

## Report on Certificate Course in Civil Defence and Yoga 21-2-22 to 10-3-22

Name of the Event -:	<b>Certificate Course in Civil Defence and Yoga 21-2-22 to 10-3-22</b>
Organized by:	<b>NCC Unit and the NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71</b>
Details of the Certificate Course in Civil Defence and Yoga	<p><b>Name of the Certificate Course: Certificate Course in Civil Defence and Yoga</b></p> <p>Duration: 30 hours course organized by the NCC Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 400 043</p> <p>Objective of the Course: To impart basic knowledge and training of Civil Defence and yoga to students.</p> <p>Modules:</p> <ul style="list-style-type: none"> <li>❖ Introduction to Civil Defence,</li> <li>❖ Disasters and Disaster Management</li> <li>❖ Techniques and methods of rescue</li> <li>❖ First Aid</li> <li>❖ CYP Common Yoga Protocol</li> <li>❖ Pranayam,</li> <li>❖ Yogic Breathing Practices for mind-body balance and healing.</li> </ul> <p>Teaching Methodology: Classroom teaching accompanied by demonstration and hands-on training.</p> <p>Trainers arranged by the Dy. Controller of Civil Defence, Area 3, Mulund, Mumbai 400 080 will conduct the Civil Defence Course from <b>2pm to 6pm for 5 days.</b></p> <p>Yoga sessions will be conducted by Dr. Chandrashekhar Karve of Ambika Yog Kutir, Time: <b>4.00pm to 6.00pm for 5 days.</b></p> <p><b><u>Course Fees: Rupees 50/- fifty. Full fees will be refunded on completion of the course</u></b></p>

	<b>Course Coordinator: Assoc. Prof. Dr. Lata Krishnan</b>
<b>Objective of the session</b>	<ol style="list-style-type: none"> <li>1. Providing civil defence training to the NCC and NSS volunteers of the college to help them protect themselves and civilians around them, in the event of a disaster.</li> <li>2. To provide yoga training and the teaching of Surya Namaskar in a scientific manner, pranayama and the CYP Common Yoga Protocol</li> </ol>
<b>Collaboration with:</b>	<ol style="list-style-type: none"> <li>1. The Civil Defence Greater Mumbai</li> <li>2. Ambika Yog Kutir, Thane</li> </ol>
<b>Date &amp; Time of the Program:-</b>	<ol style="list-style-type: none"> <li>1. Civil Defence Training from 21-2-22 to 25-2-22 TIME: 2.00pm to 6.00pm on all days.</li> <li>2. Yoga Training on 26, 28 of February and 3, 7, 10 March, 2022 TIME: 4.00pm to 6.00pm</li> </ol>
<b>Venue -:</b>	<ol style="list-style-type: none"> <li>1. Civil Defence Training: Venue: Room 501 for lectures and the ground floor multipurpose hall for demonstration and practice.</li> <li>2. Yoga Training: Venue: The Ground floor Multipurpose Hall</li> </ol>
<b>No of Participants:-</b>	30 participants from the NCC and NSS units of the college.
<b>Resource Persons:</b>	<p>Civil Defence Resource Persons</p> <ol style="list-style-type: none"> <li>1. Shri Malgavi Sir</li> <li>2. Shri Jayprakash</li> <li>3. Shri Madhu Kadam</li> <li>4. Shri Shivajirao Bagad</li> </ol> <p>Yoga Training - Yoga Guru</p> <ol style="list-style-type: none"> <li>1. Dr. C.D. Karve</li> </ol>
<b>Brief Report of the Program:-</b>	On 21st February, 2022 the Certificate Course in Civil Defence and Yoga was inaugurated by cutting off the ribbon by the Chief Guest Shri Madhu Kadam Ex Divisional Warden, Civil Defence Chembur Division, in room number 501 at 1.45pm. All 28 participants were present along with Resource Person Shri Malgavi, Principal Dr. Eknath Zhrekar, Asst. Prof. Harsh Shukla and Assoc. Prof. Dr. Lata Krishnan. Course Coordinator Assoc. Prof. Dr. Lata Krishnan made the opening remarks and explained how the Civil Defence is an

