



SANDRA SHROFF COLLEGE OF NURSING

Recognized by INC, GNC & affiliated to Veer Narmad South Gujarat University-Surat
Plot No. 334, 335, 336 & 338, Near Haria L.G. Rotary Hospital Campus, GIDC, Vapi- 396195. Gujarat, India
Mobile No: +91-6357647901, +91-6357647902 E. info@sscnvapi.org

REPORT ON

SELF DEFENSE TRAINING REPORT

DATE: 10/10/2025



SUBMITTED BY

NATIONAL SERVICE SCHEME TEAM

SSCN, VAPI

IN CHARGE PRINCIPAL

SANDRA SHROFF COLLEGE OF NURSING, VAPI

SIGNATURE OF INCHARGE PRINCIPAL





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CIRCULAR

SELF DEFENSE TRAINING

Circular No: SSCN/NSS/

Date: 7th October 2025

This is to inform all 5th Semester B.Sc. Nursing students that the NSS Unit of Sandra Shroff College of Nursing, Vapi will be organizing a programme on Self Defense Training on 10th October 2025. The Programme will be conducted under the guidance of Dr. Anita Nawale (In-Charge Principal) and Mrs. Nirali Desai (NSS Programme Officer) & Mrs. Keika Patel (Assistant NSS Officer) along with the NSS team. The training programme will be held in the Multipurpose Hall, S.S.C.N, Vapi at 8:00 AM. The programme aims to empower Students with essential Self Defense Skills, enhance their confidence and enable them to ensure personal safety in challenging Situations.

Copy to:

Class Coordinator

Student Notice Board

Mrs. Nirali Desai

Sign of NSS Programme Officer

Dr. Anita Nawale

Sign of Incharge Principal

IN CHARGE PRINCIPAL

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**SANDRA SHROFF COLLEGE OF
NURSING, VAPI**



NSS TEAM ORGANIZES

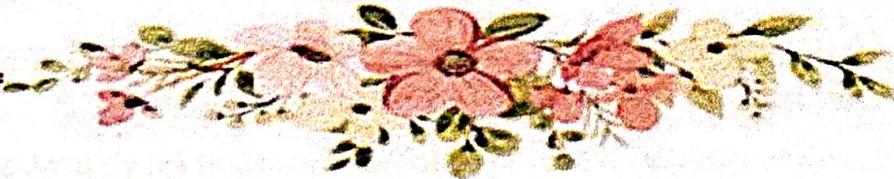
SELF DEFENSE TRAINING PROGRAMME



10th October 2025 8 to 9 AM



**Multipurpose Hall, S.S.C.N,
VAPI**



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Name of Programme Organized: Self Defense Training

Title of the activity: Discussion, Demonstration & Redemonstration

Date of Event: 10th October 2025

Name of the Coordinator of Activity: Mrs. Nirali Desai, NSS programme officer, Mrs. Ketika Patel & NSS team

Venue: Multipurpose Hall SSCN, Vapi

Time: 8 to 9 AM

No. of Participants: 47

Name of the Sponsored Organization: Sandra Shroff College of Nursing, Vapi

Name of Sponsorship: Regular NSS Activity

ACTIVITY REPORT

The National Service Scheme Unit of Sandra Shroff College of Nursing, Vapi organized a **Self-Defense Training Programme** on **10th October 2025** as a part of the **Regular NSS Activity** under the guidance of Dr. Anita Nawale (In-Charge Principal), Mrs. Nirali Desai (NSS Programme Officer), and Mrs. Keika Patel (Assistant NSS Officer), along with the NSS team. The programme was conducted by **Mrs. Sheetal, Self-defense Trainer, Yoga Coordinator from Gujarat Board**, who led an **interactive discussion with demonstration and redemonstration of various self-defense techniques**. She highlighted the importance of being alert, confident, and mentally strong in unsafe situations. The training focused on practical self-defense moves, escape strategies, and safety measures that can be applied in day-to-day life. Students were given opportunities to practice each technique under guidance, ensuring better understanding and retention through redemonstration. The session was lively, informative, and highly appreciated by all. A total of **47 students from the 5th Semester B.Sc. Nursing** participated enthusiastically in the event. Through this training, students not only learned how to defend themselves but also gained confidence, discipline, and a sense of empowerment. Overall, the Self-Defense Training Programme was a great success, enhancing awareness and promoting safety among nursing students.

