



THE BORIVLI EDUCATION SOCIETY'S  
**Matushri Pushpaben Vinubhai**



**MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE**  
M.K High School Compound, Factory Lane, Borivali (W), Mumbai-92  
"NAAC Accredited"

**WOMEN DEVELOPMENT CELL & IQAC COMMITTEE  
ORGANISES  
3 DAYS WORKSHOP ON  
SELF-DEFENCE**

**DAY-1 Psychological Defence Mechanisms  
ON 10th OCTOBER 2023, TIME- 09:30 a.m**



**Dr. Gouri Chafekar**



*Psychological  
**DEFENCE**  
Mechanisms*

**Prof. Neelam Dixit**  
Convenor  
Women Development Cell

**Prof. V. Manikandan**  
Principal Incharge

**Prof. Zubin Batliwala**  
IQAC  
Coordinator

**MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE**

*Self defence workshop*

**Participant / Judgement List**

**Event Name:** *Psychological defence Mechanism*

**Date:** *10.10.23*

*Page 1*

**Judges Name:** \_\_\_\_\_

| S.No | Name of the participant | Class    | Contact Number | Criteria 1 | Criteria 2 | Criteria 3 |
|------|-------------------------|----------|----------------|------------|------------|------------|
| 1    | Krishna Sitopara        | F.Y.Bcom | 9619746319     |            |            |            |
| 2    | Karishma A. Divkara     | F.Y.Bcom | 9011004623     |            |            |            |
| 3    | Shubhangi G. Naik       | F.Y.BAF  | 9987195777     |            |            |            |
| 4    | Purvi R. Shukla         | FYBAF    | 7738715554     |            |            |            |
| 5    | Vanila B. Singh         | FYBAF    | 8591967144     |            |            |            |
| 6    | Trisha J. Ghor          | FYBAF    | 9673980271     |            |            |            |
| 7    | Aayushi N. Mehla        | FYBAF    | 7757997891     |            |            |            |
| 8    | Janika Talpali          | FYBMS    | 9321639187     |            |            |            |
| 9    | Saniya Shaikh           | FYBMS    | 8928571013     |            |            |            |
| 10   | Prachi Karnadiya        | FYBMS    | 7397885180     |            |            |            |
| 11   | Pranali Katbarnna       | FYBcom   | 9930064821     |            |            |            |
| 12   | Kanchan Shinde          | FYBMS    | 9518662740     |            |            |            |
| 13   | Niyati Doshi            | FYBcom   | 7738744019     |            |            |            |
| 14   | Drishiti Gada           | FYBcom   | 8355862790     |            |            |            |
| 15   | Vidhi Fursia            | FYBcom   | 99322399914    |            |            |            |

**MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE**

**Participant /Judgement List**

Day 1

Event Name: Psycho logical defence Mechanism

Date: 10.10.22

Judges Name : \_\_\_\_\_

| S.No | Name of the participant  | Class   | Contact Number | Criteria 1 | Criteria 2 | Criteria 3 |
|------|--------------------------|---------|----------------|------------|------------|------------|
| 1    | Nishtha B. Shah          | SYBAF   | 9867103926     |            |            |            |
| 2    | Shruti A. Shedge         | SYBAF   | 7045407538     |            |            |            |
| 3    | Mohini M. Mandavkar      | SYBAF   | 9321855316     |            |            |            |
| 4    | Neel Jain                | SYBAF   | 9867124881     |            |            |            |
| 5    | Rajeshwari               | SYBMS   | 9967294490     |            |            |            |
| 6    | Rishi M. Dodiya          | F.Y.BMS | 9137682334     |            |            |            |
| 7    | Sakshi S. Gupta          | TyBcom  | 7045660922     |            |            |            |
| 8    | Vaishnavi Pandey         | Ty.Bcom | 7738563274     |            |            |            |
| 9    | Ismini S. Gupta          | TyBcom  | 8169171743     |            |            |            |
| 10   | Sheetal R. Yadav         | TyBcom  | 8108832993     |            |            |            |
| 11   | Muskan Jawahar Lal Yadav | FYBcom  | 91637906878    |            |            |            |
| 12   | Bhavana Ponohit          | FYBcom  | 8250656564     |            |            |            |
| 13   | Shrutika                 | FYBcom  | 7208326341     |            |            |            |
| 14   | Krunal Jitija            | SYBMS   | 7279176733     |            |            |            |
| 15   | Nisha Gohil              | SYBMS   | 9322899104     |            |            |            |

# MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE

## Participant /Judgement List

Page 1

Event Name: Psychological defence mechanism

Date: 10.10.23

Judges Name: \_\_\_\_\_

| S.No | Name of the participant | Class     | Contact Number | Criteria 1 | Criteria 2 | Criteria 3 |
|------|-------------------------|-----------|----------------|------------|------------|------------|
| 1.   | Sanjana Mali            | F.Y.B.Com | 9967979242     |            |            |            |
| 2.   | Pooja Mali              | F.Y.B.com | 95921023928    |            |            |            |
| 3.   | Shraddha S. Singh       | SYB.com   | 8591890115     |            |            |            |
| 4.   | Zayam Shaikh            | F.Y BMS   | 9356331642     |            |            |            |
| 5.   | Seema Yadav. st.        | F.Y.BMS   | 9152615011     |            |            |            |
| 6.   | Kuntal Sharma           | F.Y BMS   | 9821791917     |            |            |            |
| 7.   | Falguni Patel           | F.Y BMS   | 9503979332     |            |            |            |
| 8.   | Khushbu Jha             | F.Y BBI   | 9372732030     |            |            |            |
| 9.   | Kalpna Ankar            | F.Y BBI   | 9773991459     |            |            |            |
| 10.  | Vidhi Gola              | F.Y BBI   | 7208354600     |            |            |            |
| 11.  | Twinkle Singh           | F.Y B.com | 9699936118     |            |            |            |
| 12.  | Harsh Jain              | F.Y BBI   | 9653186855     |            |            |            |
| 13.  | Riya Yadav              | F.Y BBI   | 7218933135     |            |            |            |
| 14.  | Time Gumber             | F.Y BBI   | 9619037826     |            |            |            |
| 15.  | Royal S. Bhatnagar      | Sy B.com  | 8891949309     |            |            |            |
| 16.  | Hetal. S. Khargiya      | Sy B.com  | 84211508514    |            |            |            |

# MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE

## Participant / Judgement List

Event Name: Psychological defence Mechanism

Date: 10.10.23

Day 1

Judges Name : \_\_\_\_\_

| S.No | Name of the participant  | Class   | Contact Number | Criteria 1 | Criteria 2 | Criteria 3 |
|------|--------------------------|---------|----------------|------------|------------|------------|
|      | Anjali yadav             | FYBAF   | 9987306648     |            |            |            |
|      | Deepa Vishwakarma        | FYBAF   | 7208605120     |            |            |            |
|      | Suhani Bulekar           | FYBAF   | 8806925572     |            |            |            |
|      | Purvi Jaisw. Jain        | FYBCom  | 9783181849     |            |            |            |
|      | Sadhana Yadav            | FyB.com | 750611543      |            |            |            |
|      | Akanksha Benade          | FYBcom  | 9152656644     |            |            |            |
|      | Pooja Reddy              | F.YBAF  | 8433554027     |            |            |            |
|      | Sadha Sandhya M. Harijan | FYBAF   | 8928245939     |            |            |            |
|      | Mimakshi D. Thakur       | FYBAF   | 8369500960     |            |            |            |
|      | Pari Varma               | FyBAF   | 7710044279     |            |            |            |
|      | Alice D Souza            | FyBAF   | 9359453622     |            |            |            |
|      | Sonal S. Dangale         | FYBAF   | 7715980182     |            |            |            |
|      | Singh Shweta             | FyBAF   | 8652400878     |            |            |            |
|      | Anuska Ramani            | FYBAF   | 9022838876     |            |            |            |
|      | Sakshi Shedge            | FyBAF   | 8231884096     |            |            |            |