	<p>initiative of the people for the people and by the people that comes in fourth position after Army Navy and Airforce in times of disaster and emergency situation to help and protect civilians in danger. It uses the principle of emergency operations: prevention, mitigation, preparation, response, emergency evacuation, first-aid and recovery. Principal Dr. Eknath Zhrekar welcomed Shri Madhu Kadam and the participants and explained the importance of the programme. Principal Dr. Eknath Zhrekar urged the participants to attend regularly and with full attention. He wished them success. Chief Guest Shri Madhu Kadam gave an interesting keynote address explaining the nitigrities of Civil Defence. He said "Every responsible citizen should be a part of the Civil Defence Force of the country." NCC Cadet Sharukh Shaikh and NSS Leader Lekhraj Dholpuria both from the S.Y.B.Com class, expressed their joy and excitement in participating in the programme.</p> <p>After an inspiring inaugural ceremony Shri Malgavi commenced with the Civil Defence Course training. Theory session was taken in room number 501 2.30pm to 4.30pm. Practicals were conducted in the ground floor multipurpose hall of the campus from 4.30pm to 6.00pm</p> <p><b>Modules taught on DAY 1: 21-2-22</b></p> <ol style="list-style-type: none"> <li>1. History of Civil Defence, Objectives and Significance</li> <li>2. Modern Warfare practices and the need to safeguard our country. Duty, Role and responsibility of the Civil Defence Volunteer during emergency situation</li> <li>3. Organization structure of Civil Defence National, State and Regional levels</li> <li>4. Inflammable material and types of inflammable material, poor quality and cheap/dangerous inflammable material</li> <li>5. Risk and danger caused due to the use of poor quality / cheap inflammable material, Problems and Solutions</li> <li>6. Civil Defence rule of 1968, Disaster Management rule 2005. Rules and regulations for registration</li> </ol> <p><b>Modules taught on Day 2: 22-2-22</b></p> <ol style="list-style-type: none"> <li>1. Sign language</li> <li>2. Duties and responsibilities of Control and Sub-Control Centres.</li> <li>3. Duties and responsibilities of Civil Defence volunteers at the time of disaster and emergency.</li> </ol>
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	<ol style="list-style-type: none"> <li>4. Flammable and inflammable elements. Ways and methods of extinguishing fire.</li> <li>5. Chemical fire and domestic fire</li> <li>6. Water pump extinguisher maintenance and repair.</li> </ol> <p><b>Modules taught on Day 3: 23-2-22</b></p> <ol style="list-style-type: none"> <li>1. Types of Rope, Types of knots</li> <li>2. Techniques and methods of rescue during disaster and emergencies.</li> <li>3. Disaster Management and its history</li> <li>4. Disaster Management, rescue, first-aid and fire drill</li> <li>5. Primary and night elements and its history.</li> <li>6. Triangular Bandage</li> </ol> <p><b>Modules taught on Day 4: 24-2-22</b></p> <ol style="list-style-type: none"> <li>1. Types of ambulances and emergency ambulances</li> <li>2. Types of wounds and their forms. Difficulties faced during first-aid</li> <li>3. Types of C.P.R. Cardiopulmonary Resuscitation</li> <li>4. Result and protective conclusion of the Mahashark</li> <li>5. Result and protection measures of the Mahavic weapons</li> <li>6. Result and protection recipe of Industrial Chemical arms.</li> </ol> <p><b>Modules taught on Day 5: 25-2-22</b></p> <ol style="list-style-type: none"> <li>1. Disaster and its impact on the country</li> <li>2. Study of danger due to geographical conditions.</li> <li>3. Defence measures (What to do? What to do?) Control Centre / Sublime Centre / Finder Chowki</li> <li>4. Writing Tests</li> <li>5. Documentary Examination and Conclusion.</li> </ol> <p>The Civil Defence training ended with a valedictory ceremony organised on 25th February, 2022 in room number 501. The ceremony commenced at 6.00pm. The Chief Guest was Shri Shivajirao Bagad Dy. Controller of Civil Defence, Area 3, Mulund, Mumbai 400 080 Guests of honour were Asst. DY Controller Civil Defence and Resource Person Shri Malgavi, Shri Madhu Kadam Ex Divisional Warden, Civil Defence Chembur Division, Principal Dr. Eknath Zhrekar and all the participants. The keynote address of the Chief Guest was inspiring where he narrated a story of a young girl trained in civil defence who rescued 300 civilians from a fire that occurred in a highrise building. He explained that training</p>
