Date: 4th January 2021

Notice

This is to inform all BBA students that **Power Punch-Self Defense programme** under **Mission Shakti** is being organized on 6th and 7th January 2021 from 01:00 pm onwards at front ground, MIMT.

Member Secretary

ICC, MIMT

CC to:

The Director

IQAC Coordinator

Head of Department/s

All Faculty members

All Students: Notice Board

Office File



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



	Report		
Name of Activity	Power Punch-Self Defense programme under Mission Shakti		
Date	6 th and 7 th January 2021		
Venue	Seminar Hall		
Organized by	Management Department		
Name of Recourse Person	Mr. Rustam Ansari, Coach Taekwondo (black belt)		
Participated by	BBA Students (57)		
Activity Coordinator	Dr. Gazal Singh		
Objective	The aim behind organizing the workshop to handle the unexpected situation concerning safety thus making mentally and physically ready for their self defense.		
Content	The world is changing and becoming more unpredictable particularly for women. As such, self-defence training is one of the most needed and must for every woman's to-do list. In the crime world, self-defence training is suggested, so that the women can resist any kind of sexual assault as well as random attacks. The coach included regular exercise to be fit in doing day to day works. The coach specifically taught basic trick concerning punch. How to use hands and fist to use as defence in emergency. Then coach also taught some stunt, which can be practise so that our body also respond strongly.		
Outcome of Activity	Students are now much more aware about being fit not thin. Students learnt basic exercise to practice and punching styles to use as self-defense.		



Figure 1 1 Coach Mr. Ansari demonstrating self-defense steps



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

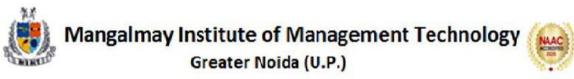




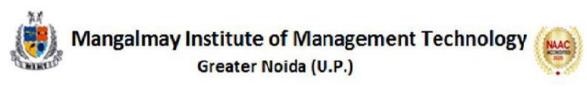
Figure 1 2 Students practising Self Defense

Student Beneficiary

Roll		33	JAGMOHAN SHARMA
No.	Name	35	KM BHARTI SHARMA
1	A RENDEMO JAMI	36	KM KHUSHI
2	AAYUSHI GUPTA	37	KM KOMAL
3	ABHIGYAN SINGH	38	KM NISHI DHAKA
4	ABHISHEK SINGH	40	KOMAL PANWAR
5	ADITYA CHAUBEY	41	KOMAL SHARMA
6	AKANSHA CHAUDHARY	42	KUMAR GAURAV
7	AKASH RAJ	44	KUMOD KUMAR
8	AMIT KUMAR	45	KUNAL
9	AMRESH SINGH	46	LEKHIKA SHARMA
12	ANKIT KUMAR	48	MANOJ KUMAR CHOUDHARY
13	ANKIT SONKAR	50	MD ASLAM ANSARI
14	ANU DIVYA R	51	MEENAKSHI
17	ASHIMA SHARMA	52	MEGHA YADAV
18	ASHUTOSH KUMAR	53	MERAJ AHMAD
19	ATAUR RAB	54	MINATI KUMARI
20	AYUSH KUMAR PANDEY	55	MOHAMMAD AKMAL
21	AYUSH KUMAR SINHA	57	MOHD TARIQ
23	DANISH SAIFI	58	MUSIFUL HAQUE
24	DEEPAK RAJ	60	NANDNI SHARMA
25	DIGABBAR KUMAR	62	NAYAB KHAN
28	GUNDESHWARI	63	NEHA KUMARI
29	GURVINDRA SINGH	65	PALLAVI SINGH
30	HIMANSHI SINGHAL	67	POOJA
31	HIMANSHU PANWAR	68	POOJA DUA
32	HIMANSHU YADAV	70	PRAGYA JOSHI
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72	PRANAV KUMAR	119	UNNATI SINGH
73	PRANJUL SAHU	120	UTKARSH CHAURASIA
74	PRASHANT MISHRA	121	VIKAS KUMAR
75	PRINCE PACHAURI	122	VIKKI
76	PRIYA SHARMA	123	VINAY KUMAR
77	RABISH KUMAR SINGH	124	VIPIN SINGH RAWAT
78	RAHUL KUMAR	125	VIPUL SINGH RATHOR
79	RAHUL SINGH	126	VISHAL KUMAR PAL
81	RAM AVTAR SAHANI		
82	RAMA SRIVASTAVA		BBA 3rd Sem
83	RAMANDEEP KAUR		Name
86	RISHA BANIA	1	AASHISH KUMAR
87	RITIKA VASHISHT	2	ABHINAV MANI TIWARI
88	ROBIN SINGH	3	ABHISHEK GAUTAM
89	SAHIL JITENDRA DAYARAMANI	4	ABHISHEK GUPTA
90	SAKSHAM SINGH	5	ABHISHEK KUMAR SHANDILYA
91	SALONI SIROHI	6	ABHISHEK KUMAR SHARMA
92	SANKET JAISWAL	7	ADARSH SINGH RAJPUT
93	SARIT KATARIA	8	ADITYA KUMAR
94	SARITA KUMARI	9	AHMAR HUSAIN
95	SAURABH SINGH	10	AMAN KUMAR JHA
96	SHIKHA MISHRA	12	AMITESH KUMAR PANDEY
97	SHIVAM TIWARI	13	ANCHAL KUMARI
98	SHIVAM YADAV	15	ANGELA GEORGE
99	SHIVANSHI SRIVASTAVA	16	ANJALI
100	SHREY BHATNAGAR	19	ANSHUL KUMAR
101	SHUBHAM KUMAR	20	ANSU KUMARI
102	SHUBHAM MITTAL	21	ANUBHAV SUTRADHAR
103	SIMRAN ARORA	22	ANUWARYA ROY
104	SIMRAN PRIYA	23	ARIF KHAN
105	SONAL GUPTA	25	ARYAN SRIVASTAVA
106	SPARSH CHAUHAN	26	ASHU SHARMA
107	SPARSH MASSEY	27	ASHVANI KUMAR SINGH
108	SPARSH SINGHAL	28	ATUL JAGADEESAN
109	SRI NIVAS KUMAR	29	AVINASH
110	SUDHANSHU BHATNAGAR	31	BHAWANI
111	SUFIYAN AHMAD	32	DEEKSHA GUPTA
112	SUMIT KUMAR ROUT	34	DHAN BAHADUR THAPA
113	SUNNY CHAUDHARY	35	DHANBIR KUMAR
114	TAMANNA	36	EKHLAS PARWEEN
115	TANYA JAIN	37	FOZIA KHAN
116	TANYA SAKHUJA	38	GAJENDRA SINGH
117	TAPISH TONGER	40	GHANSHYAM SHARMA
118	TRIPTI KUMARI	41	HARSH BHATI



