



Date:30th, June, 2021

	Report
Name of the Activity	Workshop on "Self Defense"
Date	3 rd July,2021
Venue	Virtual Platform (Microsoft Teams)
Organized by	School of Education, MIMT
Participated by	80 Students of School of Education, MIMT
Activity In-charge	Dr. Shweta Singh, Faculty, MIMT
Resource Person	Ms. Shikha Chakraborty (Self-Defense Trainer)
Objective	<p>The objectives of organizing workshop on "Self Defense" are:</p> <ul style="list-style-type: none">• To educate the students about the different types of violence against them.• To provide knowledge about the different tips of self-protection to keep in mind in different situations.• To showcase and give demo on different self-defense techniques. <p>Purpose of the Workshop: The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them.</p>
Content	<p>The School of Education, MIMT in association with the Fitness Club, MIMT organized a workshop on Self-Defense on 3rd July,2021 on a virtual platform, Microsoft Teams.</p> <p>The workshop started with an inaugural speech by Dr. Shweta Singh, she highlighted the key points regarding why such kinds of workshops are required. She also shed light on the need of sensitizing our girl children/students to self-protect themselves in public places as well as at home. She also pointed out that this is the need of the hour.</p> <p>After the inaugural session and felicitation ceremony, demonstration of the self-defense technique was followed under the command of Ms. Shikha Chakraborty, the Self-Defense Trainer.</p> <p>She elaborated on how to self-protect and defend mentioning the following points:</p> <ol style="list-style-type: none">1. Prevention is the best self-defense.2. Loud and push back.



	<p>3. Remember the most effective body parts to hit different techniques to self-defend against different forms of attacks are:</p> <ul style="list-style-type: none">• Stop an outside strike.• Escape a bear hug.• Use of hand edges to counter strike an attacker. <p>Ms. Shikha Chakraborty, the Self-Defense Trainer, pointed out why it is necessary to attend and train oneself with this kind of workshop and training programs. She said that having knowledge about self-defense techniques not only help defend but also it builds confidence in oneself. She gave advices and tips to our girl students on how to avoid situations and circumstances that may lead to unwanted/untoward incident. Around 80 participants and faculty members participated in the workshop. Workshop was hosted by Ms. Juhi Bidhuri.</p> <p>The vote of thanks was given by Dr. Shweta Singh. Expressing his gratitude, he thanked Ms. Shikha Chakraborty (Self Defense Trainer) & her team for their support and timely presence at the Microsoft teams on the date of the workshop. He also thanked to faculty and students for support.</p>
Outcome	<p>The learning outcomes from the workshop on "Self Defense" were:</p> <ol style="list-style-type: none">1) The students learned about the different kinds of violence that may be faced by girls or by women in any place including at home.2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.3) The students have the chance to see the live demo of the self-defense techniques as demonstrated by the trainer and the companion cadets.

(Dr. Manoj Kumar Singh)
Principal



Mangalmai Institute of Management Technology
Greater Noida (U.P.)



List of Participants of “Workshop on Self Defense” held on 3rd July, 2021

Name of the students participated	Name of the students participated	Name of the students participated	Name of the students participated
GAURAV BAISOYA	AAKANSHA PARASHAR	AAKANKSHA SHARMA	MOHIT YADAV
PRAVEEN KUMAR	AAKSHI BATRA	MUSKAN GARG	SONAM ARORA
SIDDHARTH KARMAKAR	AKANSHA SAINI	NAGMA	SUDHIR KUMAR SAHANI
SURBHI BHATT	ANJALI	AKHILESH GUPTA	NAMRATA SRIVASTAVA
MONIKA UPADHAYAY	ANKIT KUMAR	AKSHAY KUMAR	NEHA KUMARI PAL
DEEKSHA PACHAURI	ANNPURNA BHARDWAJ	ANJALI PATHAK	NIDHI PANDEY
MANSI	ARCHANA BHATI	ANOOP KUMAR SINGH	NISHU GOEL
VAISHALI RAWAT	ARJOO LOHIYA	ANSHIKA SINGH	POOJA GUPTA
JYOTI	ARSHEEN	ANSHU TOMAR	PRADEEP DWIVEDI
ROOPAL GAUTAM	BHOOMIKA PARASHAR	LAXMI	PRITI KUMARI
KHUSHI	CHELISHI BHATI	ARUNA CHANDEL	RADHA SHARMA
MEENAKSHI	CHELISHI SHARMA	ARVIND KUMAR	RAJEEV ATTRI
NISHU BHATI	DAVID BHATI	BIJENDRA SINGH	RAKHI DUBEY
KIRTI MATHUR	HARSHITA	CHETNA SOLANKI	RAKHI SADHU
ANJALI BHATI	HIMANSHU KUMAR	GANGA PRASAD SINGH	REENU BHATI
KAJAL BHATI	VARSHA BANSAL	HARPREET ARORA	REKHA KUMARI
HARSHITA	TANNU VIKAL	JAHANARA	RESHMA GAUTAM
RASHMI BHATI	KHUSHBU PAL	JYOTSNA KUSHWAHA	RIDHI SHARMA
SAKSHI TYAGI	SACHIN BHATI	KAMINI NAGAR	ROHIT
POOJA	SADDAM HUSSAIN	KANCHAN	RUCHI YADAV