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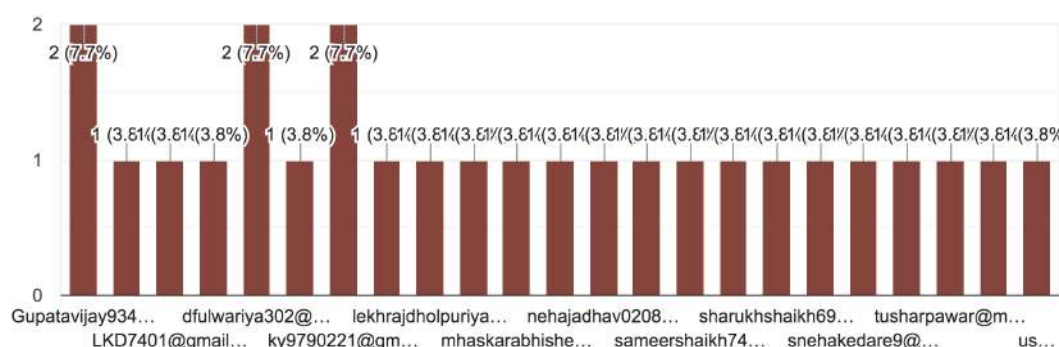
	<p>in civil defence is a life skill that each and every citizen should learn. The oath taking ceremony took place where every trained participant pledged to serve sincerely, honestly and selflessly to rescue people in danger. The function ended with reflections from participants and the formal vote of thanks followed by the National Anthem.</p> <p>The Yoga Training programme commenced on 26th February 2022. A special theory session for the teachers of the college was organized along with the students for half an hour on 28th February, 2022. Yoga Guru Dr. C.D. Karve gave all the participants information about cleansing the body, kriyas for removing acidity, cleansing the nostrils, keeping the digestive tract clean and healthy, yoga asanas for remaining young and improving strength and immunity.</p> <p>The Yoga training was organized on 26, 28 of February and 3,7,10 of March, 2022 in the ground floor multipurpose hall of the college campus from 4.00pm to 6.00pm.</p> <p><b>DAY 6: Yoga Asanas taught:</b></p> <ol style="list-style-type: none"> <li>1. Pranakarshan kriya .</li> <li>2. Brahma Mudra : these are the shuddhi kriyas of the neck, shoulder and joints of hands from fingers till shoulder. These will be beneficial to get rid of vertigo, cervical spondylitis, frozen shoulders and joints of hands.</li> <li>3. Naman Mudra : This mudra is to correct stomach disorders, reproductive organs disorders, disorders of 72,000 veins in our body and brain conditioning. Also recommended to manage diabetes.</li> <li>4. Yog Mudra : 3 types for the same benefits mentioned in the Naman Mudra</li> <li>5. Brahma Mudra : सूक्ष्म व्यायाम : self physiotherapy. These exercises will help relieve the pain of entire legs from fingers till buttock. More beneficial for varicose veins, knees joints etc</li> <li>6. Padmasan, side kapalbhati from both the sides and of right nostril, left nostril and both nostrils</li> </ol> <p><b>DAY 7: Yoga Asanas taught:</b></p> <ol style="list-style-type: none"> <li>7. Ujjayi : all the 4 types of Ujjayi - prathama, madhya, urdhva and Bhastrika Ujjayi. These</li> </ol>
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	<p>shuddhi kriyas are for curing Asthma, cold disorders, heart disorders and respiratory disorders.</p> <ol style="list-style-type: none"> <li>8. Salabhasana,</li> <li>9. Bhujangasana,</li> <li>10. Naukasan,</li> <li>11. dhanurasana : to get relief from back pain, loin pain, back bone disorder etc.</li> <li>12. Omkar, Shitkari,</li> <li>13. Shitali,</li> <li>14. Vayusar,</li> <li>15. Agnisar &amp; Tribandh.</li> <li>16. Savasana is the most difficult and most important asana.</li> </ol> <p><b>DAY 8: Yoga Asanas Practised were:</b></p> <ul style="list-style-type: none"> <li>-Brahma Mudra</li> <li>-Naman Mudra</li> <li>-Yog Mudra :all the 3 types</li> <li>-Brahma Mudra : Leg exercises</li> <li>-Padmasana</li> <li>-Side Kapalbhathi : both sides</li> <li>-Kapalbhathi : from Chandra nadi, Surya nadi and both the nadis.</li> </ul> <p><b>DAY 9: Yoga Asanas Practised were:</b></p> <ul style="list-style-type: none"> <li>-Ujjayi : all the 3 types</li> <li>-Omkar meditation</li> <li>-Shitkari</li> <li>-Shitali</li> <li>-Vayusaar</li> <li>-Tadagi Mudra</li> <li>-Agnisar</li> <li>-Tribandh</li> </ul> <p><b>DAY 10: Yoga Asanas Practised were:</b></p> <ul style="list-style-type: none"> <li>-Salabhasana,</li> <li>-Bhujangasana,</li> <li>-Naukasana</li> <li>-Dhanurasana</li> <li>-Marjariasana,</li> <li>-Shwanasan</li> </ul> <p>The yoga training ended with a valedictory ceremony where the students presented their reports and reflections. The Participants, Course Coordinator and Principal thanked Dr. Karve for conducting the yoga training session.</p>
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Number of Beneficiaries	24 students of the college
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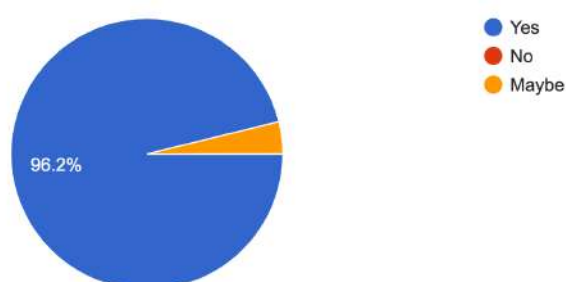
26 responses