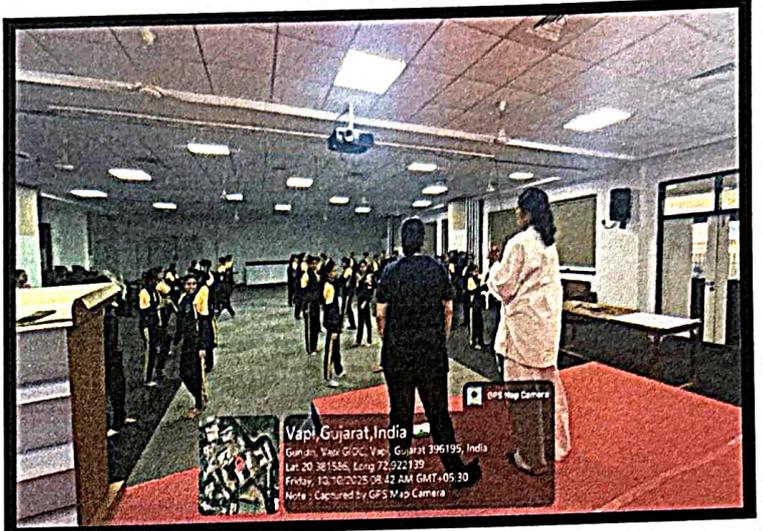
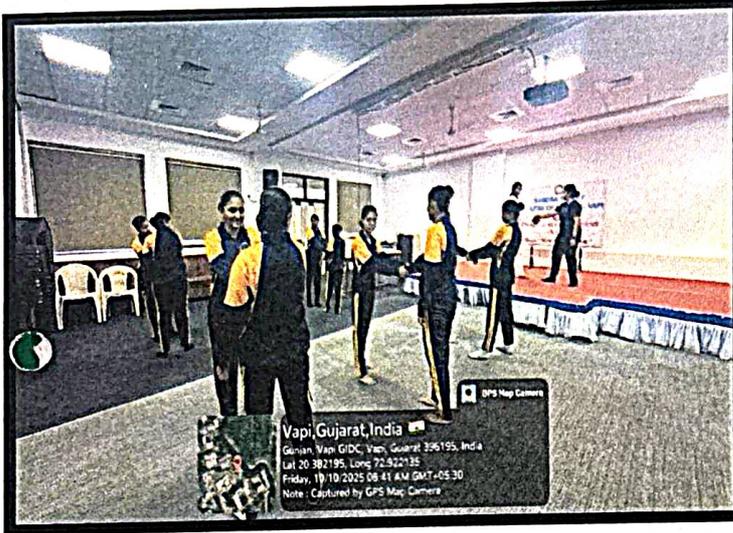

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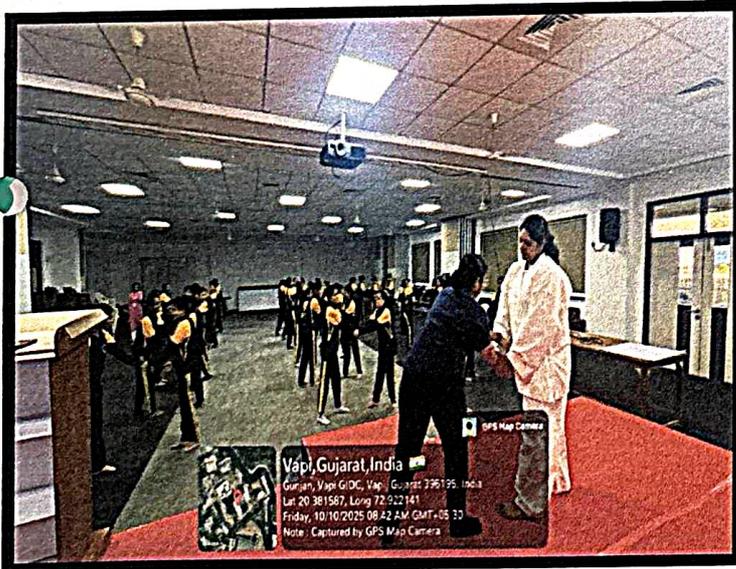


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Discussion, Demonstration & Redemonstration of various Self Defense Techniques



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PARTICIPANTS ATTENDANCE SHEET

Event: Self Defense Training &

Date: 10/10/2025

SR.NO	NAME OF PARTICIPANTS	BATCH	SIGNATURE
1.	Yadav Gunfa	5th sem Bsc	
2.	Patel Isha	5th sem Bsc	
3.	Vishwakarma shivanf	5th sem Bsc	
4.	swyavanshi Megha	5th sem Bsc	
5.	Yashvi Patel	5th Sem Bsc	
6.	Priyanshi Patel	5th Sem Bsc	P.N.Patel
7.	Hir Tandel	5th Sem Bsc	H.D.Tandel
8.	Maxi Tandel	5th Sem Bsc	M.K.Tandel
9.	PINKY Suthay	5th sem B.sc	
10.	Snaha mawrya	5th sem B.sc	Snaha.M
11.	Patel Vrutti	5th sem B.sc	
12.	Patel khushi	5th sem B.sc	
13.	Ganvit Twinkal	5th sem B.Sc	T.J.Ganvit
14.	Patel nidhi P	5th sem B.sc	N.P.Patel
15.	Patel Aarni M.	5th sem B.sc	A.M.Patel.
16.	chaudhary pooja B.	5th sem bsc.	
17.	Daksh Simran T.	5th Sem bsc.	Simran
18.	Sharma komal D.	5th Sem bsc.	Komal
19.	Sania Thomas	5th sem bsc	
20.	Amrutha Vinod	5th sem Bsc	
21.	Esther Pabli	5th sem Bsc	Esther
22.	Alphy Elizabeth.	5th sem Bsc	Alphy
23.	Patel Tisa	5th Sem Bsc	Tisa
24.	Patel Veulhika	5th sem Bsc	Patel
25.	Patel krishar	5th sem Bsc	
26.	Lad sanskruti	5th sem Bsc	
27.	Patel Karumi	5th sem Bsc	
28.	Ruthod Ayushi	5th sem Bsc.	A.A.A
29.	Vausha Patel	5th sem Bsc	
30.	Neha Yadav	5th sem Bsc	Neha
31.	Mili Patel	5th Sem Bsc	M.S.Patel
32.	Patel Archana	5th sem Bsc	
33.	Patel Saloni	5th sem Bsc	S.S.Patel
34.	Patel Paiti	5th sem Bsc	P.A.Patel
35.	Patel Parnel	5th sem Bsc	
36.	Patel Harshita	5th sem Bsc	Patel H.K.
37.	Thocul Rikitu	5th sem Bsc	
38.	Nayku Devangini	5th sem Bsc	D.R.Naykar
39.	Patel Mahesh	5th sem Bsc	
40.	Aarita Yadav	5th Sem Bsc	
41.	Sonam Yadav	5th Sem Bsc	

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