



Nagar Yuwak Shikshan Sanstha Airoli
NEW HORIZON COLLEGE OF COMMERCE

Plot No.5, Sector -13, Airoli, Navi Mumbai 400 708.

Phone: 91 22 20871721

AFFILIATED TO UNIVERSITY OF MUMBAI

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(University Affiliation No. Aff./Recog - I/2049 of 2011 dated 06.05.2011)

Workshop International Yoga Day organized By
Women's Development Cell in Year 2018-19

Venue:-Room No. 109

Date:-21st June 2018

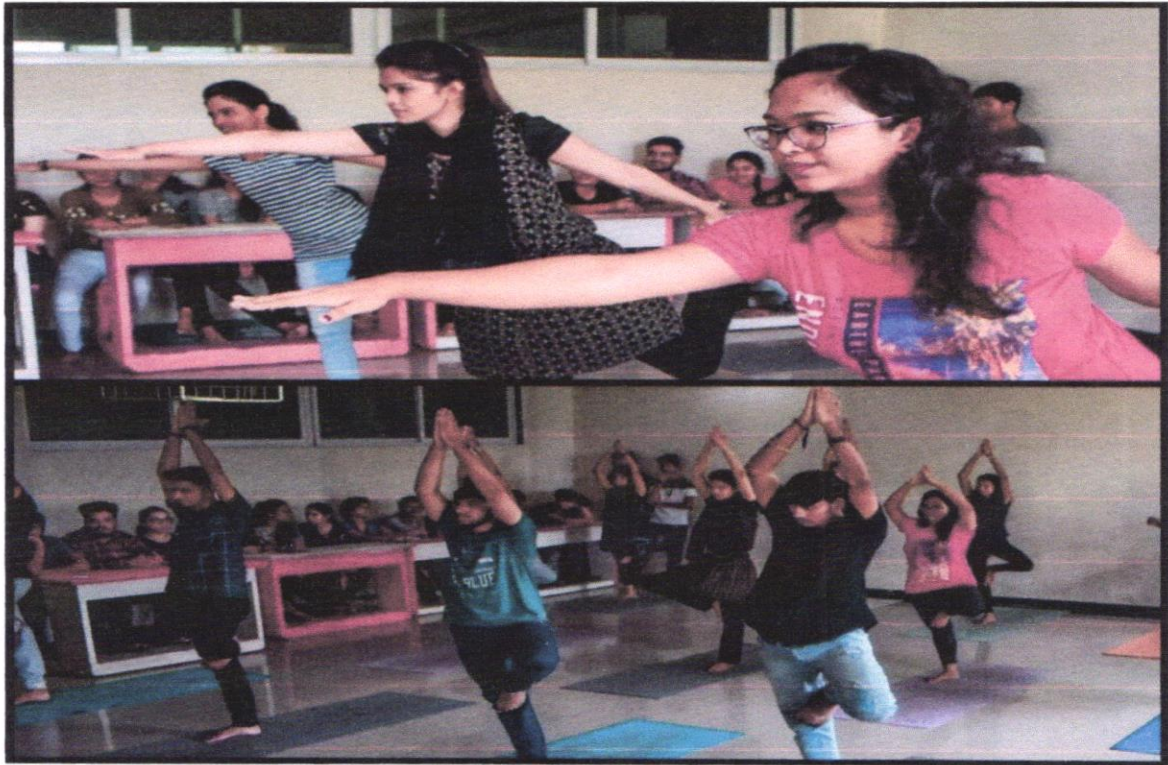
Time:- 10.00AM to 11.00AM

No of Students Participated:-25

Beneficiary :- Students

Name of Speaker :-Mrs.Preeti Singh

Name of the Committee :-WDC



International Yoga day is celebrated annually on June 21st since inception in 2015 It aims to raise awareness about the benefits of yoga for raise awareness about the benefits of yoga for physical, mental, and spiritual well-being. The day typically includes various events worldwide, such as yoga sessions highlighting the importance of yoga in promoting a healthier lifestyle . Yoga Day emphasizes the ancient practice's universal appeal and its potential to foster harmony and peace among individuals and communities globally.Total 25 Students and some Faculty members participated in this activity.

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Committee In- Charge



Pankaj

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Preeti Singh

I/C Principal

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WORKSHOP ON INTERNATIONAL YOGA DAY
ORGANIZED BY SPORTS COMMITTEE 2019-20

Venue:-Room No. 109

Date:-21st June 2019

Time:- 11.00AM to 12.00 PM

No of Students Participated:-22

Beneficiary:- Students

Name Of Speaker:-Ms.Carol Levi.