- Out of the 28 students who attended the training programme, only 26 students have filled the feedback form
- From the 26 students who have filled the feedback form 46.2% are from F.Y.B.Com. Maximum response for this training programme is from the F.Y.B.Com class.
- 34.6% responses from S.Y.B.Com and 19.2% responses from T.Y.B.Com. There has been a better response for the training programme from S.Y.B.Com than from T.Y.B.Com.

Do you feel Civil Defence course is necessary for you?

26 responses



- 96.2% students feel that the Certificate Course in Civil Defence and Yoga is necessary for them.
- 100% students feel that yoga is necessary for them.
- The students have learned Fire fighting, First-aid using triangular bandage, use of rope for rescuing victims, Techniques for helping victims in accidents, use of fire extinguisher, rescuing electric shock victims and saving drowning victims in the degree of descending order.
- 84.6% students feel the Civil Defence course has been excellent in terms of effectiveness.
- 80.8% students feel the Yoga training has been excellent in terms of effectiveness.



**Mahatma Education Society's  
Mahatma Night Degree College of Arts & Commerce**  
(NAAC Re-Accredited with CGPA 2.89 Grade B++)

Chembur, Mumbai 400 071  
www.mahatmandc.ac.in

**WELCOME TO THE INAUGURAL SESSION  
of the  
Certificate Course in  
CIVIL DEFENCE AND YOGA**



**Mahatma Education Society's  
Mahatma Night Degree College  
of Arts & Commerce**  
(NAAC Re-Accredited with CGPA 2.89 Grade B++)  
Opp. Fire Brigade, Chembur Naka, Chembur,  
Mumbai 400071  
Tel: 022-25224856/ 25222991  
Website: [www.mahatmandc.ac.in](http://www.mahatmandc.ac.in)

**ABOUT MAHATMA EDUCATION SOCIETY**

Mahatma Education Society (MES) embarked upon its mission of "Education for All" with the Chembur English High School in the year 1979. The vision, dedication, global outlook, tenacious struggle and undaunted spirit of the Chairman and CEO, Dr. K.M. Vasudevan Pillai and the forward looking, astute energy of the Secretary and Chairperson, Management Board Dr. (Mrs.) Daphne Pillai have now transformed the Mahatma Education Society into a vast educational organization.

The Society now manages a total of 48 educational institutions, spanning over seven campuses which provide quality education, from kindergarten to post graduate professional courses in the faculty of Engineering, Architecture, Management, Teacher Training, Arts, Science and Commerce to more than 31,000 students with 2000 teachers and 1500 members of non-teaching staff.

**ABOUT MAHATMA NIGHT DEGREE COURSE OF ARTS AND COMMERCE**

Mahatma Night Degree College of Arts and Commerce is permanently affiliated to the University of Mumbai since 1997. The college was established in 1984 with the primary objective of providing facilities for higher education for less privileged youth who cannot become full-time students at day colleges.

The college is located at Chembur, a central suburb of Mumbai. With a very modest beginning of merely 60 students, today the college has a large student fraternity exceeding 1,400 ambitious learners and a galaxy of committed and dedicated teachers of high caliber.

The college runs the three-year integrated B.Com. (Regular) Degree Course of the University of Mumbai. Catering to the need of the economically underprivileged students of the local area, who are part time learners, employed during the day, the college has been contributing to the upliftment of the academically and economically challenged section of the society by empowering and equipping the first generation learners to become better citizens.

The college is Re-accredited (1st Cycle) "B++" Grade with CGPA 2.89 by National Council of Assessment and Accreditation (NAAC) in the year 2016 and also recognised by the UGC (u/s 2(f) and 12(B)) of the UGC Act, 1956 for Central assistance since June 2009. Under the able guidance and leadership of our visionaries Dr. K. M. Vasudevan Pillai, Chairman and CEO Mahatma Education Society

and Dr. Daphne Pillai, Secretary and Chairperson Management Board of MES, the college has made great strides in their social responsibility contributing to society at large.

