



JNAN VIKAS MANDAL'S (Linguistic Minority)

Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli Navi Mumbai.
Permanently Unaided College

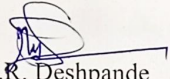
NAAC Re-accredited Grade 'A+' (3rd Cycle)

NOTICE

27th January 2024

NSS committee members are hereby informed that there is a meeting with Principal Dr. B.R. Deshpande at principal office on 29th January 2024 at 12.10 p.m. regarding conduct of Marshall art session for NSS students.




Dr. B.R. Deshpande

I/c Principal

I/c. PRINCIPAL

JNAN VIKAS MANDAL'S

M.R. MEHTA COLLEGE OF COMMERCE

D.M. MEHTA COLLEGE OF SCIENCE

A.R. MEHTA COLLEGE OF ARTS

Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE

Plot No.9, SEC.-19, AIROLI,

NAVI MUMBAI-400 709.



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Minutes of Meeting

Date of meeting: 29th January 2024

Chairperson for the meeting : I/c Principal Dr. B.R. Deshpande

Members present in the meeting: Ms. Seema Chaudhary
Mrs. Prema Bardhan
Mr. Sanjay Gupta
Mr. Onkar Mone

The NSS committee meeting was held on 29th January 2024 at 12.10 pm. The meeting was presided over by the I/c Principal Dr. B. R. Deshpande.

1. reading of minutes of meeting: Mr. Onkar Mone read the minutes of meeting
2. It was decided to organize a Martial art session activity for NSS students.
3. Other matters were discussed with permission. And the meeting ended at 12.30 p.m.





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Report of the Event


Name of the activity: Marshall Art Session

On 1st February, 2024, the NSS Unit organized a Martial Arts Session for its students. The session aimed to provide students with an opportunity to learn basic self-defense techniques and enhance their physical fitness.

Activities: Twenty-five students participated in the Martial Arts Session, which was conducted in Room No. S-7. The session was led by experienced instructors who demonstrated various martial arts techniques and principles. Participants were engaged in practical exercises and drills to improve their agility, strength, and coordination. The session emphasized the importance of self-discipline, focus, and confidence-building, in addition to imparting essential self-defense skills.

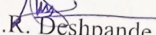
Conclusion: The Martial Arts Session proved to be an enriching experience for the NSS students. Through active participation and guidance from skilled instructors, students gained valuable insights into martial arts principles and techniques. Such initiatives not only promote physical well-being but also instill essential life skills such as discipline and self-confidence among participants.

