

25<sup>th</sup> March 2022

## Report

CWDC/ICC/Sports committee

A two day workshop on kickboxing and self-defence was conducted jointly by the CWDC, ICC and the Gymkhana committee.

The first day session included a talk by the resource person Mr Ali Saif Mirza for girls and boys on the topic 'kickboxing as a mode of self defence'. Several staff members and about 50-60 students attended the program.

On the second day of the self-defence workshop, a demo lecture was organized for the Girl students. This was attended by about 25 girl students and lady staff of the college. Tips and tricks were shared by the resource person on how to stay fit, strong and how to respond in case unexpected uncomfortable situations arise.

Special thanks to Prof Hemanth kumar Jonnala, In-charge Principal for his unflinching support. I also take an opportunity to thank all my colleagues and members of the non-teaching staff for making all this possible.



Dr Smita Salunke  
Program Coordinator



**Kickboxing workshop for girls**





**Kickboxing workshop for Girls**





Anjuma-I-Islam's  
Akbar Peerbhoy College Of Commerce & Economics

Attendance sheet Of student Participants

Title of the program-... Kickboxing Workshop

Date -... 23<sup>rd</sup> March 2022

Organized By-... CWDC, ICC & Sports Committee

Prog.In-Charge-... Dr. Smila Salunke

Resource Person-... Ali Saif Mirza

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
1.	Shaikh Atiqah	Sy.Bcom	A/57	9137482218	Atiqah
2.	Shaikh Masujam	Sy.Bcom	A/63	9029611271	Masujam
3.	Shaikh Sana	TYB.com	C/361	8928508291	Sana
4.	Pathan Bushra	TYB.com	B/234	8969991682	Bushra
5.	Khan Hudah	Sy.Bcom	A/24	7566629818	Hudah
6.	Khan Mantasha Imtiaz	Sy.Bcom	A/25	8439817170	Mantasha
7.	Mohd Faizan	F.Y.Bcom	C/252	9152294683	Faizan
8.	Md. Arshad	Fy.Bcom	C/209	6299429864	M. Arshad
9.	Khan Aman Rais	Fy.Bcom	B/127	8291730112	Aman
10.	Mantasha Ansari	Fy.Bcom	A/24	9833635051	Mantasha
11.	Muhammad Saad	Fy.Bcom	D/363	9821646410	Saad
12.	Zana Abbas Mirza	Fy.Bcom	E/493	9821646410	Zana
13.	KHAN ARIAN	T.Y.B.com	A/86	9004535793	Arian
14.	Rohel Aneek Farooqi	T.Y.B.com	A/89	9326623972	Rohel
15.	Sana Shaikh	TYBcom	A/82	8454932869	Sana
16.	Qureshi Fawade	TYBcom	A/43	9082521668	Fawade
17.	Shaikh Abdullah	Fy.Bcom	D/367	7506806397	Abdullah

## Anjuma-I-Islam's

### Akbar Peerbhoy College Of Commerce & Economics

#### Attendance sheet Of student Participants

Title of the program-... Workshop on kickboxing .....

Date -..... 23<sup>rd</sup>/03/2022 .....

Organized By-... CWDC & ECC .....

Prog.In-Charge-... Dr. Sunita Salunke .....

Resource Person-... Ali Saif Mirza .....