**Name of the Course: Certificate Course in Civil Defence and Yoga**

**Duration:** 30 days (course organized by the NCC Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 400 042)

**Objective of the Course:** To impart basic knowledge and training of Civil Defence and yoga to students.

**Modules**

- \* Introduction to Civil Defence
- \* Disaster and Disaster Management
- \* Techniques and methods
- \* First Aid
- \* CYP Common Yoga Protocol
- \* Pranayam
- \* Yogic Breathing Practices for mind-body balance and healing

**Teaching Methodology:** Classroom teaching accompanied by demonstration and hands-on training.

**Examiners:** From Dy. Controller of Civil Defence, Area 3, Malund, Mumbai 400 086 will conduct the Civil Defence Course from 2pm to 5pm for 5 days.

**Yoga sessions will be conducted by Dr. Chandrasekhhar Karv** of TNRWS Thakernagar Residents Welfare Association. Time: 2.00pm to 4.00pm for 5 days.

**Venue:** Mahatma Night Degree College of Arts and Commerce, ground floor multipurpose hall

**Course Fees:** Rs. 30/- 50/-. *Fees will be refunded on completion of the course.*

**Course Coordinator & Contact Person:**  
Assoc. Prof. Dr. Lata Krishnan Mobile No.: 9829920769

**Certificate Course  
in Civil Defence  
and Yoga**





Mahatma Education Society's

**MAHATMA NIGHT DEGREE COLLEGE OF ARTS AND COMMERCE**

(NAAC Re-Accredited with CGPA 2.89 Garde B++)

Opp. Fire Brigade, Chembur Naka, Mumbai 400071



## ***Certificate of Participation***

This is to certify that Ms./Mr. \_\_\_\_\_ of  
\_\_\_\_\_ participated and completed successfully the  
Certificate Course in Civil Defence and Yoga organized in the college from 21st February, 2022 to 10th March, 2022

Dr. Eknath Zhrekar  
Principal

Asst. Prof. Tushar Pawar  
Programme Coordinator

Asso. Prof. Dr. Lata Krishnan  
Programme Coordinator

महाराष्ट्र शासन

उप नियंत्रक, नागरी संरक्षण, क्षेत्र-३, बृहन्मंबई.

विषय :- नागरी संरक्षण मूलभूत पाठक्रम :- क्र.

कालावधी :- ते

स्थळ :-

वेळ :- ते

प्रभारी सहाय्यक उपनियंत्रक :- श्री.

माध्यम :- मराठी / हिंदी / इंग्रजी

:- चेळापत्रक :-

अ.क्र.	वार / दिनांक	व्याख्याते	विषय	व्या/प्रा/स
१)	१ ला दिवस		१) नागरी संरक्षण इतिहास, उद्देश व उपायोजना २) आधुनिक युद्ध, तंत्र व देशाचे संरक्षण, आपत्ती प्रसंगी ना.सं.स्वयंसेवकांची कर्तव्ये ३) ना.सं.संघटना विविध स्तर (केंद्र, राज्य व स्थानिक / जिल्हा) १) स्फोटक व स्फोटकांचे प्रकार, कामचलाऊ स्फोटके, २) कामचलाऊ स्फोटकांमुळे निर्माण होणारे प्रश्न व त्यावरील उपायोजना. ३) ना.सं.कायदा १९६८ व आपत्ती निवारण कायदा २००५ व भरतीचे नियम व अटी	व्या व्या व्या व्या व्या व्या
२)	२ रा दिवस		१) इशारा प्रणाली २) नियंत्रण व उपनियंत्रण केंद्र कर्तव्य ३) आपत्तीमध्ये ना.सं.स्वयंसेवकांची कर्तव्ये १) आग, आगीची तत्वे, आग विझविण्याच्या पध्दत, २) रासायनिक अग्निशामके, गृह अग्निशमन पथक ३) रिकॉब पंप निगा व देखभाल ( कवायत )	व्या व्या व्या व्या प्रा/व्या व्या/प्रा/स
३)	३ वा दिवस		१)दोरीचे प्रकार व गाठी व गाठीचे प्रकार २)आपत्तीकालीन विमोचन पध्दती. ३) विमोचन संघटना व साहित्य १) आपत्तीकालीन विमोचन पध्दती सराव व इजाळाची वाहतूक २) प्रथमोप व रात्री तत्वे व साहित्य, ३) त्रिकोणी बॅन्डेज	प्रा/स व्या व्या/प्रा/स व्या प्रा/व्या व्या/प्रा/स
४)	४ था दिवस		१) रुग्णशबीका प्रकारे व बनावट रुग्णशबीका कवायत २) जखमांचे प्रकार व स्वरूप प्रथमोपचारकांना निर्माण होणा-या अडचणी ३) कृत्रिमश्वसन पध्दत (C.P.R) १)महासंहारक आण्विक शस्त्रे परिणाम व संरक्षणात्मक उपायोजना २)महासंहारक जैविक शस्त्रे परिणाम व संरक्षणात्मक उपायोजना. ३)महासंहारक रासायनिक शस्त्रे परिणाम व संरक्षणात्मक उपायोजना	व्या/प्रा/स व्या व्या/प्रा/स व्या व्या व्या
५)	५ वा दिवस		१) आपत्तीमुळे देशावरील परिणाम आपत्ती व्यवस्थापन २) धोक्याचे स्वरूप व भौगोलीक परिस्थिती अभ्यास ३) संरक्षणात्मक उपाययोजना (काय करावे ? काय करू नये ? ) १)नियंत्रण केंद्र / उपनियंत्रण केंद्र / क्षेत्ररक्षक चौकी २)लेखी परिक्षा ३) प्रात्यक्षिक परिक्षा व समारोप	व्या व्या व्या भेट लेखी प्रात्यक्षिके

( शि.बा.बागट )

उप नियंत्रक,  
नागरी संरक्षण दल, क्षेत्र-३,  
बृहन्मंबई.