Name of the Committee :-Sports Committee



Seminar on International Yoga day organized by Sports Committee on 21/06/2019 at 11.00am in Room No 109 first floor . The Resource person of the event was Ms. Carol Levi. And 22 students were actively participated . Every Year College celebrates International Yoga Day. Yoga is a physical, mental and spiritual practice which originated in ancient India. Along with Students, our Faculty have also actively Participated in this Activity.

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Committee In- Charge



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Online Workshop on International Yoga Day organized By
Sports Committee in Year 2020-21


Venue:-Google Meet
Date:-21st June 2020
Time:-10.00AM to 11.00AM
No of Students Participated:-20

Beneficiary:- Students
Name of Speaker:- Mrs. Maya Davhade &
Mrs. Rupali Ghogale
Name of the Committee:-Sports Committee




International Yoga day is celebrated annually on June 21st every year. Sports Committee organized workshop on 21st June 2020 at 10.00 am and 20 student participated on Google Meet. It aims to raise awareness about the benefits of yoga for raise awareness about the benefits of yoga for physical, mental, and spiritual well-being. Yoga Day emphasizes the ancient practice's universal appeal and its potential to foster harmony and peace among individuals and communities globally. Total 35 Students and Faculty members have participated in this activity.


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Online Session on International Yoga Day organized By
Sports Committee 2021-22

Venue:-Google Meet

Date:-21st June 2021

Time:- 11.00 AM to 12.00 PM

No of Students Participated:-45

Beneficiary :- Students

Name of Speaker :-Mrs. Preeti Singh


Name of the Committee :-Sports Committee



Online Session of Yoga organized by Sports Committee on 21/06/2021 on Google Meet at 11.00 am were more than 45 students actively participated in the Session. International Yoga day is celebrated every year. Speaker Mrs. Preeti Singh shared that Yoga is a physical, mental and spiritual practice which originated in ancient India. Along with Students have actively Participated in this Activity.

Note:- College took session online and students and their parents response was outstanding. Attendance of the session was not recorded.


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**Workshop on International Yoga Day organized by
Sports Committee 2022-23**

Venue:-Room No. 109

Date:-21st June 2022

Time:- 11.00AM to 12.00PM

No of Students Participated:-29

Beneficiary :- Students

Name Of Speaker:-Mrs.Preeti Singh & Dr.Deepa Nair

Name of the Committee :-Sports Committee



A Workshop on International Yoga day organized by sports committee of New Horizon College of Commerce on date 21/06/2022 at 11.00AM at Room No 109 .The Speaker of the Workshop was Mrs. Preeti and Dr.Deepa ,Total 29 students were present and took the benefit of the session . She spoke why yoga is necessary in our day to day life. Yoga Instructor showed some Yogasan and its benefit. Also she explained the diet for healthy living and being energetic.

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Committee In- Charge



Pankaj
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SELF DEFENCE WORKSHOP FOR WOMEN'S ORGANIZED BY WDC IN YEAR

