



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

DATE: 1ST July, 2023

NOTICE

NSS Unit of Ramniranjan Jhunjhunwala College is organising a session at Mantralaya Veermata Jijabai Self Defence session on Monday; 3rd July, 2023.

The program will be conducted at 2:00PM-5:00PM at Mantralaya CSMT.

All are cordially invited.


NSS PO




Dr. Himanshu Dawda
PRINCIPAL

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FLYER



महाराष्ट्र शासन



महिला व बालविकास विभाग, आयोजित



राजमाता जिजाबाई

युवती स्वसंरक्षण प्रशिक्षण कार्यक्रम

- सहयोगी संस्था •
- भारतीय स्त्री शक्ति
- विद्यार्थी निधी ट्रस्ट
- राज्यातील सर्व विद्यापीठे



मंगल प्रभात लोढा

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Report

Name Of the Event: Rajmata Jijau Yuvati Self-Defence Workshop for Girls

Day And Date : 3rd July 2023 Monday

Time: 2:00 PM to 5:00PM

Venue: Mantralaya Mumbai

Organised by: - Mahila Bal Vikas Vibhag is Organized a Rajmata Jijau Yuvati Self-Defence Workshop for Girls In collaboration with Bhartiya Stree Shakti, Vidyarthi Nidhi Trust and Rajyatil servo Vidyapeeth.

Number Of Participants: 5 Volunteers

Objective Of the Activity: The Rajmata Jijau Yuvati Self-Defence Workshop for Girls, scheduled for July 3, 2023, aims to empower young women with essential self-defense skills. Taking place at Mantralaya Mumbai from 2:00 PM to 5:00 PM, the event focuses on fostering confidence, resilience, and personal safety.

SDG Goal : This event is in accordance with the 3rd and 5th sustainable development goals of the United Nations that are Good Health, well-being and Gender Equality respectively.

Brief Description: The "Rajmata Jijau Yuvati Self-Defence Workshop for Girls" scheduled for July 3, 2023, at Mantralaya Mumbai From 2:00 PM to 5:00 PM. Five volunteers gone from RJ College names are Ms. Sakshi Mishra, Ms. Deepti Singh, Ms. Aishwarya Patil, Ms. Nishtha Yadav and Ms. Sushmita Uniyal. Our guest Adah Sharma came and gave his introduction. And also, Trainer sir gave a speech for girl's safety and shared some information and some incidents with girls about what things happen on the road. And also told that girls have the opportunity to learn essential self-defense skills under Adah Sharma's guidance. As a passionate advocate for women's empowerment, Adah brings both expertise and inspiration to the workshop.

Her involvement underscores the importance of imparting self-defense knowledge to girls, fostering confidence, and addressing issues related to women's safety. Participants can expect an engaging and informative session that not only equips them with practical self-defense techniques but also encourages a mindset of strength, resilience, and self-reliance in the face of potential challenges.

The event aligns with broader efforts to promote gender equality and create a safer environment for women. The session ended with some good and essential lessons which we all volunteers carry for life long .

Outcome Of The Event The "Rajmata Jijau Yuvati Self-Defence Workshop for Girls" speaker Adah Sharma aims to empower practical self-defense skills. The outcome includes enhanced confidence, resilience, and a heightened sense of personal safety.




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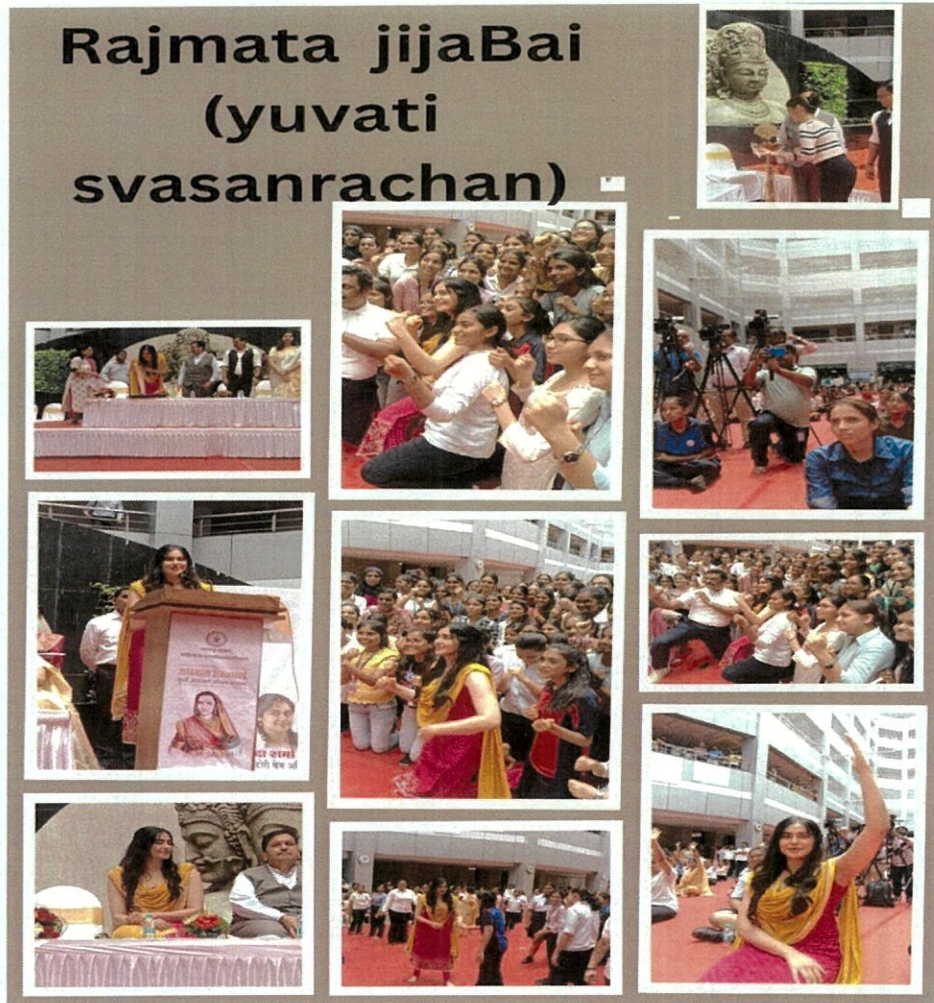
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Photos of the Veermata Jijabai Self Defense Session in collaboration with Bhartiye Stree Shakti 03/07/2023



Chief Guest Ms. Adah Sharma guided girl students on ways in which they can protect themselves.




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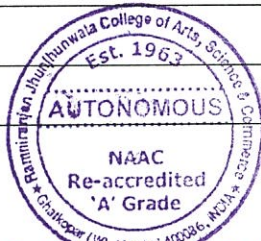
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NAME OF THE SESSION: University Level Self Defense
Workshop for Girls

Day: Monday Date: 3/07/2023 Time: 2:00 pm - 5:00 pm

Attendance

Sr. No	Name	Class	Roll No	Signature
1.	Aishwarya Patil	SYBT	4107	
2.	Nishtha Yadav	SYBAMMC	2111	
3.	Sakshi Tiwari	SYBT	4123	
4.	Sushmita Uniyal	SYBAF	9147	
5.	Deepthi Singh	SYBAMMC	2108	



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Certificate




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