



**Audyogik Shikshan Mandal's**

**College of Commerce, Science & Information Technology**

(ID. No. PU/PN/SC/160/2001)

(Affiliated to Savitribai Phule Pune University & Recognized by Govt. of Maharashtra)

S. No. 29/1+2A, Behind Sterling Honda, Pune-Mumbai Highway, Pimpri, Pune-411018

E-mail ID: [csit@asmedu.org](mailto:csit@asmedu.org)

Website: [www.csitedu.org](http://www.csitedu.org)

Tel: (020) 6651700

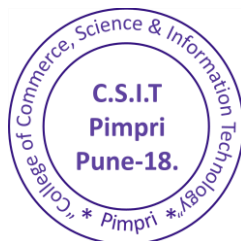


Date: - 18/10/2023

## NOTICE

### Self-Defense & Balancing Wellness Workshop

We are pleased to announce a Self-Defence and Balancing Wellness Workshop organized by the college. This workshop aims to empower students and staff with essential self-defence skills and provide insights into maintaining a balanced and healthy lifestyle.



Principal  
ASM's CSIT



### Report of Event "Self Defence and balancing Wellness"

<b>Date</b>	: 20 <sup>th</sup> Oct 2023
<b>Time</b>	: 02:15 Pm to 03:30 Pm
<b>Venue</b>	: Main Auditorium
<b>Collaboration (If any)</b>	:
<b>Coordinator</b>	: Asst. Prof. Monika Jogdand.

#### Introduction:

The Event "Self defence & Balancing Wellness" On **20<sup>th</sup> Oct 2023** our college successfully hosted an engaging and invigorating Martial Arts and Yoga Event. This event was organized to promote physical fitness, mental well-being, and self-discipline among students. Featuring expert instructors and enthusiastic participants, the event provided a platform for students to explore and appreciate the benefits of martial arts and yoga. The activities were designed to enhance flexibility, strength, focus, and mindfulness, fostering a holistic approach to health and wellness within our college community.

#### Objectives:

- 1 To encourage regular physical activity to improve cardiovascular health, strength, flexibility, and overall fitness.
- 2 To teach students the importance of maintaining a healthy lifestyle through disciplined practices like yoga and martial arts.
- 3 To provide techniques to manage stress, anxiety, and enhance mental clarity and focus.
- 4 To promote mindfulness and meditation practices that help in achieving a balanced state of mind.
- 5 To build self-confidence and self-esteem by setting and achieving personal goals in these disciplines.

#### Detailed Report:

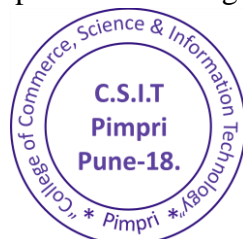
The event commenced with the traditional lighting of the lamp by the Principal Dr. Principal Lalit Kanore Dr. Sudhakar Bokephode (Director of IPS), Dr. D.D. Balsaraf (Member of Task force committee) along with other dignitaries.

The event featured experienced self-defense instructors and certified yoga teachers Mrs. Preeti Agrawal, Yoga & Fitness Trainer provided expert guidance and instruction. Participants had the opportunity to actively participate in the workshops and ask questions, making the event engaging and informative. Live demonstrations of self-defense techniques given by Mr. Rahul Pawar, Coach of Golden Dragen Martial Arts helped participants understand and apply the concepts taught. The combination of self-defense and yoga offered a holistic approach to personal well-being, focusing on both physical and mental health.

Participants expressed a greater sense of confidence and empowerment after learning self-defense techniques. Many appreciated the relaxing and rejuvenating effects of the yoga sessions. Some participants mentioned that they felt more prepared to handle potentially dangerous situations after attending the event.

The "Empowerment through Self-Defense and Yoga" event was a resounding success, providing students with valuable skills and knowledge to enhance their personal safety and well-being. The event underscored the importance of self-protection and self-care, leaving a lasting impact on all participants.

To conclude the program Asst. prof. Monika Jogdand gave the vote of thanks for all



*Lalit*

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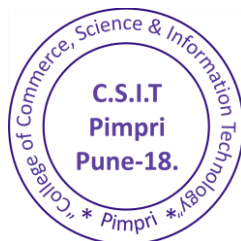
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of the chief guest, teachers and students for their contribution for the program.