2018-19

Venue:-Room No 107

Date :- 08.03.2019

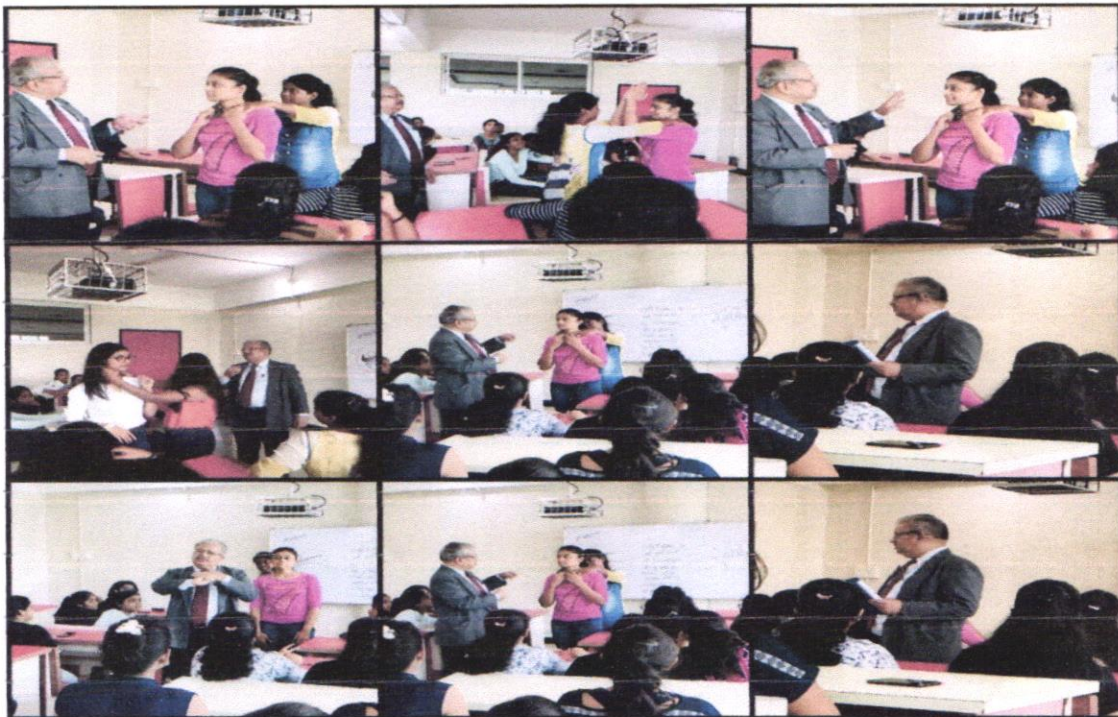
Time:- 10.00AM to 11.00PM

No of Participants :- 48 Girls student

Beneficiary :- Students

Name of Speaker :-I/C Principal R.K.Varma

Name of the Committee :- WDC




A Workshop on Self Defence organized by Women's Development Committee on 08/03/2019 at 10.00AM in Room No107 first floor . The Defence Instructor was I/C Principal Mr. R. K. Varma . Total 48 Girl students participated in this workshop. The session includes :-


Introduction:

The self-defence workshop aimed to empower participants with practical skills and knowledge to protect themselves in various situations. Led by experienced instructors, the workshop covered essential techniques, awareness strategies, and mindset preparation.


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Key Points Covered:

1. Awareness and Prevention:

- Understanding potential threats and situational awareness.
- Techniques for avoiding confrontations and de-escalating conflicts.

2. Basic Self-Defence Techniques:

- Demonstrations and practice of fundamental strikes, blocks, and escapes.
- Focus on efficient use of body mechanics for maximum impact.

3. Physical Conditioning:

- Importance of physical fitness for self-defence readiness.
- Exercises and drills to improve strength, flexibility, and stamina.

4. Ground Defence and Grappling:

- Techniques for defending against attacks on the ground.
- Basic grappling maneuvers and escapes from holds.

5. Use of Everyday Objects for Defence:

- Creative utilization of common items for self-defence.
- Practical demonstrations and scenarios to reinforce learning.

6. Legal and Ethical Considerations:

- Discussion on the legal aspects of self-defence, including use of force.
- Emphasis on responsible and ethical behavior in self-defense situations.

Conclusion: The workshop provided participants with valuable skills, confidence, and awareness to protect themselves and others when facing potential threats. Continued practice and further training were encouraged to maintain proficiency and readiness in self-defence techniques.

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WORKSHOP ON SELF DEFENCE ORGANISED BY
WDC IN YEAR 2019-20

Venue:-NHCC Ground Floor

Date:-09.03.2020

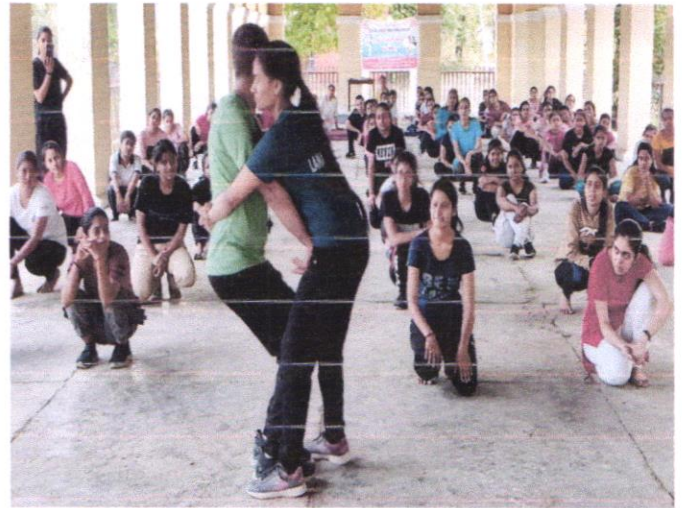
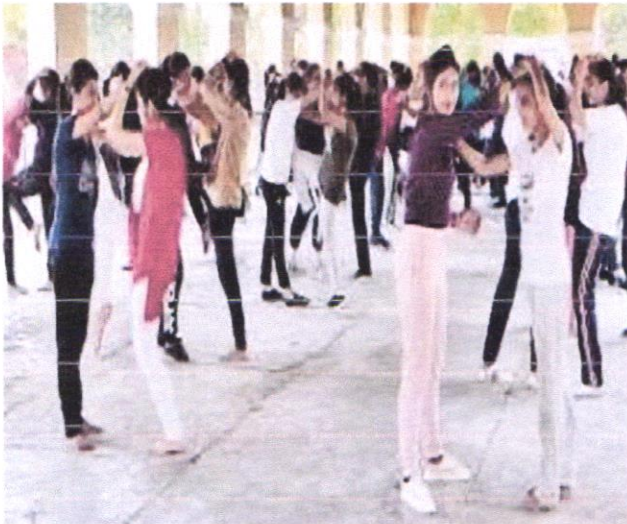
Time:-11.00AM to 12.00 PM

