itself.
- of warm-up exercises to prepare the participants physically for the practical drills. This included stretches and basic body exercises.

2. Warm-up and Physical Conditioning:

- The trainer led a series of warm-up exercises to prepare the participants physically for the practical drills. This included stretches and basic body movements.

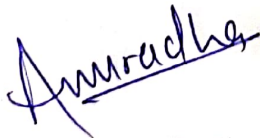


3. Basic Self-Defense Techniques:

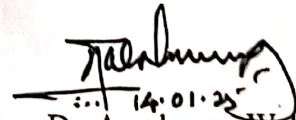
- Participants were taught fundamental techniques, including:
 - How to break free from wrist grabs and chokes.
 - Effective strikes to sensitive areas like the eyes, groin, and throat.
 - Defending against attackers from different angles and directions.
 - Escaping from holds and controlling the attacker's movement.

4. Outcomes and Motivation:

1. Students developed a sense of confidence in their ability to handle dangerous situations. This confidence translates to feeling more secure in daily life.
2. Students have built up strength, endurance, flexibility, and overall fitness.
3. Participants improve their health while learning valuable skills.
4. One of the primary aspects of self-defence is situational awareness. Participants have learn how to assess and respond to potential threats, making them more alert and proactive in preventing dangerous situations.
5. Students learn specific, actionable techniques that can be used to defend themselves in various scenarios. This includes physical techniques like strikes, holds, and escapes, as well as mental strategies for de-escalating a situation.



Dr. Anuradha Ghodke
Convenor



Dr. Arunkumar Walunj
Principal



**PRATIBHA COLLEGE OF
COMMERCE & COMPUTER STUDIES,
CHINCHWAD, PUNE - 411019.**

Pictures of the Workshop on Awareness of Nasha Mukti and Safety training.



Inauguration of the workshop with Lamp lighting and Sarswati Pujan

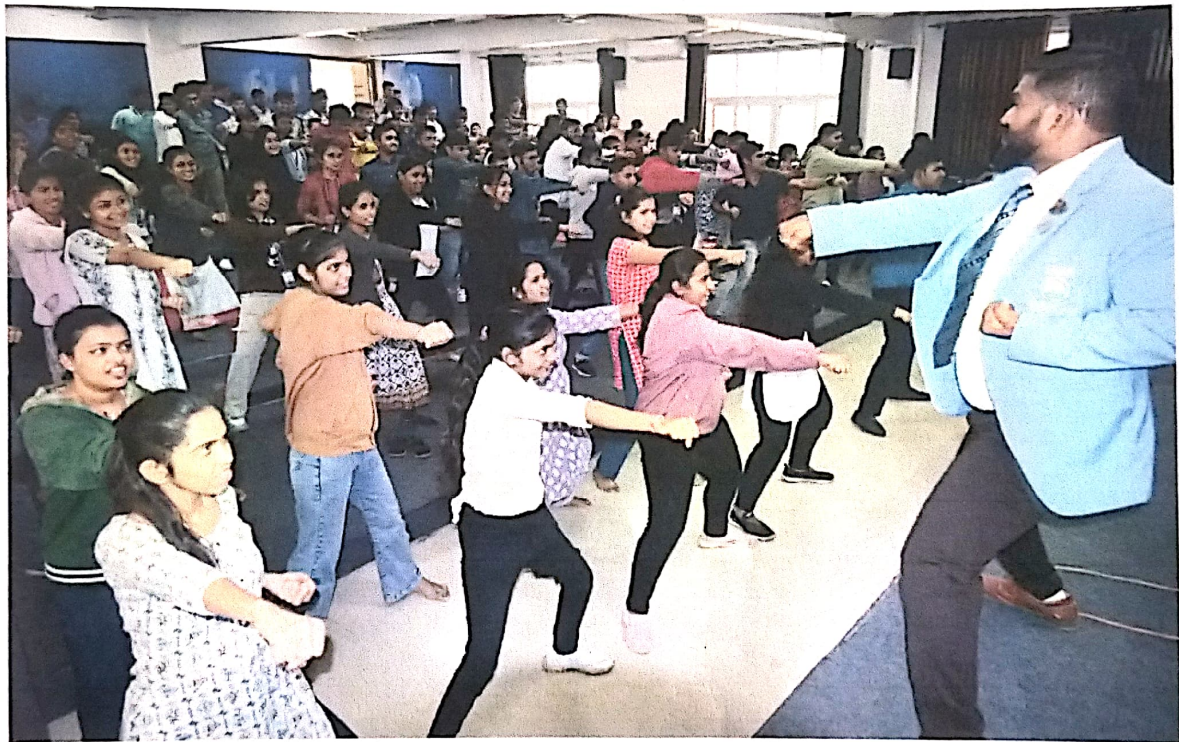


Group Photo with Mr. Santosh Mhatre Sir and his trainers withll committee members and students participants





Mr. Santosh Mhatre Sir addressing to the students



Demonstration of safety drills to students

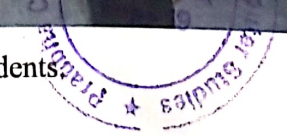




Students practicing the drills



Mr. Santosh Mhatre Sir demonstrating drills to the students.



