

Goa University

Shenoi Goembab School of Languages & Literature

Discipline of Hindi

Report on SELF DEFENCE WORKSHOP

1. Title of the Event/Activity/program	SELF DEFENCE WORKSHOP
2. Date and Time	6 th January ,8 th January and 10 th January 2020
3. Mode of conduct (Physical/Online)	physical
4. School/ Directorate/ Section	Department of Hindi,,Goa University
5. Collaborating Agency/School/Directorate	nil
6. Detail of the Resource Person (Brief biodata)	Sensei Smita Satardekar
7. Number of Faculty attended/participated	03
8. Number of Student attended / participated	6 th January 2020-47 students 8 th January 2020- 44 students 10 th January 2020-41 students
9. No. of external students/faculty/other participants	6 th January 2020-04 students
10. The objectives of the Program/activity/event	The objectives of self- defence workshop are to teach people how to protect themselves from physical harm in dangerous situations. It can also help people to improve their fitness, confidence and social skills.
11. Description of the Program/activity/event	The said workshop was conducted under the NAAC criteria i.e. capacity developments and skills enhancement of students.students along with faculties took actively participated and

	and demonstrated different methods of self defence.
12. Benefit/Key outcomes of the Program/activity/event	The participants learnt to recognize dangerous situations and be aware of their surroundings. participants also learnt to improve their physical fitness and learnt how to protect themselves in physical situations.
13. Enclosures with report	Note, brochure, attendance, photos

Signature: *[Handwritten Signature]*
Name of coordinator: *Sueta Govekar*
Designation: *Assistant*

Signature: *[Handwritten Signature]*
Dean/Director/Head
Seal of the School/Directorate/University



GOA UNIVERSITY
DEPARTMENT OF HINDI

GU/Hindi/2019/ 1468

Date: - 20.12.2019

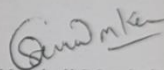
NOTE

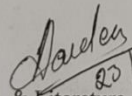
Department of Hindi intends to organize following workshops. The details of workshops are as follows:

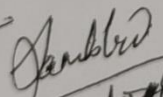
- I. College Teachers Workshop and Alumini Association Meeting on 03rd January 2020 from 10.00 a.m. to 5.00 p.m. in Dept. of Hindi, Room No. BF- 58.
- II. Rangoli Workshop on 7th January 2020.
- III. Handwriting workshop on 9th January 2020.
- IV. Self Defence Workshop at University Level on 06th, 08th and 10th January 2020, from 03.00 p.m to 04.30 p.m.

Please sanction amount Rs.10, 000/- from B.H.C-2(3) Contingencies, for expenditure of TA & Honorarium, lunch & Refreshment.

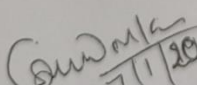
Kindly do the needful.


Prof. Vrushali Mandrekar
Head, Dept. of Hindi


Dean, Faculty of Lang. & Literature

AR - PG

02/01/2020

R YV Ready 31/1
HOD, Hindi


07/1/20

20/12/19 2008

4/19

3943
31/12/19

10651 (2)
21/1/2024



**GOA UNIVERSITY
DEPARTMENT OF HINDI**

ORGANISES

**SELF DEFENCE
WORKSHOP**

CONDUCTED BY

SENSEI SMITA SATARDEKAR

ON 6th, 8th & 10th January 2020

Time : 3.00 pm to 4.30 pm

Venue : Jubilee Hall



**HURRY UP
LIMITED SEATS**

Register Yourself Before 03rd January 2020

Mail us on: hodhin@unigoa.ac.in

Course Co-ordinator

Prof. Vrushali Mandrekar

Mrs. Sweta Govekar

Sweta Govekar
हिन्दी विभाग
गोवा विश्वविद्यालय
गोवा 403 203.

GOA UNIVERSITY
DEPARTMENT OF HINDI

2019-2020

SELF DEFENCE WORKSHOP

ATTENDANCE SHEET

Date: 06/01/2020

Timing:- 3.00 p.m to 4.30 p.m

Venue: Jubilee Hall

Sr.no	List of Participants	Signature
1	ARNOLD P'souza	<i>[Signature]</i>
2	MELINDA RODRIGUES	<i>[Signature]</i>
3	SHAWN PAIS	<i>[Signature]</i>
4	Pedra hernandez	<i>[Signature]</i>
5	Yogeeta R. Graude	<i>[Signature]</i>
6	Krutika Krishnamath Naik	<i>[Signature]</i>
7	Shrunkhala Bhosle	<i>[Signature]</i>
8	Sanchita Sawant	<i>[Signature]</i>
9	Sampada Khorjuekar	<i>[Signature]</i>
10	Ajana Gaonkar	<i>[Signature]</i>
11	Suvarna Gaonkar	<i>[Signature]</i>
12	Nisha N. Rekdo	<i>[Signature]</i>
13	Ummati Savant	<i>[Signature]</i>
14	Savita Mullaxi	<i>[Signature]</i>
15	Ratika Jitankar	<i>[Signature]</i>
16	Pallavi Devidas	<i>[Signature]</i>
17	Premlata Meelha	<i>[Signature]</i>
18	Minaz Makandav	<i>[Signature]</i>
19	Uma Gaonkar	<i>[Signature]</i>
20	Sujada Gaonkar	<i>[Signature]</i>
21	Tejaswi Vaiz	<i>[Signature]</i>
22	Rekha yadav	<i>[Signature]</i>
23	Shefali Gauns	<i>[Signature]</i>
24	Siddhi Shi rodkas	<i>[Signature]</i>
25	Laxvi Chauv	<i>[Signature]</i>
26	Akshata Naik	<i>[Signature]</i>