42	HIMANSHU GUPTA	84	RAZAUR RAB
43	JAYANT KUMAR SACHAN	85	RENU
44	JITENDRA SINGH RATHORE	86	RISHABH GUPTA
45	JYOTI	87	RISHIKA
46	KAMAL KAPOOR	89	ROHIT JHA
47	KAPIL YADAV	90	RUCHIKA KUMARI
48	KARTIKEY GUPTA	91	S GELI GREEMA NAYAK
50	KISHAN KUMAR	92	SAGAR
53	MASADUR RAHAMAN	93	SAHIL BHATI
55	MD RAJA KHAN	94	SAKET AGARWAL
56	MOHD ZISHAN SALMANI	95	SAKET KUMAR
57	MOSAM ALI	96	SAMEEN
58	MRITYUNJAY KUMAR	97	SAURABH KUMAR
59	MUSKAAN GUPTA	98	SERVER KHAN
60	NAVNEET NANDAN	99	SHARIQUE HUSSAIN
61	NEELAM	100	SHASHANK KUMAR
62	NEHA SHARMA	101	SHASHI KUMAR
63	NIKHIL SINGH	102	SHASHWATI DAS
64	NIKHIL SUBHASH GUPTA	103	SHIKHA KUSHWAHA
65	NILA NISHALIKA	104	SHIVAM SHARMA
66	NISHANT SINGH YADAV	105	SHREYA KESHRI
67	NISHITA SINGH	106	SHUBHANJALI VERMA
68	NITESH KUSHWAHA	107	SHUMESH RAY
69	PANKAJ KUMAR	108	SUMAYYA KHATOON
70	PINKU SHARMA	109	TAMANNA BHALLA
72	PRACHI RANE	110	TANVI MATHUR
73	PRASHANT SHARMA	111	TOOBA KHAN
75	RAGHUNATH SHARMA	112	VIKASH PAL
76	RAJA KUMAR	113	VISHNU KESHARI
78	RAJU KUMAR RAMEKBAL CHAURASIYA	114	VISHWANATH JHA
70 79	RAKESH KUMAR	116	YATANVEER
79 81	RASHI MITTAL	117	ZAKIR HUSSAIN
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RASHMI KUMARI