



**Nagar Yuwak Shikshan Sanstha Airoli**  
**NEW HORIZON COLLEGE OF COMMERCE**

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

Phone: 91 22 20871721

E-Mail: [nhims2011@gmail.com](mailto:nhims2011@gmail.com) / [enquiry@nhimsa.com](mailto:enquiry@nhimsa.com)

(University Affiliation No. Aff./Recog - 1/2049 of 2011 dated 06.05.2011)

**SECURITY GUARDS AT THE ENTRY POINT**



*Kaika*

**PRINCIPAL**

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**CCTV**



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## FIRE FIGHTING TOOLS



*Kamla*

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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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Committe In- Charge



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I/C Principal

New Horizon College of Commerce



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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 Womens 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.

*V.V. Joshi*

Committee In- Charge



*R.K. Varma*

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*R.K. Varma*

I/C Principal

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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-Defense 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-defense readiness.
- Exercises and drills to improve strength, flexibility, and stamina.

**4. Ground Defense and Grappling:**

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

**5. Use of Everyday Objects for Defense:**

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

**6. Legal and Ethical Considerations:**

- Discussion on the legal aspects of self-defense, 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-defense techniques.

V.V. Doshi

Committee In-Charge



Principal

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Principal

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**GIRLS COMMON ROOM**



**BOYS COMMON ROOM**



*Yanika*

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**Separate washroom for Male- Female & CCTV Cameras Surveillance**



*Janika*

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**SANITARY DISPOSAL BOX**



*Yanika*

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