Report prepared by


Seema Chaudhary
N.S.S.P.O



Approved by


Dr. B.K. Deshpande

I/c Principal

I/c. PRINCIPAL

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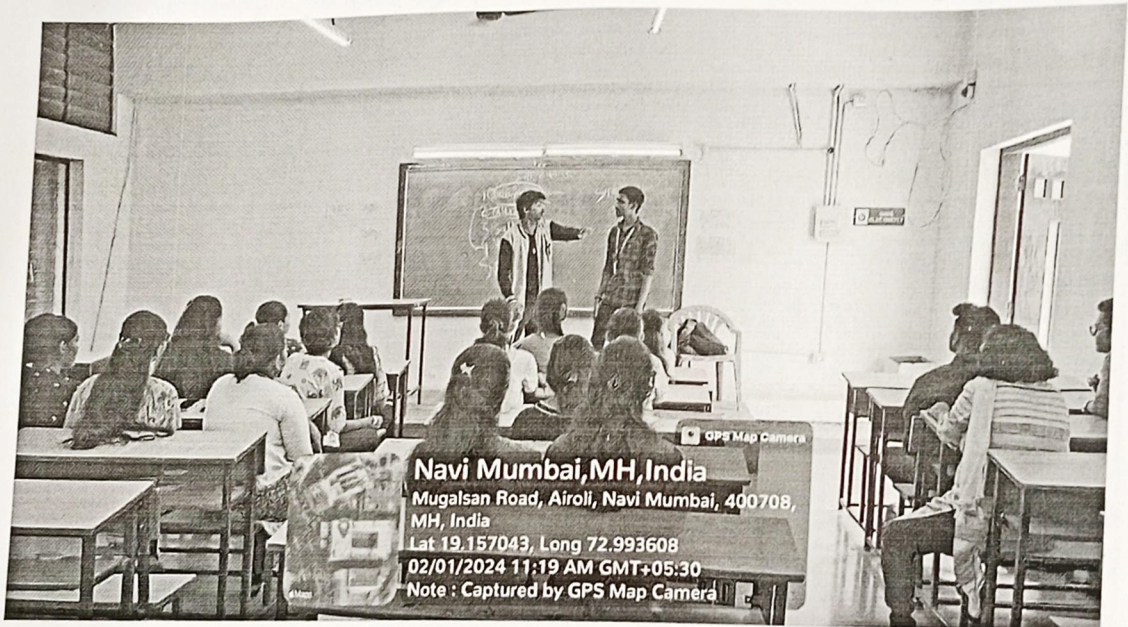
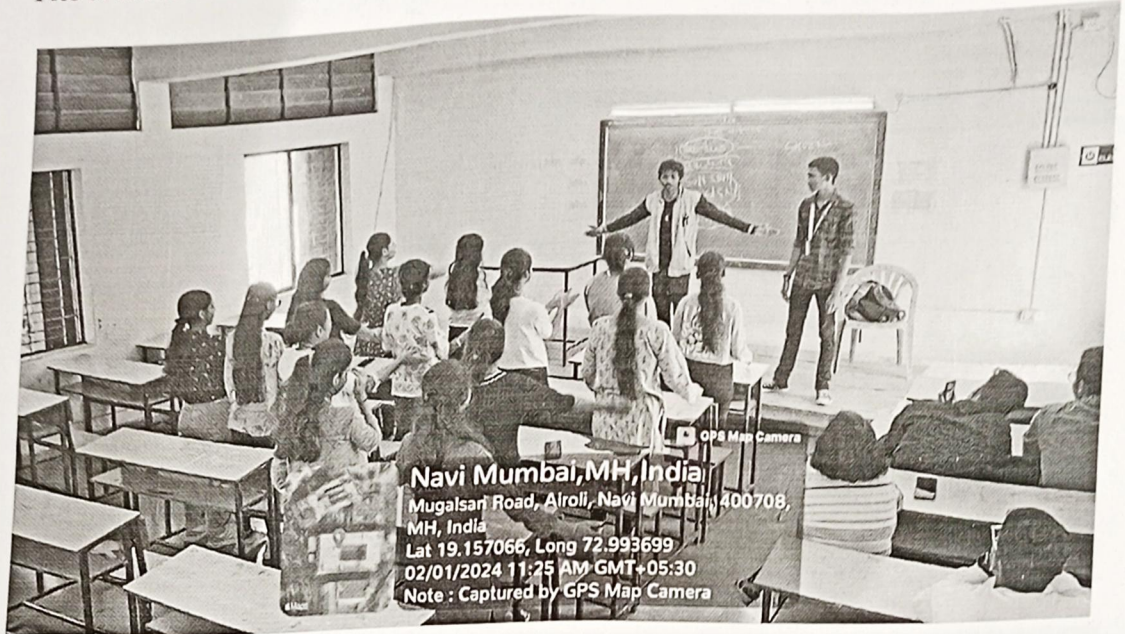
A.R. MEHTA COLLEGE OF ARTS