KAMALA EDUCATION SOCIETY'S
PRATIBHA COLLEGE OF COMMERCE & COMPUTER STUDIES
Anti-Sexual Harassment Committee

Attendance sheet

Workshop on Awareness of Nasha Mukti and Safty Training

Date: 26/12/24

Guest Speaker: Mr. Santosh Mhatre

Sr.No	Name of Student	Class	Signature
1	Vikas M Yadav	FY CDS	Vikas
2	Govind Choudhary	FY CDS	Govind
3	Dhiraj Patwan	FY CDS	Dhiraj
4	Manuresh Wagh	FY CDS	Manuresh
5	Utkarsh Munde (Roll no. 009)	FY CDS	Utkarsh
6	Vishnu Satheesh	FY CDS	Vishnu
7	Yash Pardeshi	FY CDS	Yash
8	Ayush Gaud	FY CDS	Ayush
9	Harshvardhan Kamble	FY BCS	Harsh
10	Raj Gaikwad	FY BSC.	Raj
11	Gaurav. Gudhate	FY BSC	Gaurav
12	Piyush Patil	Sy CDS	Piyush
13	Yash Junawane	-U-	Yash
14	Kanan Bhadala	-U-	Kanan
15	Asif Sah	-U-	Asif
16	Avinash Kumar	-U-	Avinash
17	Sachchidanand Yadav	-U-	Sachin
18	SHRIVAN S. NANAVARE	-U-	Shravan
19	Swapnil S Singh	-U-	Swapnil
20	Ganesh hosmani	Sy BBA (reg)	Ganesh
21	Tejshri Bhamare	FY BSC (CS)	Tejshri
22	Deena Pal	FY BSC (CS)	Deena
23	Ummehayman Gazi	FY BSC (CS)	Ummehayman
24	Divya Bamankar	FY BSC (CS)	Divya
25	Snehal Bendre	-U-	Snehal
26	Shivani Pharade	-U-	Shivani
27	Amruta Sundar	FY BSC CS	Amruta
28	Bhavika Gupta	FY BSC CS	Bhavika
29	Sadaf. M. Shaikh	FY BSC CS	Sadaf
30	Giatri Godekar	FY BSC CS	Giatri
31	Saurabh Bawaskar	FY BSC CS	Saurabh
32	Sabil Nair	FY BSC CS	Sabil
33	Sohamraje Kadam	FY BSC CS	Sohamraje
34	Karan Chughan	FY BSC CS	Karan
35	shreyas shirke	Sy BSC CS	Shreyas
36	shru ti Pawar	Sy BSC (CS)	Shru ti
37	Amruta Bharate	-U-	Amruta
38	Payal morethe	-U-	Payal



Kamal Education Society's
Pratibha College of Commerce and Computer Studies
Attendance Sheet and Feedback for Guest Lecture
Workshop on Awareness of Nasha Mukti and Safety Training
Guest Speaker: Mr. Santosh Mhatre

Date: 26/12/2024

Time : 10.00-12.00

Mark your Feedback according to following points

5=Excellent , 4=Very Good , 3= Good, 2 Average, 1=Poor

Sr No	Name	Class	Presentation (5)	Understanding (5)	Content (5)	Learning Outcome (5)	Sign
1	Milind Patil ST	CDS	5	4	5	4	[Signature]
2	Ashutosh Nikude	CDS	4	5	5	5	[Signature]
3	Saurabh S.	CDS	4	4	4	5	[Signature]
4	Aakash N	CDS	5	5	5	5	[Signature]
5	Chaitanya G.	CDS	3	4	2	4	[Signature]
6	Rohan G.	CDS	1	2	4	5	
7	Samresh Nilam	BBA	3	2	3	3	[Signature]
8	Shreya Pisal	BBA	5	5	5	5	[Signature]
9	Kiran Singh	BBA	3	5	4	5	[Signature]
10	Kadambhari C. Chaitany	CDS	4	5	4	5	[Signature]
11	Sameeksha Jadhav	CDS	4	4	3	5	[Signature]
12	Vaishali Zende	CDS	5	5	5	5	[Signature]
13	Katishma Thakare	CDS	4	4	5	5	[Signature]
14	Monali Waghmare	CDS	4	4	5	3	[Signature]
15	Bhargavi Hargawane	CDS	5	5	5	5	[Signature]
16	Tanhari Chaudhari	CDS	4	5	4	4	[Signature]
17	Aaliya Shaikh	CDS	4	4	3	5	[Signature]
18	Laxanya Mahajan	CDS	5	4	4	5	[Signature]
19	Sudhanva Bozole	CDS	5	4	5	4	[Signature]
20	Umme Ayman Gazi	CS	4	4	4	5	[Signature]
21	Trupti Bhamare	CS	5	4	4	4	[Signature]
22	Deepa Pal	CS	5	5	5	5	[Signature]
23	Divya Bamanekar	CS	4	4	5	5	[Signature]
24	Snehal Bedare	CS	4	5	4	5	[Signature]



