



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



MANGALMAY
INSTITUTE OF MANAGEMENT TECHNOLOGY

Greater Noida



INTERNAL COMPLAINTS COMMITTEE (ICC)

Organizes

AN EXTENSION ACTIVITY

**Theme: Awareness Programme
On Violence Against Women**

Date: 25th November, 2022

Toll-Free : 1800 103 3797 | www.mangalmay.net.in
Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



STOP VIOLENCE
Against Women



Report	
Name of Activity	“Awareness Programme on the theme of “Elimination of Violence Against Women
Date	25 th November, 2022(Friday)
Venue	Amichand Inter College Kasna.
Organized by	Internal Complaint Committee in association with Amichand Inter College Kasna.
Activity In-charge	Ms. Sandhya Yadav
Objectives	<p>The objectives of organizing “Awareness Programme” on the theme of the Elimination of Violence Against Women are:</p> <ul style="list-style-type: none">• Self-defense training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time.• To strengthen women's capacity to defend themselves against potential attacks• To assess psychological and behavioral changes in female participants after taking self-defense classes.• To prepare Girl Students for dealing with any impending danger of physical assault and crime by unsocial elements out of some ulterior motive or nefarious plan• The Self Defence Training aims at building self confidence, boost morale, self control and stout physical endurance ability.



Content

“Self defense is not just a set of techniques, it's a state of mind that begins with the belief that you are worth defending” -Rorion Gracie

Self-protection and defence are an important factor for a girl's life especially in today's world. Girls face lots of problem even before they enter into teenage, they are restricted from doing many activities. Girls are thought to be courageous and are considered to belong to the weaker sex of the society. Self-protection and defence not only protect themselves from danger but also boost their self-confidence. Girls have the right to feel safe and to be safe where they live and learn.

The Internal complaint committee, MIMT organized an **“Awareness Programme”** on the theme of the **Elimination of Violence Against Women in association with** Amichand Inter College , Kasna on **25th November, 2022**. The Awareness Programme throws light on the upliftment and empowerment of the girl students .We organized a guest lecture for the violence against women by **Mr. Vishal Mavi and Dr. Isha Varshney**. Mr. Vishal Mavi urged the girl students to be on the alert always and take care of their physical fitness by consuming nutritious food and cultivating healthy habits and regular physical exercise regimen. He captivated the audience by demonstrating several techniques of self-defence. They also aware the students about cyber crime and women helpline number. The main aim was to encourage the participate to defend themselves during the time of threat. This session was very useful and interesting all the moves taught very nicely with perfection, said the participants. The activity was coordinated by Ms. Sandhya Yadav.



Outcome of Activity

The outcomes of organizing “**Awareness Programme on Violence Against Women**” on the theme of the Elimination of Violence Against Women were:

- Girl students will be confident to deal with any impending danger.
- The programme will also pave ways to increase interest towards martial art form and other fitness activities.

42 students participated in “**Awareness Programme on Violence Against Women**” on theme of the Elimination of Violence Against Women. The competition was successfully carried out as per the planned schedule.



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Mangalmai Institute of Management & Technology, Greater Noida
School of Education

Attendance Sheet, B.A.B.Ed.II Year (Session-2022-23)
Awareness Programme" on the theme "Elimination of Violence Against Women"
on 25 th November, 2022

S.I No	Student Name	Signature
1	ALISHA	
2	ANJALI BAJPAI	
3	ANJALI BHATI	
4	ANJALI MAVI	
5	ANSHIKA YADAV	
6	ARTI	
7	DEEKSHA PACHAURI	
8	DEEPIKA	
9	DEEPIKA BIDHURI	
10	GAURAV BAI SOYA	
11	HARSHITA	
12	JAGRATI FAUZDAR	
13	JYOTI	
14	JYOTI SAINI	
15	KAJAL BHATI	
16	KHUSHI	
17	KHUSHI AWANA	
18	KIRTI MATHUR	
19	MANSI	
20	MEENAKSHI	
21	MONIKA UPADHAYAY	
22	NEHA BHATI	
23	NIDHI YADAV	
24	NISHU BHATI	
25	POOJA	
26	POOJA BHATI	



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27	POOJA KUMARI	Pooja
28	PRACHI TYAGI	Prachi
29	PRAVEEN KUMAR	Praveen
30	PRIYANKA	Priyanka
31	RASHMI BHATI	रश्मी भारती
32	RASHMI SINGH	Rashmi
33	RISHA	Risha
34	ROOPAL GAUTAM	Roopal
35	SAKSHI TYAGI	Sakshi
36	SANGEETA SHARMA	Sangeeta
37	SHIVANGI KANOJIA	Shivangi
38	SHREYA SHARMA	Shreya
39	SIDDHARTH KARMAKAR	Siddharth
40	SURBHI BHATT	Surbhi
41	VAISHALI RAWAT	Vaishali
42	VIDHI CHOUDHARY	Vidhi











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