



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



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



Figure 1 2 Students practising Self Defense

Student Beneficiary

Roll No.	Name
1	A RENDEMO JAMI
2	AAYUSHI GUPTA
3	ABHIGYAN SINGH
4	ABHISHEK SINGH
5	ADITYA CHAUBEY
6	AKANSHA CHAUDHARY
7	AKASH RAJ
8	AMIT KUMAR
9	AMRESH SINGH
12	ANKIT KUMAR
13	ANKIT SONKAR
14	ANU DIVYA R
17	ASHIMA SHARMA
18	ASHUTOSH KUMAR
19	ATAUR RAB
20	AYUSH KUMAR PANDEY
21	AYUSH KUMAR SINHA
23	DANISH SAIFI
24	DEEPAK RAJ
25	DIGABBAR KUMAR
28	GUNDESHWARI
29	GURVINDRA SINGH
30	HIMANSHI SINGHAL
31	HIMANSHU PANWAR
32	HIMANSHU YADAV
33	JAGMOHAN SHARMA
35	KM BHARTI SHARMA
36	KM KHUSHI
37	KM KOMAL
38	KM NISHI DHAKA
40	KOMAL PANWAR
41	KOMAL SHARMA
42	KUMAR GAURAV
44	KUMOD KUMAR
45	KUNAL
46	LEKHIKA SHARMA
48	MANOJ KUMAR CHOUDHARY
50	MD ASLAM ANSARI
51	MEENAKSHI
52	MEGHA YADAV
53	MERAJ AHMAD
54	MINATI KUMARI
55	MOHAMMAD AKMAL
57	MOHD TARIQ
58	MUSIFUL HAQUE
60	NANDNI SHARMA
62	NAYAB KHAN
63	NEHA KUMARI
65	PALLAVI SINGH
67	POOJA
68	POOJA DUA
70	PRAGYA JOSHI



72 PRANAV KUMAR
73 PRANJUL SAHU
74 PRASHANT MISHRA
75 PRINCE PACHAURI
76 PRIYA SHARMA
77 RABISH KUMAR SINGH
78 RAHUL KUMAR
79 RAHUL SINGH
81 RAM AVTAR SAHANI
82 RAMA SRIVASTAVA
83 RAMANDEEP KAUR
86 RISHA BANIA
87 RITIKA VASHISHT
88 ROBIN SINGH
89 SAHIL JITENDRA DAYARAMANI
90 SAKSHAM SINGH
91 SALONI SIROHI
92 SANKET JAISWAL
93 SARIT KATARIA
94 SARITA KUMARI
95 SAURABH SINGH
96 SHIKHA MISHRA
97 SHIVAM TIWARI
98 SHIVAM YADAV
99 SHIVANSHI SRIVASTAVA
100 SHREY BHATNAGAR
101 SHUBHAM KUMAR
102 SHUBHAM MITTAL
103 SIMRAN ARORA
104 SIMRAN PRIYA
105 SONAL GUPTA
106 SPARSH CHAUHAN
107 SPARSH MASSEY
108 SPARSH SINGHAL
109 SRI NIVAS KUMAR
110 SUDHANSHU BHATNAGAR
111 SUFIYAN AHMAD
112 SUMIT KUMAR ROUT
113 SUNNY CHAUDHARY
114 TAMANNA
115 TANYA JAIN
116 TANYA SAKHUJA
117 TAPISH TONGER
118 TRIPTI KUMARI

119 UNNATI SINGH
120 UTKARSH CHAURASIA
121 VIKAS KUMAR
122 VIKKI
123 VINAY KUMAR
124 VIPIN SINGH RAWAT
125 VIPUL SINGH RATHOR
126 VISHAL KUMAR PAL

BBA 3rd Sem

Name

1 AASHISH KUMAR
2 ABHINAV MANI TIWARI
3 ABHISHEK GAUTAM
4 ABHISHEK GUPTA
5 ABHISHEK KUMAR SHANDILYA
6 ABHISHEK KUMAR SHARMA
7 ADARSH SINGH RAJPUT
8 ADITYA KUMAR
9 AHMAR HUSAIN
10 AMAN KUMAR JHA
12 AMITESH KUMAR PANDEY
13 ANCHAL KUMARI
15 ANGELA GEORGE
16 ANJALI
19 ANSHUL KUMAR
20 ANSU KUMARI
21 ANUBHAV SUTRADHAR
22 ANUWARYA ROY
23 ARIF KHAN
25 ARYAN SRIVASTAVA
26 ASHU SHARMA
27 ASHVANI KUMAR SINGH
28 ATUL JAGADEESAN
29 AVINASH
31 BHAWANI
32 DEEKSHA GUPTA
34 DHAN BAHADUR THAPA
35 DHANBIR KUMAR
36 EKHLAS PARWEEN
37 FOZIA KHAN
38 GAJENDRA SINGH
40 GHANSHYAM SHARMA
41 HARSH BHATI



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42	HIMANSHU GUPTA	84	RAZAU 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
	RAJU KUMAR RAMEKBAL	114	VISHWANATH JHA
78	CHAURASIYA	116	YATANVEER
79	RAKESH KUMAR	117	ZAKIR HUSSAIN
81	RASHI MITTAL		
82	RASHMI KUMARI		