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
1	Faiza Shaikh	S.Y.Bcom	A/59	9372553001	<u>Faiza</u>
2	Muskan shaikh	S.Y.Bcom	A/73	7039469092	<u>Muskan</u>
3	Prapti S. Sasane	F.Y.Bcom	C/289	7058177477	<u>Prapti</u>
4	Kashish Qureshi	F.Y.Bcom	C/236	9833658062	<u>Kashish</u>
5	Shaikh Husna	F.Y.Bcom	D/340	8169786710	<u>Husna</u>
6	Sayed Zoena	S.Y.Bsc	16	9937904752	<u>Sayed</u>
7	Shaikh Abeela	F.Y.Bcom	C/284	7045404395	<u>Abeela</u>
8	ANSARI YASIN HUSAIN	F.Y.Bcom	A/57	8850478680	<u>Yasin</u>
9	Ansari Rafe	F.Y.Bcom	A/35	704525249	<u>Rafe</u>
10	Muzammam Nambil	F.Y.Bcom	C/221	7718990470	<u>Muzammam</u>
11	Mohd Anqil Shaikh	S.Y.IT	A/17	9052614231	<u>Anqil</u>
12	Shadman Shaikh	S.Y.A	D/370	8740025502	<u>Shadman</u>
13	Tabish Shaikh	S.Y.Bcom	D/408	70405805707	<u>Tabish</u>
14	Faizul Haque	F.Y.Bcom	B/124	771508853	<u>Faizul</u>
15	Fardeen Farooqui	F.Y.Bcom	A/11	9321201649	<u>Fardeen</u>
16	Ansari Mazharuddin	F.Y.Bcom	A/05	8879832914	<u>Mazhar</u>
17	Haanis Qureshi	F.Y.Bcom	C/234	9372626609	<u>Haanis</u>
18	Khatib Saqib	F.Y.Bms	13	8080147791	<u>Saqib</u>
19	Rohan S. Suryavanshi	F.Y.Bcom	E/479	8779897210	<u>Rohan</u>
20	Hamza Baig	F.Y.Bcom	E/514	9372968121	<u>Hamza</u>

**Anjuma-I-Islam's**  
**Akbar Peerbhoy College Of Commerce & Economics**

**Attendance sheet Of student Participants**

Title of the program-... Workshop on kickboxing

Date -... 23/02/2022.....

Organized By-... CWDC & ICC.....

Prog.In-Charge-... Dr. Smita Salunke

Resource Person-... Mr. Ali Saif Muzga

Sr. No.	Name of the students	Class	Div/Roll No.	Whatapp Number	Signature
01	Mohd Nasir	Sybcen	40	7506359728	
02	Khan Soureer	"	31	9326410327	
03	Shaikh faisal	"	67	8926696866	
04	Asad Ansari	Sy b. com	296	8433898098	
05	Shaikh Mohd Jafar Akbar	Sy b. com	'D' 355	8291527127	
06	SHAIKH Murshid	Sy b. com	D/ 339	9137964800	
07	Ozaif Mansuri	Sy b. com	233	7666033810	
08	Aftab A. Kalan Makodan	f. y. b. com	2141C	9881462568	
09	Md. Nasserullah Ramroo	F. y. b. com	229 (C)	9123420061	
10	Ishad Shaikh	f. y. b. com	382'D'	9372406604	
11	Shoaib Ansari	F. y. b. com	377.D.	7718049501	
12	Mohd Raza	F. y. b. com	211-C	8355888184	
13	Imraaz Ansari	F. y. b. com	(A) 52	9028536150	
14	Md Azeeb	F. y. b. com	(B) 116	7070540288	
15	Shaikh Afzal	"	116	8028696000	





Ali Asif Saif Mirza -

A simple Combat Expert.

10 years Experience MMA

- State Level Kickboxing medalist
- Muay Thai Kickboxing medalist

Engineer / Personal Trainer

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An Engg Graduate & a Combat Training  
Expert with a 10+ years exp.









Anjuman-i-Islam's

**Akbar Peerbhoy College of Commerce and Economics**  
(NAAC Accredited College)

MS Ali Road, Two Tank Grant(E), Mumbai - 08

### Activity Feedback Form

Name of the Activity Kick Boxing workshop

Date: 23<sup>rd</sup> March, 2022

Covenor of the Activity \_\_\_\_\_

Resource Person: Ali Saif Mirza

1. Name of the student : Pathan Bishara (Optional)
2. Class : Ty. B. Com
3. Roll no : 362
4. Gender : Male:  Female:  Other:
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?#  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?#  
Poor  Good  Very Good  Excellent

Any Suggestion-

AS compare to my expectation it was very well they environment was very friendly the coach was a very nice person he was become familiar after some time.



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### Activity Feedback Form

Name of the Activity Kick Boxing Workshop Date: 23<sup>rd</sup> March 2022

Covenor of the Activity Dr. Smitea Resource Person: Ali Saif Mirza

1. Name of the student : Shaikh Husna (Optional)
2. Class : F.Y.B.Com
3. Roll no : 340
4. Gender : Male:  Female:  Other:
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?#  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?#  
Poor  Good  Very Good  Excellent

Any Suggestion-

A very well and useful Activity.



