SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

Approved by Goverment of Maharashtra & Affiliated to University of Mumbai

Women Development Cell & Sports Committee

Organizes a Training Session on

SELF DEFENSE TECHNIQUES

TRAINER /RESOURCE PERSON

Ms. Jyoti Singh

(Alumini - SLRTDC)

- National Award Winner in *SHOTOKAM KARATE* .
- Gold Medalist in Karate .
- Bronze Medalist in Kick Boxing .

zoom & YouTube

23rd SEPTEMBER 2021 | THURSDAY | 08:30 am onwards

ASST.PROF. SAFURA PATEL	ASST.PROF. NARAYAN PARAB	DR.SANJAY MISHRA
WDC CO-ORDINATOR	SPORTS CO-ORDINATOR	PRINCIPAL

- Affiliated to University of Mumbai & Approved by Govt. of Maharashtra
Shree L.R. Tiwari Educational Campus, Mira Road (E),Thane-401107, Maharashtra

Date: 17th September, 2021

NOTICE

This is to inform all that Women Development Cell is organising a training session on "Self Defence Techniques" on 23rd September 2021. All the students are directed to join the session.

Students need to register by following link:

http://forms.gle/95tSdX8xgpb3G1eM7

Mira Road (East)

I/C PRINCIPAL
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Mira Road (East), Thane - 401 107.

Asst. Prof. Safura Patel

Women Development and Gender Sensitization Cell

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PIONEERING EDUCATION SINCE 1992

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21st September, 2021

Report on "Self Defense Techniques session"

Self Defense Techniques Training session was organized by Sports committee and Women Development Cell for all department student on 23rd September 2021 at 8:30 a.m. in room no 102 at college premises. Asst. Prof. Daksha Chaudhary introduce and welcomed the trainer Miss Jyoti singh (National Shotokon Karate Champion, Kickboxer Medalist and alumni of the college) Ms. Jyoti Singh demonstrated self-defense techniques to the girls. Ms.Jyoti made the girls to practice the techniques. Jyoti spoke about the importance of self-defense in today's world. 11 girls were present for this live demonstration while 89 students were present online. Sports Committee Convener Asst Prof. Narayan Parab proposed vote of thanks and marked the end of the session at 9.30 am.

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. Mira Road (East)

Asst. Prof. Safura Patel

Women Development and Gender Sensitization Cell

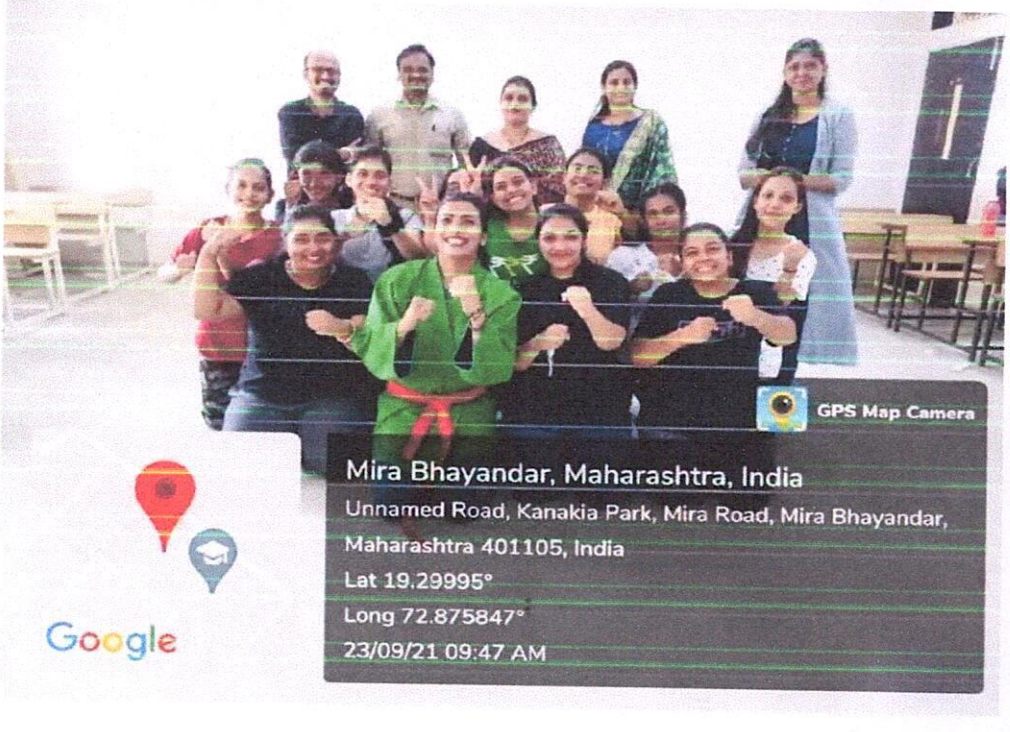
Dr. Sanjay G. Mishra

I/C PRINCIPAL

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.

Mira Road (East), Thane - 401 107.

I/C Principal



Mira Road (East)

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Attendance for Training session on - Self Defense Techniques

Venue: Shree L. R. Tiwari Degree College
Date: 22nd Sep, 2021

Time: 8.30 Am

Name of Student	Stream	Contact number	Sign
Sweety Jha	SYBMS	9321377184	
Garima Tiwari	SYBMS	7991944991	
Priyanka Chaudhari	SYBMS	9082321185	
Trisha Dubey	SYBAMMC	7200941841	
Pashmi Jha	TYBMS	9506089646	
Shruti Rai	TYBMS	7045987044	
Vaishnavi Shinde	TYBMS	8108915281	
Chauhan Krishna	TYBAF	9930442174	
Siddhi Shah	TYBMS	9757305032	
Yukta Jha	SYBCom	9326888072	
Neha Upadhyay	SYBCom	9867706723	

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