



**D Y PATIL**  
DEEMED TO BE  
UNIVERSITY  
— SCHOOL OF —  
HOSPITALITY &  
TOURISM STUDIES  
NAVI MUMBAI

## **Career Enhancement Course**

**On**

**Self Defense for Ladies**

**Date: 16-08-2016 to 20-08-2016**

**Time: 10am – 04 pm**

**Venue: School of Hospitality and Tourism Studies**

**Faculty in Charge: Asst. Prof. Chaitali Gosavi**



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23<sup>rd</sup> July 2016

**CIRCULAR**

Dear Students,

This is to inform you that DY Patil University School of Hospitality and Tourism Studies is organising the Career Enhancement Course next month from 16<sup>th</sup> Aug to 20<sup>th</sup> Aug 2016

The Topic is “Self Defense for Ladies” and will be conducted by our experienced faculty members.

We request you all to join these beneficial courses for your better career in future

*Vandana Mishra*

Dr. Vandana Mishra Chaturvedi

Director

**DIRECTOR**  
SCHOOL OF HOSPITALITY & TOURISM STUDIES  
D. Y. PATIL DEEMED TO BE UNIVERSITY  
NERUL, NAVI MUMBAI - 400706



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## Faculty Profile-



Ms. Chaitali Gosavi worked for over 10 years with the renowned brand Taj Group of Hotels as a Duty Manager. She was praised by many in-house guests during the tenure for providing excellent customer service, the thanks and appreciation were via online feedback form, which plays a very vital role in a maintaining hotel's reputation. Currently work as an Assistant Professor at DY Patil Deemed to be University School of Hospitality and Tourism studies in Front Office Department



## Itinerary –

**Date- 16-08-2016 to 20-08-2016**

**Topic- Self Defense for Ladies**

**Faculty- Asst. Prof. Chaitali Gosavi**

### Itinerary of the Programme

<b>DAY 1</b>	
11:00AM	Introduction of the Faculty with the Students
11:30 AM	Introduction of SHTS Career Enhancement Course by host faculty Asst. Prof. Chaitali Gosavi
12:00 PM	Introduction of the Self Defense
1:00 PM	Lunch Break
2:00 PM	How to understand and sense situations where Self-defence is required
3:00 PM-4:00 PM	Techniques of self defence
	End of Day 1
<b>DAY 2</b>	
11:00AM	Types of actions in self defence
12:00 PM	Practically shown by the faculty in charge to the students
1:00 PM	Lunch Break
2:00PM	Students in action
3:00PM-4:00PM	Dos and Don'ts of self defence
	End of Day 2
<b>DAY 3</b>	
11:00AM	Role of Martial Arts in self defence
12:00 AM	Different body postures
1:00 PM	Lunch Break
2:00PM	What is karate?
3:00PM-4:00PM	Common and uncommon in karate and taekwondo
	End of Day 3
<b>DAY 4</b>	
11:00AM	Played different video in the class related to more techniques
12:00 PM	Self-defence tools
1:00 PM	Lunch
2:00 PM	Hand postures techniques
3:00PM-4:00 PM	Briefing about kickboxing [Muay Thai]
	End of Day 4
<b>DAY 5</b>	
11:00AM	Briefing about Judo and how it is different from Karate

12:00 PM	Practical revision of Previous 4 days
1:00 PM	Lunch
2:00PM	Practical Revision of previous 4 days
3:00PM-4:00 PM	Question & Answers Session for Students
	End of Day 5

School of Hospitality and Tourism Studies have organised the Career Enhancement Course for their students on the topic Self-defence for ladies. This is an important factor that keeps individual fit and confident both personal and professional level. The need of identifying and improving an individual's personality by knowing the benefit of self defence that has been felt a component by everyone who aspires for good responsibility to shape good future for students.