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JQJX+WPX, Service Rd, MIDC, Pimpri Colony, Pimpri-Chinchwad, Maharashtra 411019, India

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18.6322848°

Longitude  
73.7993797°

Local 02:39:37 PM  
GMT 09:09:37 AM

Altitude 570 meters  
Friday, 20.10.2023

GPS Map  
Camera Lite



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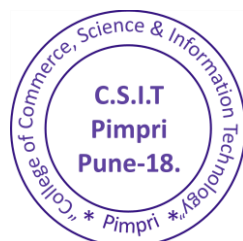
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Friday, 20.10.2023

GPS Map  
Camera Lite



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Friday, 20.10.2023



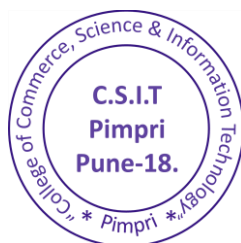
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GMT 09:15:55 AM

Longitude  
73.7993234°

Altitude 570 meters  
Friday, 20.10.2023



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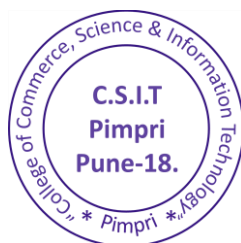
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### Outcomes:

- 1 Improved Physical Fitness: Students experience enhanced strength, flexibility, endurance, and overall physical health.
- 2 Increased Discipline and Self-Control: Martial arts, in particular, instils a sense of discipline and self-regulation.
- 3 Boosted Self-Esteem and Confidence: Mastering new skills and techniques can increase self-confidence and self-esteem.
- 4 Improved Concentration and Focus: Students learn techniques to enhance their concentration and mental clarity.
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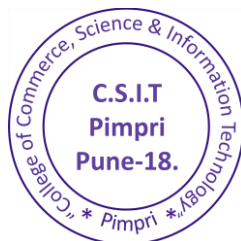


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Self Defense & Balancing Wellness- Workshop-		20 <sup>th</sup> Oct 2023
1. Sakumar Mengesh Gurjal	<u>Sakumar</u>	
2. Harsh Bandaru	<u>Harsh</u>	
3. Sagar Damsi	<u>Sagar</u>	
4. Prithvi Rajkumar	<u>Prithvi</u>	
5. Vishal Shukla	<u>Vishal</u>	
6. Sakshi Sutar	<u>Sakshi</u>	
7. Sanjama Nikam	<u>Sanjama</u>	
8. Shravani Paul	<u>Shravani</u>	
9. Pooja Joshi	<u>Pooja</u>	
10. Simran Kaur Chohan	<u>Simran</u>	
11. Aditya Nair	<u>Aditya</u> → SY.BCOM.	
12. Tanishka Chavan	<u>Tanishka</u> SY.BCOM	
13. Angela Venekar	<u>Angela</u> → SY.BCOM	
14. Aanya Sharma	<u>Aanya</u> SY BCOM	
15. Juhi Yadav	<u>Juhi</u> SY BCOM	
16. Priya Chaudhary	<u>Priya</u> SY BCOM	
17. Poonam Salanki	<u>Poonam</u> SY BCOM	
18. Sandesh Hursale	<u>Sandesh</u> F.Y BBA (IB)	
19. Rushiket Pawar	<u>Rushiket</u> F.Y BBA (IB)	
20. Abhishek Sharma	<u>Abhishek</u> F.Y B.COM	
21. Siddhant H Kamble	<u>Siddhant H Kamble</u>	
22. Deepak Jain	<u>Deepak</u>	
23. Rutija Jagtap	<u>Rutija</u> SY BBA	
24. Purva Thorat	<u>P.P.Thorat</u> SY BBA	
25. Shraddha Burde	<u>Shraddha</u> SY.BBA	
26. Pserana Amolik	<u>Pserana</u> SY.BBA.	
27. Jayesh Raut	<u>Jayesh</u> SY.BBA.	
28. Shrutika Katakhar	<u>Shrutika</u> F.Y BBA (CA)	
29. Neha Shirde	<u>Neha</u> F.Y BBA (CA)	

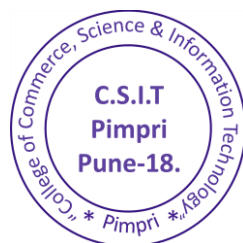


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No.	Name	Class	Sign.
1.	Harshika Parvaleshi	FY (IB)	
2.	Kadambari Bhat	FY (IB)	
3.	Switha Jasti	FY BBA (IB)	
4.	Anuja Patil	Fy Bcom	
5.)	Naushad Ansari	Fy Bcom	
6)	Prathmesh Lad.	Fy Bcom	
7)	Abhay Gadav	Fy BBA	
8)	Tejas Daware	F.Y. B. com	
9)	Nirav damai	F.Y. B. com	
10)	Ronit barbaji	F.Y. B. com	
11)	Akshay Gaikwad	F.Y. B. Com	
12)	Vinayak Malate	F.Y. B. com	
13)	Rushikesh Bkharakar	F.Y. BBA-CA	
14)	Omkar Mahadik	F.Y. BBA-CA	
15)	Rahul. Waje	F.Y. BBA - LA	
16)	Mayur Bhyba	S.Y. BBA	
17)	Suyash Gaikwad	S.Y. B.B.A	
18)	Siddhant Rajigare	S.Y. BBA	
19)	Abhay Patil	S.Y. BBA	
20)	Aditya Gaikwad	S.Y. BBA	



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