



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

CREATIVE OF THE EVENT



MANGALMAY
INSTITUTE OF MANAGEMENT & TECHNOLOGY

22nd ANNIVERSARY
EXCELLENCE WITH CARE
A
NAAC

FITNESS CLUB & ICC

Organizing

WORKSHOP

on

SELF DEFENCE

📅 28th December 2023
🕒 11:30 am onward
📍 Seminar Hall, C- Block

Mr. SENSEI RUSTAM ALI ANSARI
CHIEF INSTRUCTOR & TECHNICAL
DIRECTOR

📞 Toll Free : 1800 103 3797 www.mimt.org 📍 Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



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Date: 27-12-2023

NOTICE

This is to inform all MBA girls students that Fitness Club MIMT with the joint initiative of Internal Complaint Committee is organizing a **Self Defence Workshop** on **28th December, 2023** at Seminar hall, C Block, MIMT.

It is a good opportunity for all the girls student to participate in this interactive demo workshop for their self development and protection. Kindly contact to the activity coordinator Dr. Ashutosh Gaur and Ms. Teena Chaudhary (Faculty, MIMT) for more details.

Time: 11:30 am onwards

Activity Incharge: Dr. Ashutosh Gaur & Ms. Teena Chaudhary, Faculty MIMT

All interested participant should come in sportswear.

Dr. Lalit Kumar Sharma
Dean, MIMT

Dr. Anju Bala
Head, ICC

Dr. Ashutosh Gaur
Head, Fitness Club

Copy to:

Director Office
IQAC Director
Faculty members
Notice Board



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	Report
Name of Activity	Self Defence workshop
Date	28 December 2023
Venue	Seminar hall, C Block, MIMT
Organised by	Fitness club and Internal Complaint Committee, MIMT
Name of Expert	Mr. Rustam Ali Ansari, lead Instructor,
Participated by	85 MBA Girls
Activity-Convener	Dr. Ashuthosh Gaur, Teena Chaudhary, MIMT
Objective	<ul style="list-style-type: none">● To give demo on different self defence techniques for becoming psychologically, intellectually and physically strong enough to protect themselves at the times of distress and to make aware about the different tips of self-protection to girls.● Girl Students will be able to Learn and use the different self defense technique and to Increase in self moral.
Content	<p>As per the need of the hour for women in the society is to safeguard themselves against violence committed against them. It is felt that Internal Complain committee and fitness club can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence. Self defense helps girls protect themselves and their family. With this regard, Fitness club MIMT with the joint initiative of Internal complaint committee conducted a workshop for girls on 28 December 2023 to learn self-defense techniques. This workshop provides an edge to girls when in a self-defense situation. Mr. Rustam Ali Ansari, who is head lead instructor has conducted the training session. He highlighted the key points why such kinds of workshops are required to sensitize our girl students to self-protect themselves in public places as well as at offices. Ms. Teena Chaudhary also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against girls which is pouring in on a day to day basis. After the inaugural session and felicitation ceremony, demonstration of the self defence technique followed</p>



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	<p>under the command of instructor along with his assistance team.</p> <p>The session covered self defense fighting techniques followed by some basic background regarding self defense, diet and exercise for healthy living. He described self defence techniques and its application through practical demonstration as well as practicing it with other participating girls. The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.</p>
Outcome of Activity	<p>The outcomes of the activity are:</p> <ul style="list-style-type: none">• The girl participants learned different self-protection tips on how to avoid/defend by attacking a potential attacker when subjected to physical abuse, violence, crime, etc.• The students got the chance to learning by doing in the live demo of the self defence techniques as demonstrated by the trainer.



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BENEFICIARIES LIST:

S. No.	Student's Name	Class and Section	Signature
1	Aakarsha Mishra (Aakanksha Mishra)	A	Aakanksha Mishra
2	Drishiti Sharma	C	Drishiti
3	Nandini Saluja	E	Nandini
4	Rupali	B	Rupali
5	Aanchal	B	Aanchal
6	Aanchal Singh	A	Aanchal Singh
7	Aditi Tyagi	B	Aditi Tyagi
8	Akriti Gupta		Akriti
9	Ambika	C	Ambika
10	Amisha Tahlani		Amisha
11	Amrita	C	Amrita
12	Amritha	F	Amritha
13	Anjali Gupta	E	Anjali
14	Anjali Tyagi	E	Anjali Tyagi
15	Anjali Sharma	E	Anjali
16	Anshika Shukla	A	Anshika
17	Ashwini	F	Ashwini
18	Avantika	C	Avantika
19	Babli		Babli
20	Chahat Ansari		Chahat
21	Chandani		Chandani
22	Deepali	C	Deepali
23	Divya Tiwari		Divya
24	Divyanshi Dubey	F	Divyanshi
25	Garima Shukla	B	Garima
26	Garima Rathore	F	Garima
27	Gunjan	A	Gunjan
28	Hema	B	Hema
29	Ishita	E	Ishita
30	Joyshi	E	Joyshi



