

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following (10)
1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Virtual Training for Self Defence	31.08.2021	11	Mrs. Sadhna Vinodiya (Police Sub Inspector Nirbhya Mobile Police line Narsinghpur M.P.)
Role Play	08.12.2020	7	Mr. Ashok Namdeo (Anand Colony Near Police line Narsinghpur)
Meeting self Defense Committee	07.03.2020	6	None
Meeting of Self Defense Committee	02.03.2020	9	None
Self Defense Workshop	15.02.2020	8	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Role Play	31.01.2020	7	None
Role Play	29.02.2020	6	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Role Play	25.01.2020	7	None
Judo Karathe	11.01.2020	8	None
Judo Karathe	04.01.2020	7	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Judo Karathe	23.11.2019	9	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Judo Karathe	09.11.2019	8	Mr. Ashok Namdeo (Anand Colony Near Police line Narsinghpur)
Lecture	09.11.2019	15	Mrs. Sadhna Vinodiya (Police Sub Inspector Nirbhya Mobile Police line Narsinghpur M.P.)
Judo Karathe	02.11.2019	9	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Self Defense Workshop	23.10.2019	9	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Self Defense Workshop	15.10.2019	11	Dr. Deependra Yadav (Judo Trainer R.D.V.V. Jabalpur)
Judo Karathe	06.10.2019	13	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Self Defense Workshop	30.09.2019	15	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Judo Karathe	28.09.2019	44	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Judo Karathe	21.09.2019	19	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Gym and Yoga Training	19.09.2019	90	Mr. L.N. Rajak (S.S.N.M. Women's College, Narsinghpur)
Self Defense Workshop	14.09.2019	98	Mrs. Ritu Goyal (Behind Mushran Bhawan, Mushran Park Narsinghpur M.P.)
Judo Karathe	06.09.2016 & 24.01.2017	130	Mr. Ashok Namdeo (Anand Colony Near Police line Narsinghpur)
A Lecture on Common Skills	25.07.2016	107	Dr. Ganesh Soni (P.G. College Narsinghpur)
Common Skill Training	10.08.2016 & 09.09.2016	110	Dr. Swati Chanderkar (Govt. S.S.N.M. Women's College Narsinghpur)
Computer Skill Training	05.09.2016 & 10.09.2016	11	Mr. Atul Jai (Pranjal Computer Singhpur, Narsinghpur M.P.)


Sports Officer


Principal
Govt. S.S.N.M. Mahila
Mahavidyalaya, Narsinghpur (M.P.)

आज दिनांक 8/12/2020 को आत्म रक्षा समिति की बैठक हुई। बैठक की शुभारंभ प्रा. डा. स्वाति चांदोकरजी द्वारा किया गया तथा रीस प्ले के माध्यम से छात्रों को आत्म रक्षा के उपाय सिखाए गये साथ ही प्रशिक्षक द्वारा जूडो-कराटे के बेसिक स्टेप सिखाए गये।

एवं मुख्य अतिथि - श्रीमशोक नामदेव प्रशि. जूडो-कराटे [प्लेक बेल्ट] जी उपस्थित रहे। इस कार्यशाला में समस्त महाविद्यालय स्टाफ एवं सभी छात्राएं उपस्थित रही।

कार्यक्रम

हस्ताक्षर

प्राचार्य
नोडल अधिकारी
संयोजक
सदस्य
सदस्य

द्वारा प्रतिनिधित्व
ज्योति चडार
तृतीया स्वामी
शाहीन बी
शिवानी अग्रवाल
वरुलीम बी
उर्मिला कुर्मी

वर्षा गौड़-

jyoti chadar
Prateeksha Swami
shreheen bee
Shrini Agrawal
Tasleem Bee
Urmila

varsha gaud

 जूडो- कराते शिविर
जूडो एवं कराते प्रशिक्षण
जिला स्तरीय अर्न्तमहाविद्यालयीन
जूडो प्रतियोगिता
आयोजक-
शासकीय श्याम सु. ना. मु. महिला महाविद्यालय नरसिंहपुर