No of Students Participated:- 35

Beneficiary :- Students

Name of Speaker :-Ms. Archana Shirsagar

Name of the Committee :- WDC



A Seminar on Self Defence was organized by WDC on 09/03/ 2020 at 11.00AM and 35 students were participated in this workshop. The self-defense workshop covered techniques for personal safety, including situational awareness, basic strikes, and escapes from grabs. Participants practiced drills to build confidence and preparedness. Overall, it was an empowering session aimed at equipping individuals with practical skills for self-protection. equipping individuals with practical skills for self-protection. The speaker of the event was Ms. ArchanaShirsagar .

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Workshop on Entrepreneurship skill organized by CDC 2021-22

Venue:- Room No 109

Date:- 16.12.2021

Time:-11.00AM to 12.30 PM

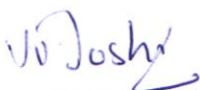
No of Students Participated:-32


Beneficiary :- Students

Name of the Committee :- CDC




The Workshop on Entrepreneurship organized by College Development Committee on 16/12/2021 at 11.00 AM in Room No 109 first floor were 32 students participated . Students introduced their idea with the help of food stalls. The workshop equips aspiring entrepreneurs with the knowledge and skills needed to navigate the journey from ideation to successful business operation. Participants will gain insights into idea generation, business planning, marketing strategies, financial management, and more. Through interactive sessions and practical exercises, attendees will learn how to turn their entrepreneurial dreams into reality.


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Workshop on Entrepreneurship skill Enhancement on 2022-23

Venue:-Room No.107

Date:-16.02.2023

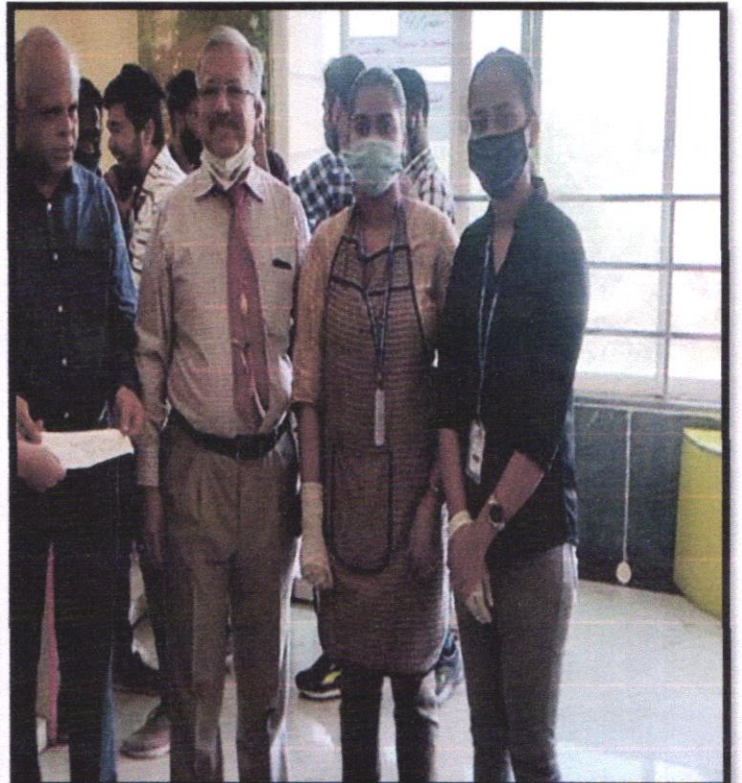
Time:-10.00 AM to 11.00 AM

No of Students Participated: - 35

Beneficiary: - Students

Name of Speaker: - I/C Principal Mr. R.K.Varma


Name of the Committee: - IQAC



A Workshop on Entrepreneurship Skill Enhancement organized by IQAC of New Horizon College of Commerce on Date 16/02/2023 at Room No 107 first floor. The Resource person of the workshop was **I/C Principal Mr.R.K.Varma**. Who has Guided students for the future prospect and also given their suggestions to the development of entrepreneurship skill . Many of our students have participated in this enhancement workshop and also present their skill and ideas with presentation of food stalls. which will help them for their future success and startups.


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