In this course the faculty has focused on the following topics

- Necessity of self defence
- Different types of techniques
- Difference between karate and Taekwondo
- Judo and kick boxing

#### **Course objectives-**

- The benefits of Physical Activity
- Socialisation
- Discipline
- Learning self-limits
- Building confidence
- Gaining new knowledge
- Students will grow as a person

#### **Course Outcome-**

- Self-confidence of the women will increase
- Students can understand the necessity of the various self-defence techniques in personal and professional level
- Students will understand the benefits of self-defence technique



## Attendance Sheet

**Course-Self Defense for Ladies**

**Faculty- Asst. Prof. Chaitali Gosavi**

	16-08-16	17-08-16	18-08-16	19-08-16	20-08-16
Name of the Student					
Choudhury Nikita Rinkumoni	Present	Present	Present	Present	Present
Neha Sharma	Present	Present	Present	Present	Absent
Kasare Siddhi	Present	Present	Absent	Present	Present
Chandra Arushi	Present	Present	Present	Present	Present
Kunnuthottiyil Nikitha Sunil	Present	Absent	Present	Present	Present
Parmar Riya Hasmukh	Present	Present	Present	Present	Present
Gupta Amita Rameshwar	Present	Present	Present	Present	Present
Papal Mayuri Sunil	Present	Present	Present	Present	Present
Dhumal Prakriti Prabhakar	Absent	Present	Present	Present	Present
Punjabi Deepti	Present	Present	Present	Present	Present
Chavan Jaya	Present	Present	Present	Present	Present
Abraham Vishali	Present	Absent	Present	Present	Present
Wasgare Riya	Present	Present	Present	Present	Present
Pawar Sangeeta	Present	Present	Present	Present	Present
Sawant Siddhi Anand	Present	Present	Absent	Present	Present
Patil Pratibha	Present	Present	Present	Present	Present
Shaikh Aditi	Present	Present	Present	Present	Present
Kulkarni Sanchita Sanjay	Present	Present	Present	Present	Present
More Neha Digambar	Present	Present	Present	Present	Absent
Amrute Manisha Mahesh	Present	Present	Present	Present	Present
Fatarphekar Karishma Amar	Present	Present	Present	Present	Present



## Student Feedback-

Student Name / 5

Sahil Handkar

Add individual feedback

Batch / 5

1 D

Add individual feedback

Was the course useful? / 4

- Yes  
 No  
 Maybe

Add individual feedback

Was the Topic Covered by the faculty was relevant? / 4

- Yes  
 No

Add individual feedback

Your Overall Experience / 5

- Excellent  
 Very Good  
 Good  
 Poor



Student Name

/8

Abhilash Satheesan

Add individual feedback

Batch

/4

E

Add individual feedback

Was the course useful?

/8

Yes

No

Maybe

Add individual feedback

Was the Topic Covered by the faculty was relevant?

/2

Yes

No

Add individual feedback

Your Overall Experience

/8

Excellent

Very Good

Good

Poor





Student Name

0/0

Danesh Fitter

Add individual feedback

Batch

0/0

H

Add individual feedback

Was the course useful?

0/0

Yes

No

Maybe

Add individual feedback

Was the Topic Covered by the faculty was relevant?

0/0

Yes

No

Add individual feedback

Your Overall Experience

0/0

Excellent

Very Good

Good

Poor



Student Name

1/2

Aryan Mahajan

Add individual feedback

Batch

1/2

A

Add individual feedback

Was the course useful?

1/2

Yes

No

Maybe

Add individual feedback

Was the Topic Covered by the faculty was relevant?

1/2

Yes

No

Add individual feedback

Your Overall Experience

1/2

Excellent

Very Good

Good

Poor



Student Name

Ritesh Bharat Gopale

Add individual feedback

Batch:

D

Add individual feedback

Was the course useful?

Yes

No

Maybe

Add individual feedback

Was the Topic Covered by the faculty was relevant?

Yes

No

Add individual feedback

Your Overall Experience

Excellent

Very Good

Good

Poor



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## Faculty Certificate-



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### **Certificate of Participation**

*This is to certify that Mr. /Ms. Chaitali Gosavi*

*Had Conducted Career Enhancement Course Programme*

***“Self Defense for ladies”***

*At D.Y.Patil School of Hospitality & Tourism Studies, Navi Mumbai*

*On 16th Aug 16 to 20th Aug 16*

**Pallavi Chaudhari**  
Vice Principal  
School of Hospitality & Tourism Studies