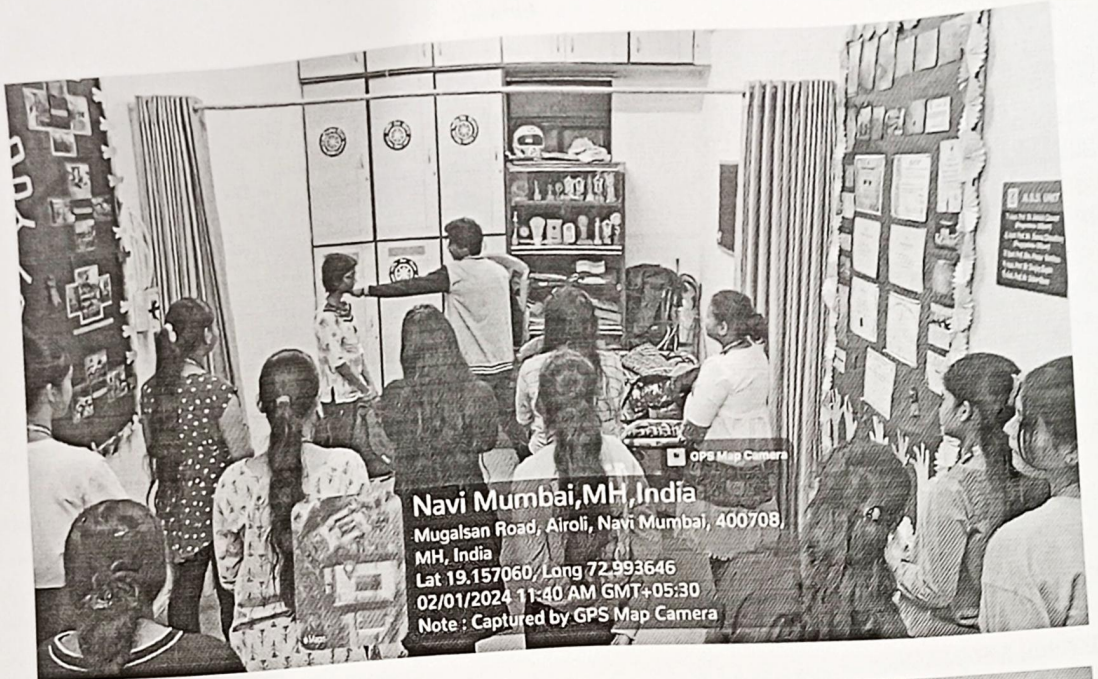
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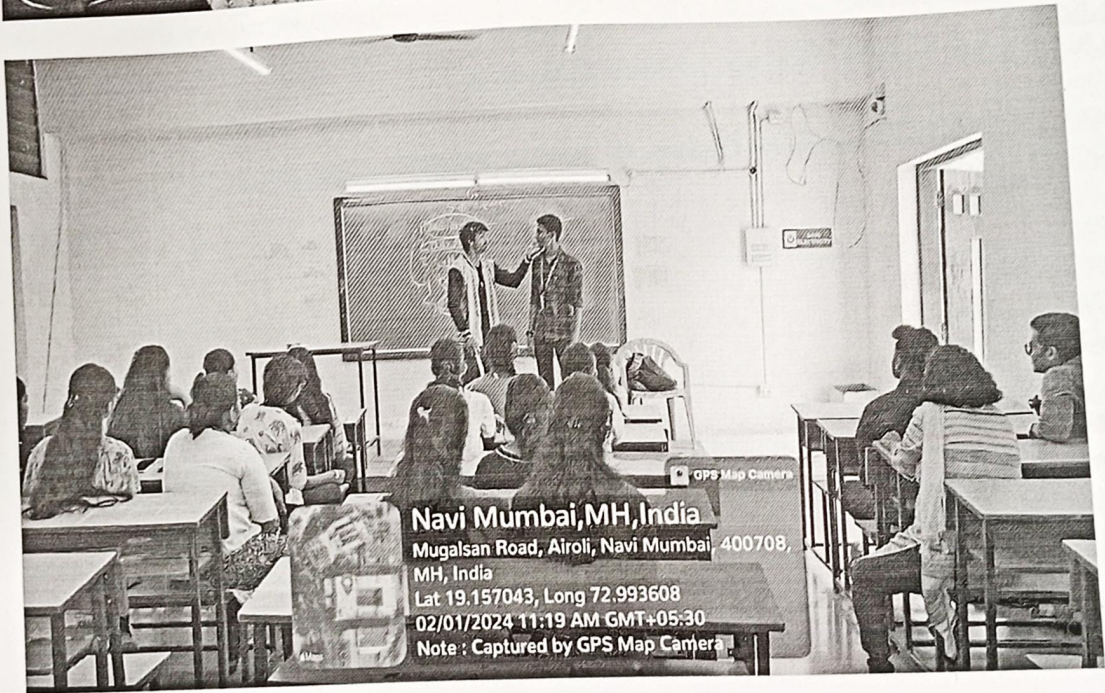
NAVI MUMBAI-400 708.

Pics of the session:





GPS Map Camera
Navi Mumbai, MH, India
Mugalsan Road, Airoli, Navi Mumbai, 400708,
MH, India
Lat 19.157060, Long 72.993646
02/01/2024 11:40 AM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera
Navi Mumbai, MH, India
Mugalsan Road, Airoli, Navi Mumbai, 400708,
MH, India
Lat 19.157043, Long 72.993608
02/01/2024 11:19 AM GMT+05:30
Note : Captured by GPS Map Camera



A session on Marshall Art

Date: 1/2/2024

Total Participants : 25

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