



Shree Lalal Education Society's (Regd.)

SHREE L. R. TIWARI COLLEGE OF ENGINEERING

Kanakia Park, Near Commissioner's Bungalow, Mira Road (East), Thane 401107, Maharashtra

(Approved by AICTE, Govt. of Maharashtra & Affiliated to University of Mumbai)

NAAC Accredited | ISO 9001:2015 Certified

Tel. No.: 022-28120144 | 022-28120145 | Email: slrtce@rahuleducation.com | Website: www.slrtce.in

RefNo: SLRTCE/WDC/19-20/5

Date: 17th Sept. 2019

ATTENTION

"Seminar on Women Safety for Female faculties and girl students"

We are pleased to inform you that, Women Development Cell is organizing a workshop on **"Martial arts for women's safety"** on 23rd September 2019 by Mr. Sushil Vanka. This workshop focuses on small training on different methods to perform martial arts and self-defense, thereby helping every women to develop high self-esteem and self-confidence. All the Female faculties and students are hereby informed to attend this guest lecture.

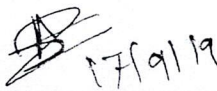
Details of the guest lecture are:

Date: 23rd September 2019

Time: 02:45 pm

Venue: Seminar hall

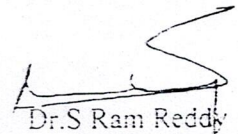



Mrs. Zainab Mizwan

WDC Convener




PRINCIPAL
Shree L. R. Tiwari College of Engineering
Kanakia Park, Mira Road (E).


Dr. S Ram Reddy

Principal

SHREE L.R.TIWARI COLLEGE OF ENGINEERING

Report on Seminar "Martial arts for women safety"

DATE: 23/09/2019

DURATION: 02:00 hours

VENUE: Seminar Hall, SLRTCE

ORGANIZED BY: WDC Cell

TARGETTED AUDIENCE: Female Faculties and Students

Description:

On 23rd September 2019, we conducted a seminar on "Martial arts for women safety" in the college. The seminar was conducted by **Mr. Sushil Vanka** (Martial Arts Trainer) invited from Rishikul Sports & Wellness LLP. The seminar was attended by our female faculties and students. The phrase 'Healthy lifestyle' is an abbreviated definition of how you should live if you want to get the healthiest body you can—one that both looks good and feels good. Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defense; military and law enforcement applications; competition; physical, mental and spiritual development; and entertainment or the preservation of a nation's intangible cultural heritage.

Motivation Given:


The seminar focused on small training on different methods to perform martial arts and self-defence, thereby helping every women to develop high self-esteem and self-confidence.

Outcomes of the Seminar:

- Students and faculties were aware with different techniques of self-defence.
- Encouraged to implement it whenever they required to protect themselves from difficult situation.

PHOTOGRAPHS:




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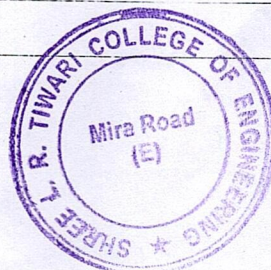
Women Development Cell

Seminar on "Martial arts for women's safety"

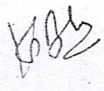

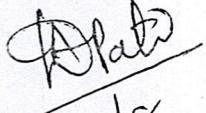
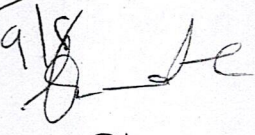

