



Date: 7th November 2021

Notice

This is to inform all BBA students that **Power Punch-Self Defense programme** under **Mission Shakti** is being organized on 11th November 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	11 th November 2021
Venue	Seminar Hall
Organized by	Management Department
Name of Recourse Person	Mr. Rustam Ansari, Coach Taekwondo (black belt)
Participated by	BBA Students
Activity Coordinator	Dr. Gazal Singh
Objective	To handle the unexpected situation concerning safety thus making mentally and physically ready for their self defense.
Content	<p>Instances of harassment are increasing day by day and many go unreported which lead to other heinous crimes against girl children. It is imperative to teach students how to defend themselves and how to escape situations which threatens their safety. 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 session started with the orientation and discussion on safety precautions at road, home, working place and other public places. The coach taught many self-defence tricks and techniques to develop self confidence. The participants were informed about how the various tools like hand bags, key chains and duppatta could be used as a safety tool. All the participants were made to practice the techniques with other participant. The importance of safety and self-defence was also discussed in detail</p> <p>Coach in the end said that Women are the important part of our society and it is our moral responsibility to treat them equally and respectfully. And I am glad that many girls took interest and learnt new ways of self-defence through this workshop, which is going to be helpful for them in their safety, forever.”</p>
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.