(Dr. Manoj Kumar Singh)

Principal



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



To,
Shikha Chakraborti
Sector-46 A. Seawoods (West)
Navi Mumbai, 400706
Maharashtra

Dear Madam,

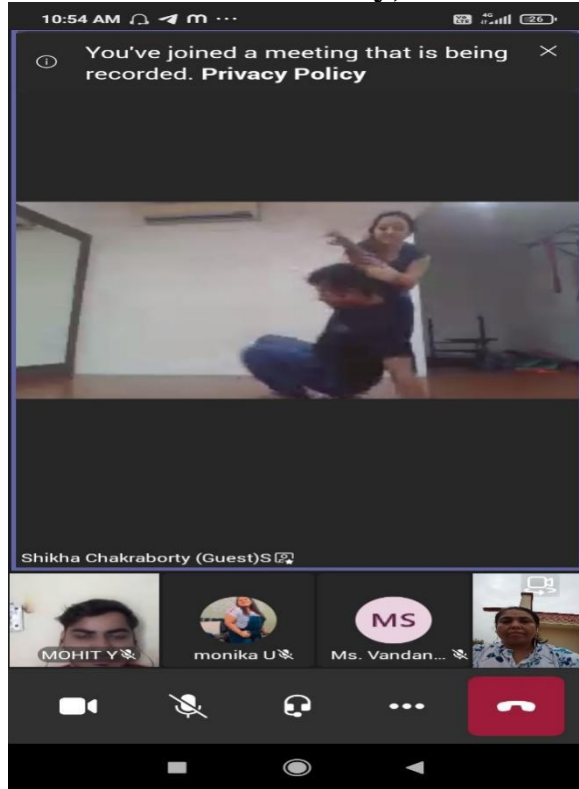
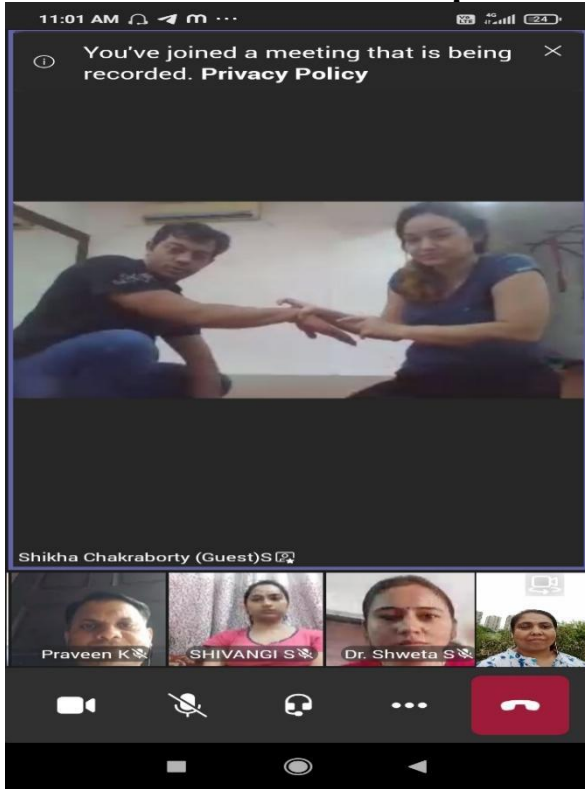
This is to extend my heartfelt gratitude for the wonderful presentation you gave on "**Self Defense**" workshop on 03 July,2021 as a resource person. We are grateful for the time and effort you took to share your motivational thoughts and experiences with the students of School of Education, MIMT. It was really a splendid presentation. All the students and faculty members appreciated and got benefitted from your presentation.

Looking forward for your kind cooperation in future events.

(Dr. Manoj Kumar Singh)
Principal



“Workshop on Self Defense” held on 3rd July, 2021





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