Attendance Sheet

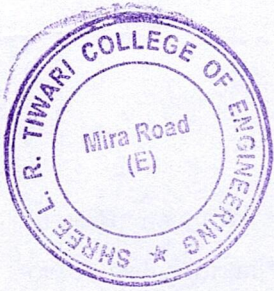
Date: 23/9/19

Sr.No	Name of the Student	Branch	Signature
1	Surabhi Rai	SE-IT	Surabhi
2	Sonali Mamidipaka	TE-CMPN	Sonali
3	Shivangi Gupta	TE-CMPN	Shivangi
4	Nikita Dane	TE-CMPN	Nikita
5	Vishakha Satpute	TE-CMPN	Satpute
6	Arundhati Kane	TE-CMPN	Arundhati
7	Kashani Balunke	TE-CMPN	Balunke
8	Sharna Shukla	TE-CMPN	Sharna
9	Jyoti Ningorani	TE-CMPN	Jyoti
10	Reetika Satelkar	TE-CMPN	Reetika
11	Sakshi Shetty	TE-CMPN	Sakshi
12	Prihita Shrivastava	TE-CMPN	Prihita
13	Dwanti	TE-CMPN	Dwanti
14	Aditi Bhonsle	TE-CMPN	Aditi
15	Nidhi Gadav	TE-IT	Nidhi
16	Kinnar Shetty	TE-IT	Kinnar
17	Pratima Chaubey	TE-IT	Pratima
18	Sanjona Shetty	BE-EXTC	Sanjona
19	Shama Mohamud	BE-EXTC	Shama
20	Divya Kamath	BE-EXTC	Divya
21	Anjana Nair	SE-IT	Anjana



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Kanakiya Park, Mira Road (E).

- 1) Kavina Bhale 
- 2) Dr. Vmayak D. Shinde 
- 3) Deepali Patil 
- 4) Abhijit T. Somnatho - 9/8 
- 5) Pankaj Jadhav 



Principal
R. Tiwari College of Engineering
Mira Road (E)



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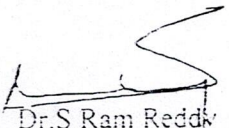



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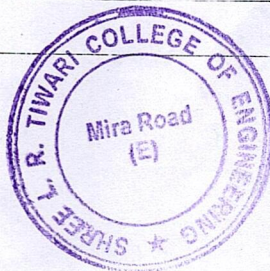
Women Development Cell

Seminar on *"Martial arts for women's safety"*

Attendance Sheet

Date: 23/9/19

Sr.No	Name of the Student	Branch	Signature
1	D. Surabhi Rai	SE-IT	<u>Surabhi</u>
2	Sonali Mamidipaka	TE-CMPN	<u>Sonali</u>
3	Shivangi Gupta	TE-CMPN	<u>Shivangi</u>
4	Nikita Dane	TE-CMPN	<u>Nikita</u>
5	Vishakha Satpute	TE-CMPN	<u>Satpute</u>
6	Arundhati Kane	TE-CMPN	<u>Arundhati</u>
7	Kashanti Balunke	TE-CMPN	<u>Balunke</u>
8	Sharna Shukla	TE-CMPN	<u>Sharna</u>
9	Jyoti Hingorani	TE-CMPN	<u>Jyoti</u>
10	Reetika Satelkar	TE-CMPN	<u>R. Satelkar</u>
11	Sakshi Shetty	TE-CMPN	<u>Sakshi</u>
12	Prishita Thakur	TE-CMPN	<u>Prishita</u>
13	Swati	TE-CMPN	<u>Swati</u>
14	Aditi Bhonsle	TE-CMPN	<u>Aditi</u>
15	Nidhi Gadav	TE IT	<u>Nidhi</u>
16	Kinnar Shetty	TE IT	<u>Kinnar</u>
17	Pratima Chaubey	TE IT	<u>Pratima</u>
18	Sanjona Shetty	BE-EXTC	<u>Sanjona</u>
19	Shama Mohammad	BE-EXTC	<u>Shama</u>
20	Divya Kamath	BE-EXTC	<u>Divya</u>
21	Anjana Nais	SE-IT	<u>Anjana</u>



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Ref. No. : SLRTCE/WDC-2/19-20

Date : 03/08/19

To,
Ms. Rupal Shah
Global Multispecialty Hospital,
Mira Road (E)

Respected Ma'am,

Greetings from SLRTCE!