THE BORIVLI EDUCATION SOCIETY'S  
Matushri Pushpaben Vinubhai



**MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE**  
M.K High School Compound, Factory Lane, Borivali (W), Mumbai-92  
"NAAC Accredited"

**WOMEN DEVELOPMENT CELL & IQAC COMMITTEE  
ORGANISES  
3 DAYS WORKSHOP ON  
SELF-DEFENCE**

**DAY-2 The Best Defence is  
A GOOD OFFENCE  
ON 11TH OCTOBER 2023, TIME- 09:30 a.m**



**GUEST SPEAKER  
MS.UNNATI THAKAR  
(MUMBAI POLICE)**



**Prof. Neelam Dixit  
Convenor  
Women Development Cell**

**Prof. V. Manikandan  
Principal Incharge**

**Prof. Zubin Batliwala  
IQAC  
Coordinator**

## Date : 11/11/25

[illegible]

## PARTICIPANT LIST

Event Name:

Date :

[illegible]

## PARTICIPANT LIST

**Event Name:** Best school in good place

Date : 11.10.22

[illegible]

Page 2

MATUSHRI PESHAPEN VINUBHAI VALIA COLLEGE OF COMMERCE

PARTICIPANT LIST

Event Name: Best defense in good offence

Date: 11/10/23

| S.No  | Name of the participant     | Class     | Contact Number |
|-------|-----------------------------|-----------|----------------|
| 446 1 | Sorali Jagdamba Singh       | FYBMS     | 9076363953     |
| 446 2 | MinalKshi Dalaram Krali     | FYBMS     | 9876078420     |
| 640 3 | Shruti Sharma               | FY BMS    | 8108254221     |
| 653 4 | Bhumi manohar thakur        | FY BMS    | 9372294524     |
| 5     | Sargam V. Mali              | F.Y.BMS   | 8655257214     |
| 6     | SNEHA BHANUSHALI            | FYBMS     | 8454989702     |
| 7     | Pivita M Rodia              | F.Y.BMS   | 9137682334     |
| 8     | Jaiswal priya S.            | T.Y.B.COM | 9867812366     |
| 9     | EKta dave A                 | TY.B.COM  | 9372617236     |
| 10    | Shilpa Nishad R             | T.Y.B.COM | 7738520926     |
| 11    | Maitreyi Madhukar Mandavkar | SY.B.A.F. | 9321855316     |
|       |                             |           |                |
|       |                             |           |                |
|       |                             |           |                |

**MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE**

M.K High School Compound, Factory Lane, Borivali (W), Mumbai-92

**"NAAC Accredited"**

**WOMEN DEVELOPMENT CELL & IQAC COMMITTEE  
ORGANISES  
3 DAYS WORKSHOP ON  
SELF-DEFENCE**

**DAY-3**

**SELF DEFENCE- Be an Opponent, Not A Victim  
ON 12th OCTOBER 2023, TIME-09:30 a.m**



**Sensai Manik Naidu  
4th Degree Black Belt  
Japan Karate Association**



**Prof. Neelam Dixit  
Convenor  
Women Development Cell**

**Prof. V. Manikandan  
Principal Incharge**

**Prof. Zubin Batliwala  
IQAC  
Coordinator**

MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE

Self-Defence 3Day

PARTICIPANT LIST

Event Name: Be an Opponent Not a Victim

Date: 12/10/23

| S.No | Name of the participant | Class  | Contact Number |
|------|-------------------------|--------|----------------|
| 1    | Kanishka Rajak          | FYBMS  | 8956526844     |
| 2    | Noori Khan              | FYBMS  | 72255125-      |
| 3    | Kunjali Jitija          | SVBMS  | 7219178733     |
| 4    | Pooja Marhiya           | SYBMS  | 8010041074     |
| 5    | Archana Mohato.         | SYBMS  | 908428330      |
| 6    | Tanvi Shivalkar         | SYBMS  | 702146573      |
| 7    | Mansi Gosavi            | TyBcom | 8169949778     |
| 8)   | Lokkumari Khatli        | TyBcom | 8879130465     |
| 9)   | Aditi Singhani          | TyBcom | 7498967768     |
| 10)  | RASHI D. TIWARI         | FYBcom | 8108315061     |
| 11)  | Maanyata. N. Desai      | FYBcom | 8591732089     |
| 12)  | Harshali P. Kamire      | FYBcom | 9372233165     |
| 13)  | Jyoti. S. Yadav         | FYBcom | 7021191641     |
| 14)  |                         |        |                |
|      |                         |        |                |

✓

MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE

Self-Defense 3 Day.

