Since Rahal 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: strtce@rahuleducation.com | Website: www.strtce.in

Ref No: 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

Shree L. R. Tiwari Cellege of Engineering Kanakiya Park, Mira Road (E).

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	D Surablio Rai	SE-IT	lurables
2	Sonali Mamidipaka	TE-CMIN	Sorali
3	Shwangi Grupta	TE-CMPN	
4	Nikita Dane	TE-CMPN	Have
5	Vishakha Satpute	TE-CMAN	Batrit
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	Koshani. Dulunthe	15 cmpn	Palinkle.
5	Sharna Shalph	13 JAPA	
9	Sydi. Hingorani	TE-LMPN	Juphe.
10	Reetika Satelkar	JE - CIMPN	P. Satellaur
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Dr.S Ram Redd

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

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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
	D Sweath Pai	SB-IT	
2	Sonali Mamidipaka	TE-CMIN	Sorali
3	Shwangi Grupta	TE-CMPN	
4	Nikita Dane	TE-CMPN	Have
5	Vishakha Satpute	TE-CMAN	Batule
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9	Sydi. Hingorani	I. SLMPN	Juphi.
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18	Sanjona Shetty	BE-EXTC	Sowjana
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20	Divya Kamath	BE-EXTE	Zanate
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Mira Road

PRINCIPAL
Shree L. R. Tiwari College of Engineering

Kanakiya Park, Mira Road (E).



# SHREE L. R. TIWARI COLLEGE OF ENGINEERING

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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.

Eccevee Mira Road of Mira Road

Your's sincerely,

Dr. S. Ram Redey Principal

Shree Rahul Education Society's (Regd.)



Mira Road

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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
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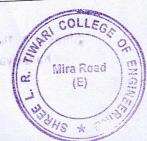
## Women Development Cell

# Seminar on "How to live a Healthy life"

### Attendance Sheet

Date: 9/8/19

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10	Sweta V. Shah	SE-EXTO	Shirt
11	Sangeeta Varun	SE-EXT	1 0
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22	Rupal K. Yherwada Yutika M Dorga Pratima Chaubey Megha Dave Rucha Desai	TE-17	Rugar
23	Yutika M Donga		Mutika.
24	Pratima Chambey	TEIT	Fration
26	Megha Dave	TEIT	Meelia
26	Rucha Desas	TEIT	Meglio puch Desai
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