06/01/2020

27	Pratima Uadekar	Uadekar
28	Rupla Sanadi	Sanadi
29	Yogita Sangadkar	Sangadkar
30	Akshada Govekar	Govekar
31	Nidhi Solyekar	Solyekar
32	Priya Velip	Velip
33	Purteeksha Velip	Velip
34	Anjana Andakar	Andakar
35	Kshitija Pednekar	Pednekar
36	Chinmayee Faste	Faste
37	Samiksha K. Naik	Naik
38	Vinda Polekar	Polekar
39	Aishwarya Warang	Warang
40	Kavita Velip	Velip
41	Sonia Velip	Velip
42	Suvita Gaonkar	Gaonkar
43	Sujata Gaonkar	Gaonkar
44	Pratiksha Haldankar	Haldankar
45	Prashant Velip	Velip
46	Dinesh Gaonkar	Gaonkar
47	Nainesh Velip	Velip
48	Sunas Velip	Velip
49	Shavil Pagui	Pagui
50	Divya sharma	sharma
51	Poonam sharma	sharma

Good

06/01/2020

GOA UNIVERSITY
DEPARTMENT OF HINDI
2019-2020
SELF DEFENCE WORKSHOP
ATTENDANCE SHEET

Date: 08/01/2020

Timing: 03:00 to 04:30

Venue: Jubilee Hall

Sr.no	List of Participants	Signature
01	Pratiksha Haldankar	Haldankar
02	Pratima P. Gadekar	Gadekar
03	Premlata Medha	Medha
04	Kshitija Pednekar	Pednekar
05	Sujata Gaonkar	Gaonkar
06	Suvita Gaonkar	Gaonkar
07	Sonia Velip	Velip
08	Aijana Andekar	Andekar
09	Vina Gaonkar	Gaonkar
10	Suvani Gaonkar	Gaonkar
11	Dalmo Bejar	Bejar
12	Ruksana M.H. Subedar	Subedar
13	Nisha N. DeKolo	DeKolo
14	Pallavi Devidas	Devidas
15	Akshata Naik	Naik
16	Nidhi Soltekar	Soltekar
17	Vinda Poleka	Poleka
18	Samiksha Naik	Naik
19	Krutika Naik	Naik
20	Savita Mullasi	Mullasi
21	Priya Velip	Velip
22	Shreyali Gaonkar	Gaonkar
23	Rekha Yadav	Yadav
24	Akshada A. Grovekar	Grovekar
25	Prashant J. Velip	Velip
26	Tejaswi Vaib	Vaib

Gandhi

GOA UNIVERSITY
DEPARTMENT OF HINDI

2019-2020

SELF DEFENCE WORKSHOP

ATTENDANCE SHEET

Date: 10/01/2020

Timing: 03:00 to 04:30

Venue: Jubilee Hall

Sr.no	List of Participants	Signature
1.	Aishwarya usarang	Ausarang
2.	Vinda Polekar	Polekar
3.	Samiksha Naik	Naik
4.	Yogita Sangodkar	Sangodkar
5.	Rujita Sarnadi	Sarnadi
6.	Pratiksha Haldankar	Haldankar
7.	Premlata Medha	
8.	Savita Mullari	Mullari
9.	Suvarna Gaonkar	Gaonkar
10.	Sonia Velip	Velip
11.	Sujata Gaonkar	Gaonkar
12.	Akshata Naik	Naik
13.	Kavita Velip	Velip
14.	Suvita Gaonkar	Gaonkar
15.	Poonam Shamu	Shamu
16.	Nisha Patole	Patole
17.	Prateeksha Velip	Velip
18.	Sujata Gaonkar	Gaonkar
19.	Tejaswi Vaiz	Vaiz
20.	Pallavi Devidas	Devidas
21.	Ajana Gaonkar	Gaonkar
22.	Priya Velip	Velip
23.	Sandita Sawant	Sawant
24.	Shunkhala Sao Bhasle	Bhasle
25.	Yogeeeta Craude	Craude
26.	Uma Gaonkar	Gaonkar

Gaonkar

27	Sampada Khajumekar	Aras
28	Urnati Sawant	Aras
29	Kritika Naik	Aras
30	Akshata Govdekar	Aras
31	Anjana Andekar	Aras
32	MELINDA RODRIGUES	Aras
33	Nidhi Solyekar	Aras
34	Laxvi D. Chari	Aras
35	Ashwini Gaonkar	Aras
36	Siddi Shirdekar	Aras
37	Shefali Gaury	Aras
38	Rakha Yadav.	Aras
39	Kshitija Pednekar	Aras
40	Nameeta N. Pawar	Aras
41	Divya sharma	Aras

10/9/2020

Aras