**PARTICIPANT LIST**

Event Name: Be an Opponent, Not a Victim

Date: 12-10-2023

| S.No | Name of the participant | Class     | Contact Number |
|------|-------------------------|-----------|----------------|
| 1.   | Antonia Krishna Tiwari  | F.Y.B.Com | 7304675082     |
| 2.   | Kirti Suba Rajbhar      | Fy.B.Com  | 7355204436     |
| 3.   | Riya Rajesh Gupta       | F.Y.B.com | 8452933132     |
| 4.   | Pushpa A Khushwaha      | F.Y.B.Com | 8999502076     |
| 5.   | Mahid A Joshi           | F.Y.B.Com | 9402322212     |
| 6.   | Vrunda V. Prajapati     | F.Y.B.Com | 9023205272     |
| 7.   | HETAL H. Bavisa         | F.Y.B.com | 996782763      |
| 8.   | Reshma B. chaulhary     | F.Y.B.com | 8097100294     |
| 9.   | shruti S. chougale.     | S.Y.BMS   | 8180011987     |
| 10.  | Khan Parveen Akham      | SYBBI     | 9320030160     |
| 11.  | Pandey Priya Akhilesh   | SYBMS     | 9022855730     |
| 12.  | Bisramane Bhumi Sanjay  | SYBMS     | 9920542476     |
| 13.  | Arantha Gupta           | SYBMS     | 8169270772     |
| 14.  | Shabnam Shaikh          | SYBMS     | 91923732018    |
| 15.  | Prashant M. choudhary   | F.Y.BMS   | 9106102201     |

# MATUSHRI PUSHPABEN VINUBHAI VALIA COLLEGE OF COMMERCE

## Participant / Judgement List

Self-Defense 3 Day

Event Name: Be an Opponent, Not a Victim

Date: 12/10/22

Judges Name: \_\_\_\_\_

| S.No | Name of the participant | Class      | Contact Number | Criteria 1 | Criteria 2 | Criteria 3 |
|------|-------------------------|------------|----------------|------------|------------|------------|
| 1.   | Shrutika Dalvi          | FYBCOM - B | 7208326391     |            |            |            |
| 2.   | Arohi Gawde             | SYBCA - A  | 7678066537     |            |            |            |
| 3.   | Dhriti Shukal           | SYBMS - A  | 7385873270     |            |            |            |
| 4.   | Khushi J. Yadav         | FYBAF - A  | 9321965657     |            |            |            |
| 5.   | Shrutika G. Dalvi       | FYBAF - B  | 9987195777     |            |            |            |
| 6.   | Shrutika G. Dalvi       | FYBAF - A  | 8452807343     |            |            |            |
| 7.   | Levi P. K. Singh        | SYBCOM - A | 9136733117     |            |            |            |
| 8.   | Harshad Vaidya          | FYBMS - B  | 7049991742     |            |            |            |
| 9.   | Devi P. Tanchel         | FYBMS - A  | 9136265871     |            |            |            |
| 10.  | Vijayashree Motival     | FYBAF - A  | 7977964106     |            |            |            |
| 11.  | Santhya M. Harejan      | FYBAF - A  | 9321753956     |            |            |            |
| 12.  | Arushko S. Parnane      | FYBAF - A  | 9022823816     |            |            |            |
| 13.  | Sakshi A. Shetke        | FYBAF - B  | 8231884096     |            |            |            |
| 14.  | ADITYA C. YADAV         | FYBCOM - E | 9082542001     |            |            |            |