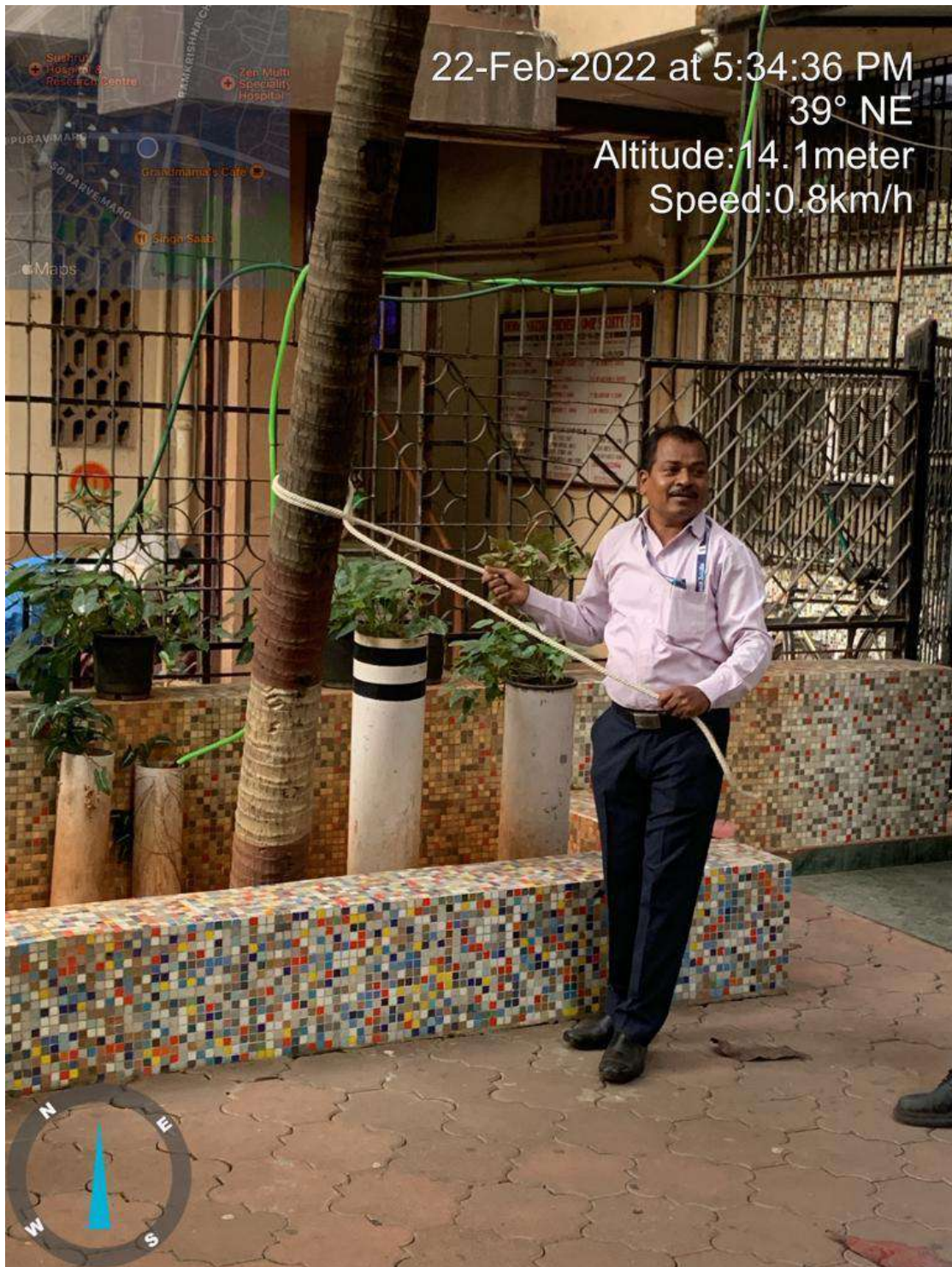










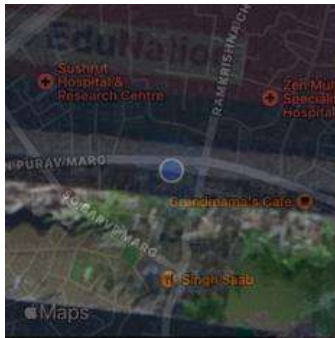


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Speed:0.8km/h



23-Feb-2022 at 5:49:21 PM

113° SE

VN Purav Marg

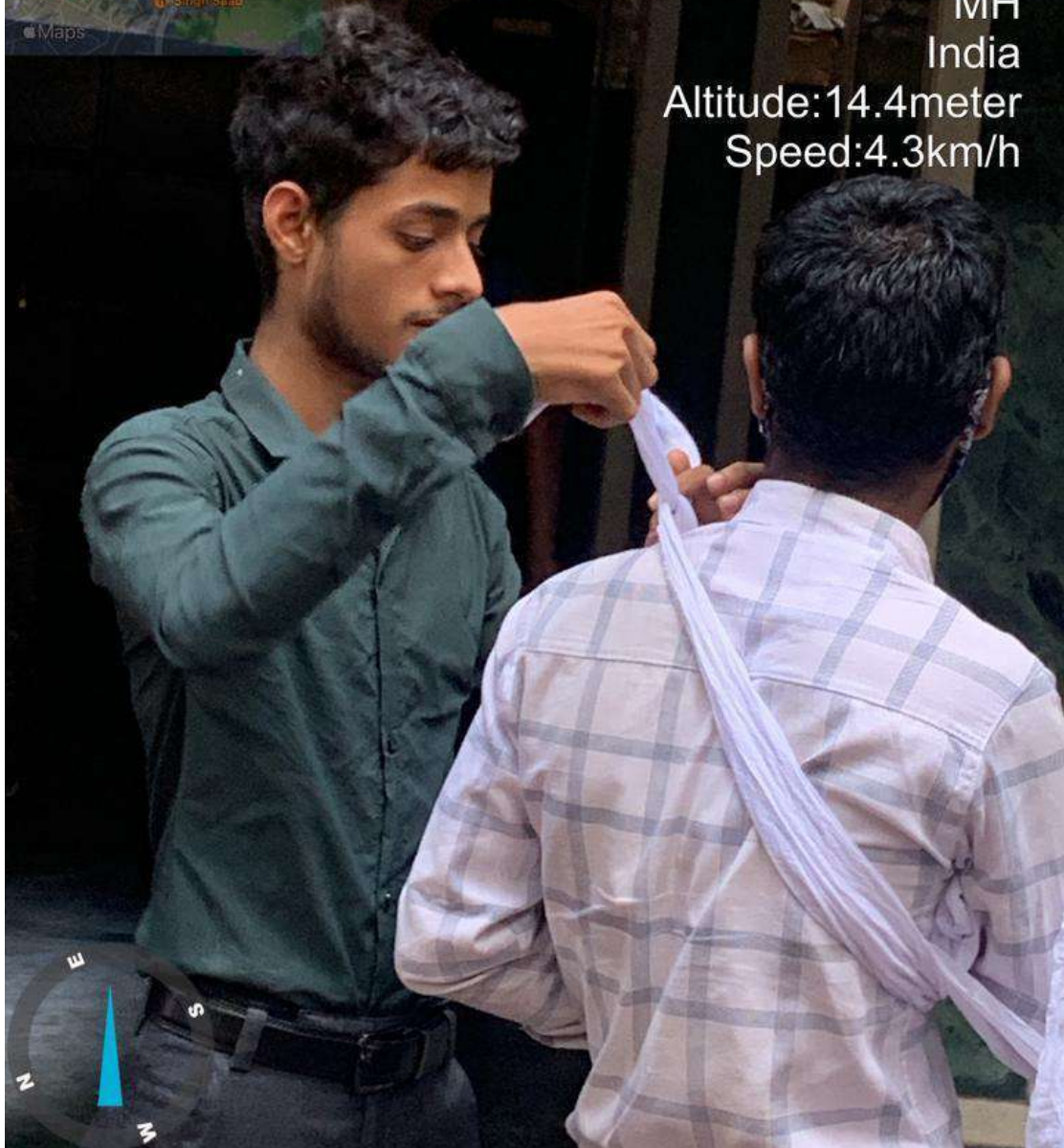
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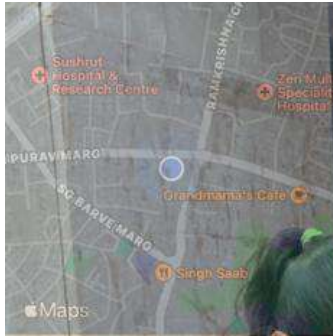
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Altitude:14.4meter