We are planning to organize a guest lecture under Womens Development Committee (WDC) on 9th August 2019, for all the female faculties and students of Shree.L.R. Tiwari College of Engineering

With this intent we would like to invite you as a speaker for this event. Under your guidance students and faculties will get acquainted with nutritional advice to improve health and well-being and to implement a healthy diet and lifestyle

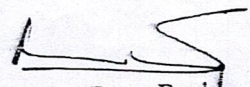
It will be our pleasure if you send your consent within two days so as to enable us to make necessary arrangements for the seminar. We would be deeply honored by your august presence at the event.

Thanking you.

*Received
Ashah*



Your's sincerely,


Dr. S. Ram Reddy
Principal

PRINCIPAL

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Women Development Cell

Seminar on "How to live a Healthy life"

Attendance Sheet

Date:

Sr.No	Name of the Faculty	Branch	Signature
1)	Karuna Bhole	HAS	[Signature]
2)	Zeinab Mirwan	ETC	[Signature]
3)	Nina N.	HAS	[Signature]
4)	Sueta [unclear]	EXTC	[Signature]
5)	Sohini Pathak	ETRX	[Signature]
6)	R. Kalanivari	HAS	[Signature]
7)	Dr. Manjira Wagh	HAS	[Signature]
8)	Dipti Kale	EXTC	[Signature]
9)	Maheshwari Marne	EXTC	[Signature]
10)	Deepali Patil	IT	[Signature]
11)	Reena Kothari	IT	[Signature]
12)	Aarti Pathak	IT	[Signature]
13)	Khushbu Tikhe	ETRX	[Signature]
14)	Aparna Majare	EXTC	[Signature]
15)	Namrata Kulkarni	EXTC	[Signature]
16)	Natasha Naik	EXTC	[Signature]
17)	Prajakta Mukadam	Civil	[Signature]
18)	Manjini Geogate	ETRX	[Signature]
19)	Rajni Mishra	CS	[Signature] 9/8/19
20)	Seema Maykal	Civil	[Signature]
21)	Merita Singh	EXTC	[Signature]





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Women Development Cell

Seminar on "How to live a Healthy life"

Attendance Sheet

Date: 9/8/19

Sr.No	Name of the Student	Branch	Signature
01	Megha Bhatiya	EXTDBP	
02	Swarna Satapathy	EXT DBE	
03	Pathak Shraddha V.K.	MechSE	
04	Nikita Mayekar	MechSE	
05	Aakanksha Sarawale	MechSE	
06	Himanshi Singh	MechSE	
07	ANSARI RUMAISA VASEEM	SE-EXTC	
08	FORAM DEDANIA SURESH	SE-EXTC	
09	Pratiksha Singh	SE-EXTC	
10	HANI .M . VAISH	SE-EXTC	
11	Sweta V. Shah	SE-EXTC	
12	Sangeeta Vasun	SE-EXTC	
13	Gyagatri Shinde	TE-ETRX	
14	Aparna Nishtala	SE-CIVIL	
15	Meni Mukherjee	SE-CIVIL	
16	Surabhi J. Rai	SE-IT	
17	Vrushali R. Jadhav	TE-ETRX	
18	Aarti Pandey	TE-ETRX	
19	Pooja Jadhav	TE-ETRX	
20	NAMEETA RAWAT	TE-ETRX	
21	Siddha Sawant	TE-ETRX	



22	Rupal K. Gherwada	TE-IT	Rupal
23	Yutika M Donga	TE IT	Yutika
24	Pratima Chaudhey	TE-IT	Pratima
25	Megha Dave	TE-IT	Megha
26	Rucha Desai	TE-IT	Rucha Desai
27	Kinnasi Shetty	TE-IT	Kinnasi
28	Nidhi Yadav	TE-IT	Nidhi
29	Asma Khan	TE-IT	Asma
30	Priyanka Chaudhari	TE-IT	Priyanka
31	Deepa Bhatt	TE-IT	Deepa
	Rupa		




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