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S. No.	Student's Name	Class and Section	Signature
31	Kajal Pandit	A	<i>Kajal Pandit</i>
32	Kamini Singh	E	<i>Kamini Singh</i>
33	Komal Kumari	A	<i>Komal Kumari</i>
34	Komal Soni		<i>Komal Soni</i>
35	Lucky	B	<i>Lucky</i>
36	Mahima		<i>Mahima</i>
37	Manisha Singh		<i>Manisha Singh</i>
38	Muskan	A	<i>Muskan</i>
39	Nandani Kumari	F	<i>Nandani Kumari</i>
40	Neha	A	<i>Neha</i>
41	Neha	B	<i>Neha Kaur</i>
42	Nidhi		<i>Nidhi</i>
43	Nirupam	E	<i>Nirupam</i>
44	Pragya Kumari	B	<i>Pragya Kumari</i>
45	Prathma Pandey		<i>Prathma Pandey</i>
46	Pritika		<i>Pritika</i>
47	Priya Bharti		<i>Priya Bharti</i>
48	Priyanka Kumari	A	<i>Priyanka Kumari</i>
49	Priyanka Kumari		<i>Priyanka</i>
50	Radhika	F	<i>Radhika</i>
51	Ranjhana Kumari	F	<i>Ranjhana Kumari</i>
52	Ritu Raj	A	<i>Ritu Raj</i>
53	Riya Dhama		<i>Riya Dhama</i>
54	Sabeeha kiran	A	<i>Sabeeha Kiran</i>
55	Santoshi		<i>Santoshi</i>
56	Sapna		<i>Sapna</i>
57	Shikha		<i>Shikha</i>
58	Shreya Singh	C	<i>Shreya Singh</i>
59	Shubhangi	C	<i>Shubhangi Kori</i>
60	Simran Bhardwaj	E	<i>Simran Bhardwaj</i>
61	Sneha		<i>Sneha</i>
62	Sneha		<i>Sneha</i>
63	Sonali	B	<i>Sonali</i>
64	Sonia		<i>Sonia</i>
65	Stuti	C	<i>Stuti</i>



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S. No.	Student's Name	Class and Section	Signature
66	Swati Bharti	A	Swati Bharti
67	Tanisha	B	Tanisha
68	Tanu Sharma	E	Tanu
69	Vaishnavi Rai	A	V. Rai
70	Vanshika Tyagi	F	Vansh
71	Varsha Jain	B	Varsha
72	Shivani	F	Shivani
73	Shivani Jha	F	Shivani
74	Shruti Gupta	F	Shruti
75	Vanshika Tomar	F	Vansh
76	Zuberiga	F	Zuber
77	Neha Suryal	C	Neha
78	Priya Kumari	C	Priya Kumari
79	Noopur Vaisya	C	Noopur
80	Kumkum	B	Kumkum
81	Shristi Gupta	B	Shristi
82	Shweta	C	Shweta
83	Kinti Rai	C	Kinti Rai
84	Anila	E	Anila
85	Nandini Saluja	E	Nandini
86	Alfiya Siddiqui	A	Alfiya Siddiqui
87	Anchal Singh	C	Anchal Singh



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Photographs



Mr. Rustam Ali Ansari, lead Instructor, showing tricks to girl students



Mr. Rustam Ali Ansarii, lead Instructor, showing tricks to girl students



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Felicitation of lead Instructor, Mr. Rustham Ansari



"Empower, Educate, and Execute: Unleashing the Art of Self-Defense!"



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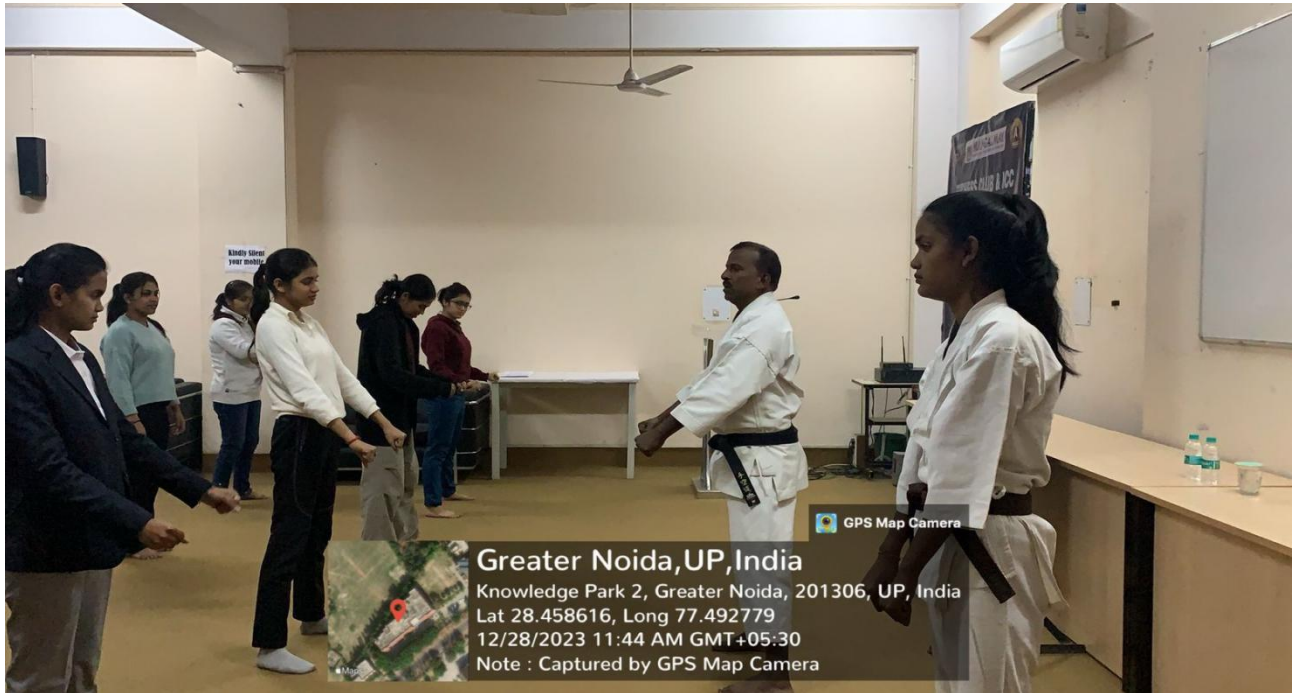
"Mastering the Art of Self-Defense: Skills that Empower!"



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