Speed:4.3km/h







23-Feb-2022 at 5:51:05 PM

83° E

VN Purav Marg  
Mumbai 400071

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India

Altitude: 14.6 meter

Speed: 2.1 km/h





23-Feb-2022 at 5:46:54 PM

190° S

VN Purav Marg

Mumbai 400071

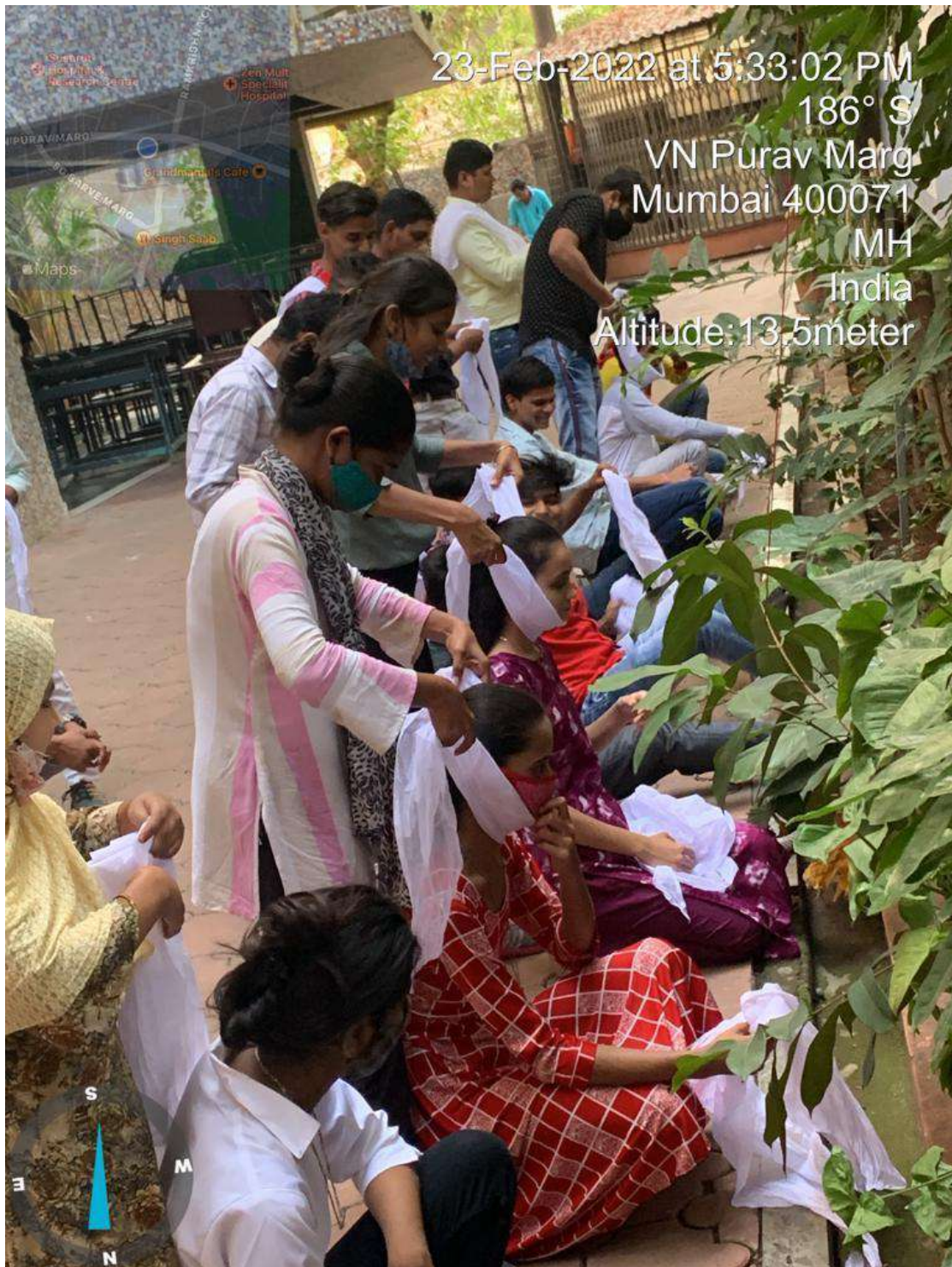
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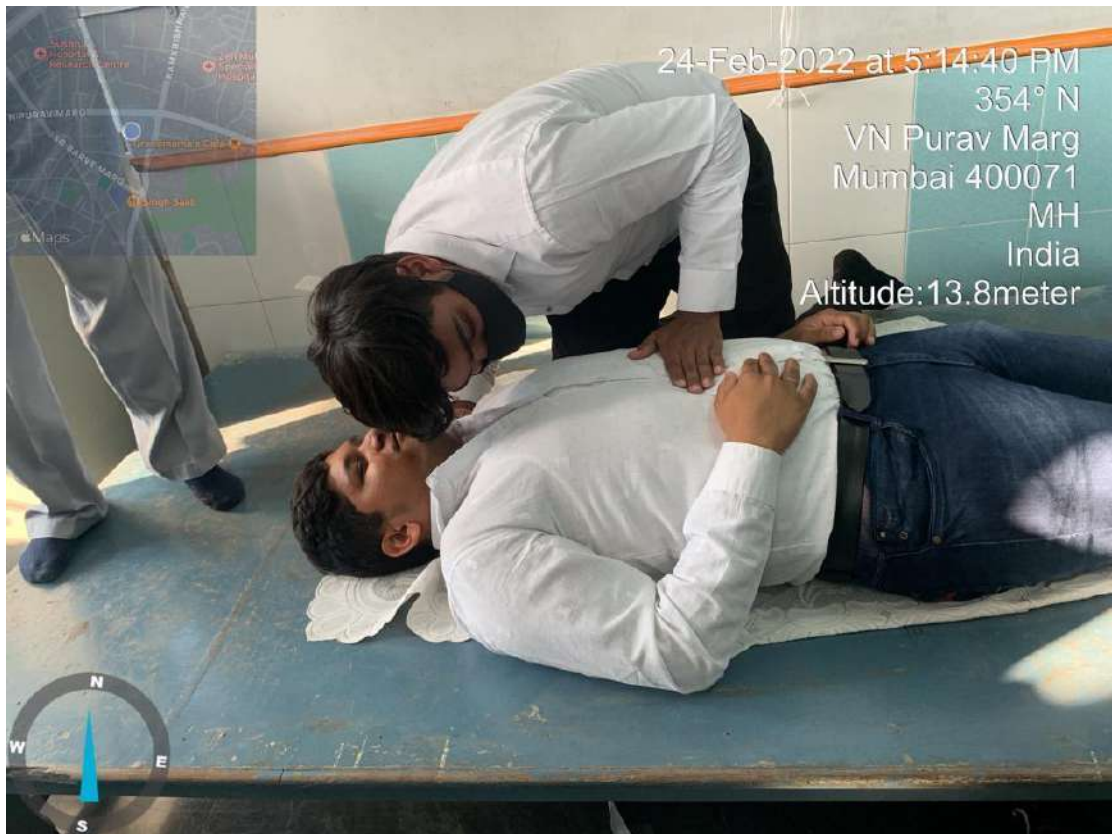
Altitude: 13.8meter

