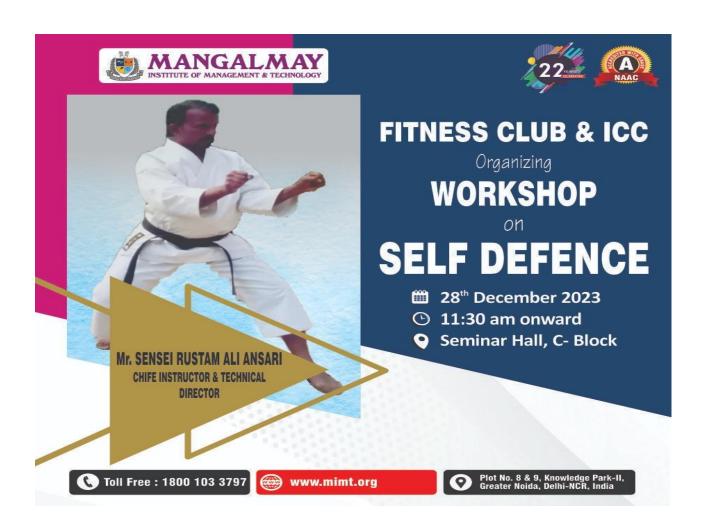


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Knowledge Park-II, Greater Noida (U.P.)

CREATIVE OF THE EVENT





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



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

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

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



	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	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	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



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	under the command of instructor along with his assistance team.
	The session covered self defense fighting techniques followed by
	some basic background regarding self defense, diet and exercise for
	healthy leaving. He described self defence techniques and it
	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.
Outcome of	The outcomes of the activity are:
Activity	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:



List of Beneficiaries SELF DEFENCE WORKSHOP

28/12/2023

S. No.	Student's Name	Class and Section	Signature
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	DrishtiµSharma	C	Shaima.
3	Nandini Saluja	F	Balyc
4	Rupali	B	Kubali
5	Aanchal	В	Anchal
6	Aanchal Singh	A	AnchalSheeph
7	Aditi Tyagi	В	Adulwegi
8	Akriti Gupta		Aah 1.
9	Ambika	C	Ambika:
10	Amisha Tahlani		Donuber
11	Amrita	С	Hurita Jugawar
12	Amritha	4	Amis
13	Anjali Gupta	€	Myse
14	Anjali Tyagi	E	Aujali Tragi
15	Anjali Sharma	E	Anyali'
16	Anshika Shukla	A	Sulika
17	Ashwini	F	Ashwini
18	Avantika	C	Avantika
19	Bably		
20	Chahat Ansari	1	chapat
21	Chandani		Chandeni
22	Deepali	C	Depulper
23	Divya Tiwari		
24	Divyanshi Dubey	F	Down
25	Garima Shukla	B	Crevina
26	Garima Rathore	F	James
27	Gunjan	A	ly migen
28	Hema	B	Plant.
29	Ishita	E	ghita
30	Joyshi	F	Joyahi



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33	Komal Kumari	A	Komal Kumali
34	Komal Soni		- kamel
35	Lucky	B	and
36	Mahima		Maham
37	Manisha Singh		Manule.
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39	Nandani Kumari	F	Nanday
40	Neha	A	Neta
41	Neha	В	Neho Kou
42	Nidhi		Niclh:
43	Nirupam	E	Ningan
44	Pragya Kumari	В	Pragua Kumari
45	Prathma Pandey		Pralama P.
46	Pritika		Pritipe
47	Priya Bharti		Price
48	Priyanka Kumari	A	Pougotika Sumoui
49	Priyanka Kumari		Priyante
50	Radhika	F	Rachh-a
51	Ranjhana Kumari	t	Harris .
52	Ritu Raj	A	RIP.
53	Riya Dhama		Risa
54	Sabeeha kiran	A	Sobieha Kisan
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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





Felicitation of lead Instructor, Mr. Rustham Ansari



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





[&]quot;Mastering the Art of Self-Defense: Skills that Empower!"



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