



शिक्षण प्रसारक मंडळी, पुणे

R. A. Podar College of Commerce & Economics

AUTONOMOUS

Matunga, Mumbai - 400 019

An 'A+' Institution as Accredited by NAAC
Certified as 'Best College' by University of Mumbai

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Ref. No.: _____

Date: _____

Dear Students,

Gymkhana and Podar Judo Club of R. A. Podar College of Commerce & Economics (Empowered Autonomous) is organising a Self Defence Workshop (level 1) for all the girl students. This workshop has been organised to increase confidence of our girl students and to equip them with Self Defence skills and techniques. It is mandatory for all the girl students to attend this workshop.

Please find below the schedule of the Self Defence Workshop. The Workshop is commencing on Friday 20th September 2024 at 10.30 am.

Instructions for the students:

1. Be present at the venue by 10.15 am
2. Adhere to the instructions given by the coaches.
3. Wear comfortable dress either loose full track pant and T-shirt or Punjabi dress/ leggings.
4. Given the nature of the workshop sleeveless or skirts are not allowed. Your cooperation is primary.

Let us get empowered.

Dr. (Mrs.) Shobana Vasudevan

Principal



Podar : Nurturing Intellect, Creating Personalities.

Sr. No.	Date	Day	Timings	Batch No	Divisions	SFP	Venue
1	20/9/2024	Friday	10.30 to 12.30 PM	B1	TYBCom A + D		College Play ground
2	21/9/2024	Saturday	10.30 to 12.30 PM	B2	TYBCom B + E		College Play ground
3	23/9/2024	Monday	10.30 to 12.30 PM	B3	TYBCom C + F		College Play ground
4	24/9/2024	Tuesday	10.30 to 12.30 PM	B4	TY SFP		College Play ground
5	25/9/2024	Wednesday	10.30 to 12.30 PM	B5	SYBCom A + B	SYBFM	College Play ground
6	26/9/2024	Thursday	10.30 to 12.30 PM	B6	SYBCom C + D	SYBSc	College Play ground
7	27/9/2024	Friday	10.30 to 12.30 PM	B7	SYBCom E + F	SYBAS	College Play ground
8	28/9/2024	Saturday	10.30 to 12.30 PM	B8	SYBCom G	SYBMS + SYBBA	College Play ground
9	30/9/2024	Monday	10.30 to 12.30 PM	B9	FYBCom A + B	FYBAS	College Play ground
10	1/10/2024	Tuesday	10.30 to 12.30 PM	B10	FYBCom C + D		College Play ground
11	3/10/2024	Thursday	10.30 to 12.30 PM	B11	FYBCom E + F		College Play ground
12	4/10/2024	Friday	10.30 to 12.30 PM	B12	FYBCom G	FYBSc+FYBFM	College Play ground

Sr. No.	Date	Day	Timings	Batch No	Divisions	Venue
1	20/9/2024	Friday	1 to 3 PM	B1	SYJC A & B	College Play ground
2	21/9/2024	Saturday	1 to 3 PM	B2	SYJC C & D	College Play ground
3	23/9/2024	Monday	1 to 3 PM	B3	SYJC E & F	College Play ground
4	24/9/2024	Tuesday	1 to 3 PM	B4	SYJC G + defaulters	College Play ground
5	25/9/2024	Wednesday	1 to 3 PM	B5	FYJC A & B	College Play ground
6	26/9/2024	Thursday	1 to 3 PM	B6	FYJC C & D	College Play ground
7	27/9/2024	Friday	1 to 3 PM	B7	FYJC E & F	College Play ground
8	28/9/2024	Saturday	1 to 3 PM	B8	FYJC G & H	College Play ground
9	30/9/2024	Monday	1 to 3 PM	B9	M.COM (INTERNATIONAL BUSINESS) PART I & II M.COM(ADVANCED ACCOUNTANCY) PART I & II	College ground
10	1/10/2024	Tuesday	1 to 3 PM	B10	M.COM (BEHAVIOURAL FINANCE) PART I & II M.COM (BUSINESS ANALYTICS) PART I & II M.COM(BUS.MANAGEMENT) PART I & II Ph.D.	College ground