

Kamala Education Society's

Pratibha College of Commerce and Computer Studies



Chinchwad, Pune-411019.



Savitribai Phule Pune University

UGC – 2(f) and 12(B) Status

Reg. No. PU/PN/BBA, BCA BFT/280/2007



Amrit Mahotsav

Dr. A. K. Walunj

www.pcccs.org.in

M.Sc., P.G.D.C.A., M. Phil., Ph. D. (Electronics)

Principal

Mob. No. +91– 9822194957 drakwalunj@pratibhagroup.org.in

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 Mukt 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.
- o 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.
- Students have built up strength, endurance, flexibility, and overall fitness.
- 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.

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Annadha Dr. Anuradha Ghodke Convenor

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

Dr. Arunkumar

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



KAMALA EDUCATION SOCITEY'S PRATIBHA COLLEGE OF COMMERCE & COMPUTER STUDIES

Anti-Sexual Harassment Committee

Attendance sheet

Workshop on Awarness of Nasha Muktiand Saftey Training

Date: 26/12/24

Guest Speaker: Mr. Santosh Mhatre

Sr.No	Name of Student	Class	Signature
	Vikas M Yadav	FYCDS	likas
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4	Maurresh Wash	FYCDS	Jayresh
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7	Yash Pardeshi	FY COS	30
8	Ayush Good	FY CDS	Story
9.	Harshvarthan Kamble	FY BCS	the
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29	Sadg. M. Shaikh	FYBSCU	Satol
30	Grazini Todekar	FHBSCS	
31	Sarrabh Bawaskar	FYBSC CC	Carrillo -
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33	Schamrait Kadam	FY BSC CS	SAKADARD
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Kamal Education Society's

Pratibha College of Commerce and Computer Studies Attendance Sheet and Feedback for Guest Lecture Vorkshop on Assertions of Nacha Multipud Saftey Training

Workshop on Awarness of Nasha Muktiand Saftey 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)	Understa nding (5)	Content (5)	Learning Outcome (5)	Sign	
1	Milind Patil ST	CDS	5	4	5	4-	ARTY	
2	Ashutash Nikude	CDS	4.	5	5	5	आश्ट	
3	Sayrabh S.	CDS	4	4	4	5	श्रीप्थ	
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7	Samesh Millam	BBA	3	2	3	3	Suy	
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9	Kitan Singh	BBA	3	5	4	5	Tomo	
10	Kadlambori . C. Chaitany	CDS	4	5	4	5	Brus	
11	Sameeksha Jadhar	CDS	9	4	3	5	polloy,	
12	Vaishali zende	CNS	5	5	5	5	Lenge	
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9)	Roza Haidrabahe	cs	5	5	5	9	Rozert
3)	Shivani Kurahade	CS	9	4	9	9	Shirani
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