Speed: 0.6km/h









24-Feb-2022 at 5:43:09 PM

133° SE

VN Purav Marg

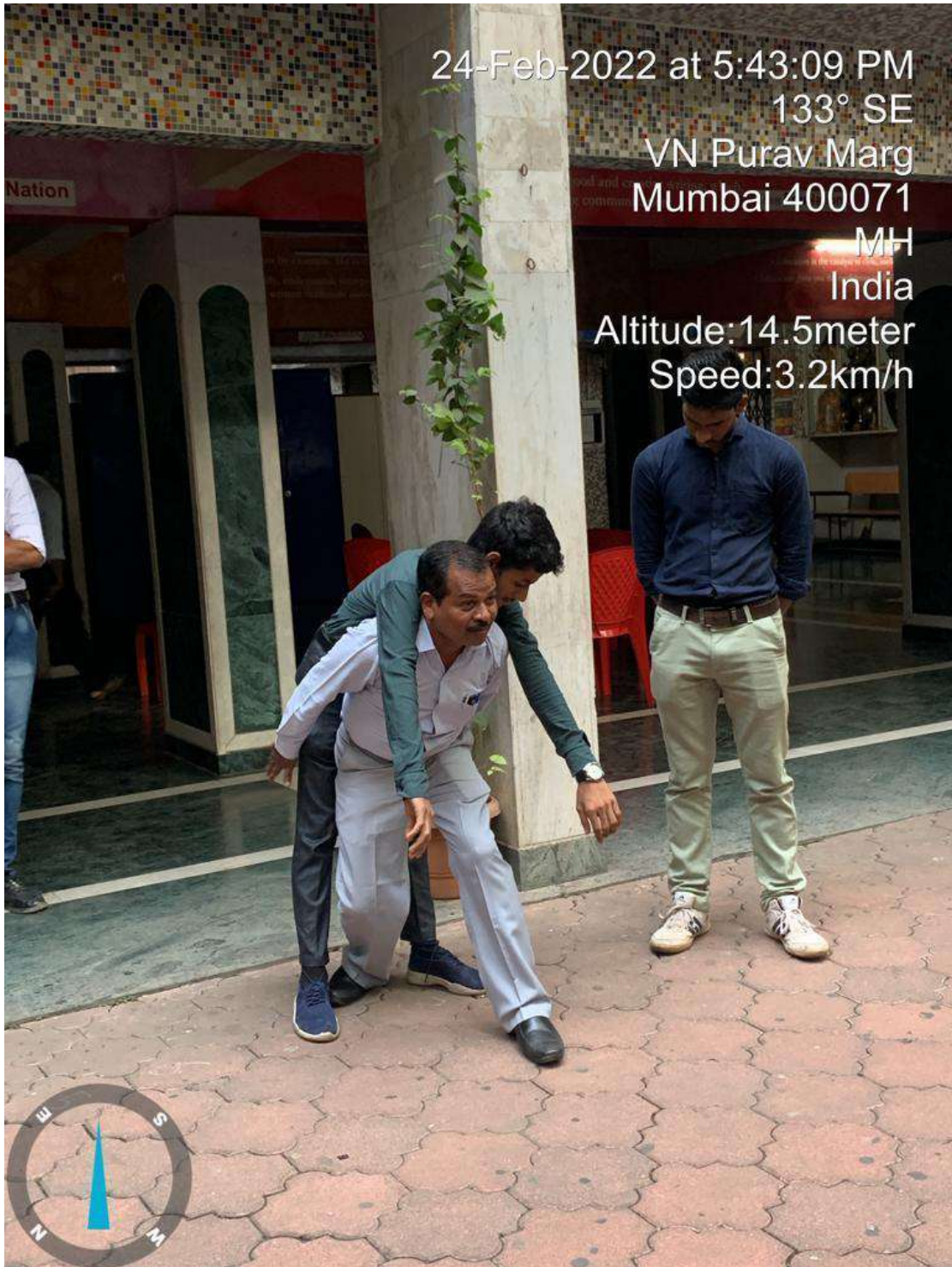
Mumbai 400071

MH

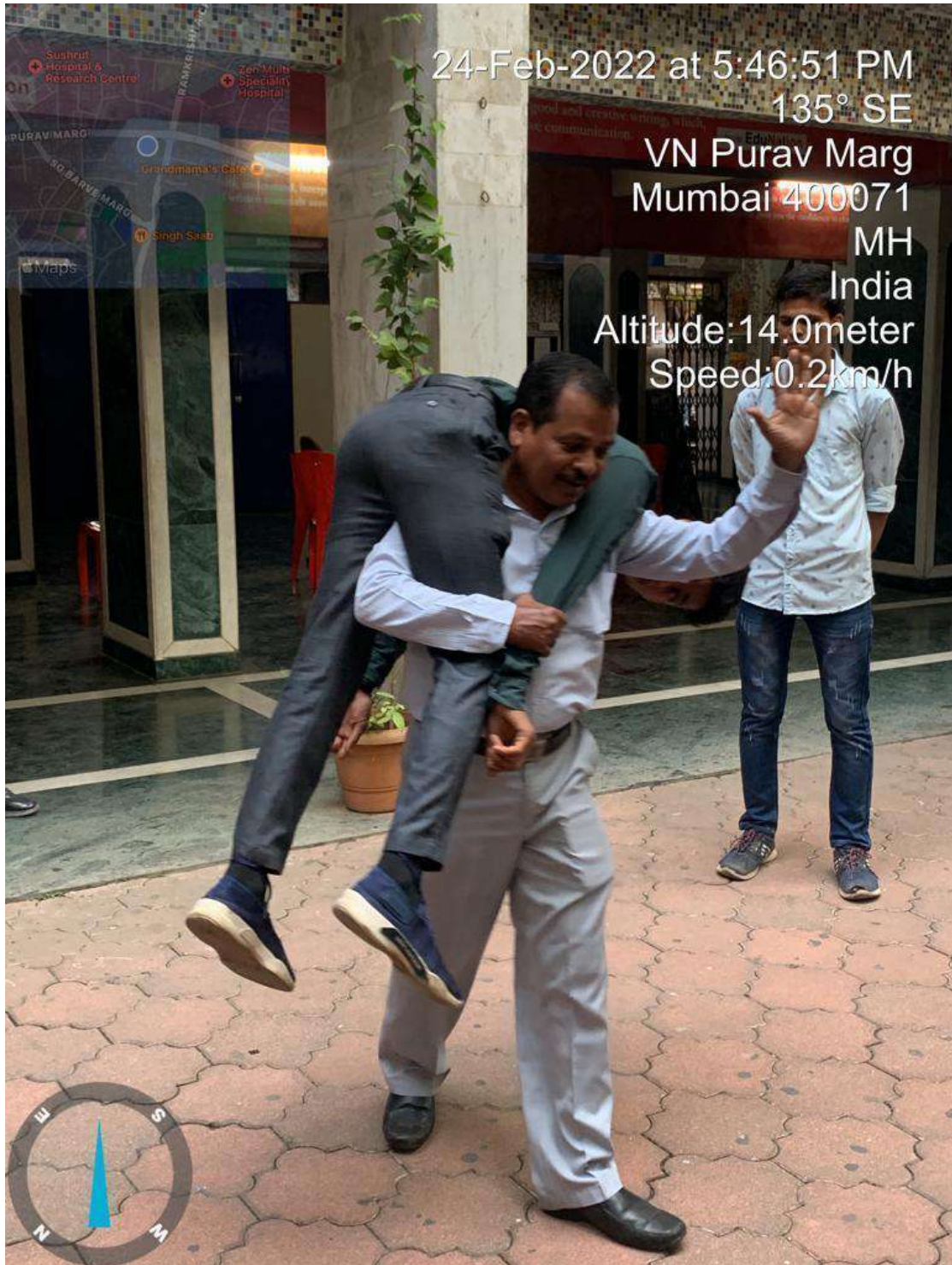
India

Altitude:14.5meter

Speed:3.2km/h







24-Feb-2022 at 5:46:51 PM

135° SE

VN Purav Marg

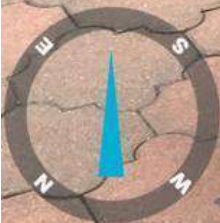
Mumbai 400071

MH

India

Altitude:14.0meter

Speed:0.2km/h





25-Feb-2022 at 4:34:34 PM

16° N

VN Purav Marg

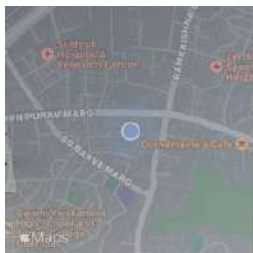
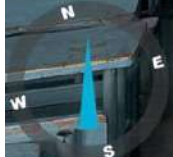
Mumbai 400071

MH

India

Altitude:13.5meter

Speed:4.7km/h



25-Feb-2022 at 4:33:53 PM

153° SE

VN Purav Marg

Mumbai 400071

MH

India

Altitude:13.6meter









