



Report

Name of Activity	Self Defense Techniques
Date	22 nd November 2019
Venue	College Ground/Seminar Hall
Resource Person	Ms. Garima Singh (NCC Ceded)
Beneficiary	Management Students
Activity -In charge	Dr. Seema Pundir (Faculty, MIMT)
Objective	<ul style="list-style-type: none">• To protect against anything that's unacceptable in terms of social conduct.• It empowers women to lead a healthy and fulfilling life by encouraging them to deal with stressful and dangerous situations independently.
Report	<p>It is important to set the safety of women as one of the topmost priorities and spread awareness on mediums for self-defense and education. Self-defense and physical conditioning for women not only allows you to tangibly defend yourself, but practicing it will prepare you for the worst-cases scenario. Women must have the combating skills and take their leadership to the next level. Girls learn many self defense techniques by an expert. The expert shared some tips and tricks for self defence:</p> <ul style="list-style-type: none">• The women should stay fit enough to run fast.• The women should check when walking on the empty road to avoid grouping and chain-snatching from behind.• It is recommended to keep your purse front and walk on the roads by paying full attention around the road.• The woman should avoid high-heeled footwear when they are walking a long distance in unknown places.• Say out 'STOP' in a loud and aggressive voice, when they need help from other people. <p>It was a wonderful program. This session on self-defense was really good and practical. We actually got to know how to protect ourselves.</p>
Outcome of Activity	Girls learn many Techniques of self-defense, and know how to protect herself in any situation.



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