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### Activity Feedback Form

Name of the Activity KICK BOXING WORKSHOP Date: 23<sup>rd</sup> MARCH, 2022

Covonor of the Activity DR. SMITA Resource Person: ALI SAEED MIRZA

1. Name of the student : HUSSAIN SHAIKH (Optional)
2. Class : F.Y. B.COM
3. Roll no : 342
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?^  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?^  
Poor  Good  Very Good  Excellent

Any Suggestion-

AS per my suggestion about this Activity,  
the everything care done properly and environment  
are very friendly.



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### Activity Feedback Form

Name of the Activity Kick Boxing workshop Date: 23<sup>rd</sup> March, 2022

Covenor of the Activity Dr. Smirca Resource Person: Ali Saif Mirza

1. Name of the student : ShaiKh Maryam (Optional)
2. Class : S.Y. B.Com
3. Roll no : 57
4. Gender : Male:  Female:  Other:
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?+  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?+  
Poor  Good  Very Good  Excellent

Any Suggestion-

Great workshop and very informative.





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### Activity Feedback Form

Name of the Activity Kick Boxing workshop Date: 23<sup>rd</sup> March, 2022

Covenor of the Activity Dr. Smite Resource Person: Ali Saif Mirza

1. Name of the student : Ahan Amar (Optional)
2. Class : Fy. B.com
3. Roll no : 127
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?†  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?†  
Poor  Good  Very Good  Excellent

Any Suggestion-

The coach was a very nice person, He was become familiar after some time



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### Activity Feedback Form

Name of the Activity Kick Boxing workshop

Date: 23<sup>rd</sup> March, 2022

Covenor of the Activity Dr. Smita

Resource Person: Ali Saif Mirza

1. Name of the student : Khan Sameer (Optional)
2. Class : S. Y. B. Com
3. Roll no : 40
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person? \*  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person? \*  
Poor  Good  Very Good  Excellent

Any Suggestion-

The Environment was very friendly.  
And the resource person is also very  
familiar.



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### Activity Feedback Form

Name of the Activity Kick boxing workshop Date: 23<sup>rd</sup> March 2020

Covenor of the Activity Dr. Smitee Resource Person: Ali Jafar Mirza

1. Name of the student : Abdul Anwar (Optional)
2. Class : S:4. B.com
3. Roll no : 296
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?+  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?+  
Poor  Good  Very Good  Excellent

Any Suggestion-

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### Activity Feedback Form

Name of the Activity Kick Boxing workshop Date: 23<sup>rd</sup> March 2022

Covernor of the Activity Dr. Smita Resource Person: Ali Saif Mirza

1. Name of the student : Saif Ali (Optional)
2. Class : FY BMS
3. Roll no : 24
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?+  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?+  
Poor  Good  Very Good  Excellent

Any Suggestion-

This Workshop On Kickboxing is very excellent  
and informative for us.



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### Activity Feedback Form

Name of the Activity Kick Boxing Workshop Date: 23<sup>rd</sup> March 2022

Covernor of the Activity DR. Smita Resource Person: Ali Saif Mirza

1. Name of the student : Tabish Sheikh (Optional)
2. Class : S4 B.com
3. Roll no : 408
4. Gender : Male:  Female  Other
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?+  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?+  
Poor  Good  Very Good  Excellent

Any Suggestion-

This Activity is very useful for us.  
The resource person of the activity their  
presentation skill was Good.



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### Activity Feedback Form

Name of the Activity Kick Boxing Workshop Date: 23<sup>rd</sup> March 2022

Covernor of the Activity DR. SMITA Resource Person: ALI SAIF MURZA

1. Name of the student : MUSKAN SHAIKH (Optional)
2. Class : S Y B.COM
3. Roll no : 73
4. Gender : Male:  Female:  Other:
5. How did you find the program:  
Poor  Good  Very Good  Excellent
6. Did you find content relevant and useful:  
Yes  No:  Not sure
7. Did your all questions were attend by the resource person?#  
Yes  No:  Not sure
8. How would you rate the presentation skills of the resource person?#  
Poor  Good  Very Good  Excellent

Any Suggestion-

According to me, This is a very great  
workshop. and very informative.