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SECURITY GUARDS AT THE ENTRY POINT





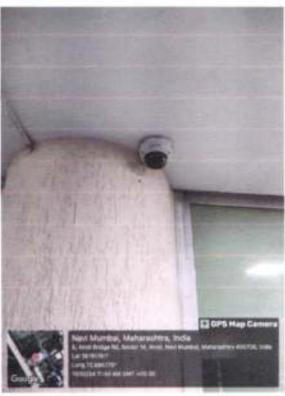
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CCTV







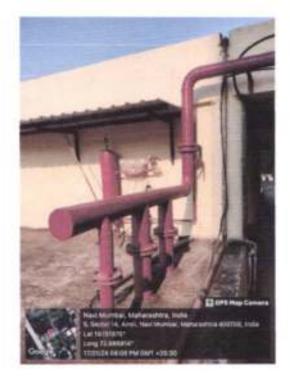
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Nagar Yuwak Shikshan Sanstha Airoli NEW HORIZON COLLEGE OF COMMERCE Plot No.5, Sector -13, Airoli, Navi Mumbai 400 708. Phone: 91 22 20871721 AFFILIATED TO UNIVERSITY OF MUMBAI

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FIRE FIGHTING TOOLS











PRINCIPAL New Horizon College of Commerce Plot # 5, Sector- 13, Airoli, NAVI MUMBAI 400 708,



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



PRINCIPAL New Horizon College of Commerce Plot # 5, Sector- 13, Airoli, NAVI MUMBAI 400 708.

/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.

Committe In- Charge



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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 Defence 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-defence 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.

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GIRLS COMMON ROOM



BOYS COMMON ROOM





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Separate washroom for Male- Female & CCTV Cameras Surveillance





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SANITORY DISPOSAL BOX





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