



Mangalmai Institute of Management Technology

Greater Noida



Mission Shakti: Self Defense For Girls

Date: 6th, 7th January, 2021

Venue: BLOCK C, MIMT

Time: 1:00 PM To 4:00 PM

No. of Students: 40

Overview of the Program:

Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. The use of the right of self-defense as a legal justification for the use of force in times of danger is available in many jurisdictions. Motivated by several instances of Violence against the women in the city and as a part of Mission Shakti programme that is run by government Mangalmai Group Of Institution has organized a “**Power Punch-Self Defense**” programme in order to prepare them to fight the menace and generate the awareness among young girls to generate awareness among young girls to face challenges of society while keeping up their own safety.

The aim behind organizing the workshop which was tag-lined as “ look like a beauty and kick like a beast” was in lieu of the situation of women in India, when it comes to their safety and thus making mentally and physically ready for their self defense.

The programme was inaugurated by Chairman Mr. Atul Mangal, Vice Chairman Ayush Mangal. He addressed and motivated the girls to become self dependent in every situation.

For this programme Mr. Rustam Ansari as a coach teach the various self-defense technique to girl students .

Photo Gallery:



Attendance of students:

40 Girl students (Cadets) attended the programme. All the girls participated in programme enthusiastically and learn various self defense techniques.

Feedback of Students:

After the completion of this program, the girl students were able to learn about the self defense and learn to protect themselves from various adverse situations. They were happy to learn various techniques of self defense.

List of Attendees

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| 1.Kajal | 15.Prachi tyagi | 29.Sakshi Tyagi |
| 2.Anshika | 16.Rama yadav | 30.Chelsi Sharma |
| 3.Ayushi Rajoria | 17.Muskan raghav | 31.Roli Shekhar |
| 4.Ankita kumari | 18.Jagrati Fauzdar | 32.Ritika Bhati |
| 5.Nishu Bhati | 19.Surbhi bhatt | 33.Vartika |
| 6.Sejal Chauhan | 20.Pooja | 34.Vidushi |
| 7.Chanda kumari | 21.Sheetal | 35.Muskan |
| 8.Vandana | 22.Nikita Sharma | 36.Diksha |
| 9.Nisha | 23.Annu chauhan | 37.Neha Bansal |
| 10.Sangeeta | 24.Mansi Rawat | 38.Shailja |
| 11.Anjali Rai | 25.Perna verma | 39.Risha |
| 12.Nishika | 26.Riya | 40.Neha Kumari |
| 13.Himani | 27.Khushi | |
| 14.Priyanka | 28.Shiwani gupta | |