



Report	
Name of Activity	Self Defense Techniques
Date	30 th Nov 2019
Venue	College Ground/Seminar Hall
Name of Committee	Management Department
Resource Person	Ms. Gunjan
Beneficiary	Management Students
Activity -In charge	Dr. Seema Pundir (Faculty MIMT)
Objective	<ul style="list-style-type: none">➤ To empower women.➤ To enable them to defend against any type of physical assault.➤ To build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defense training.
Report	<p>The workshop started with an inaugural speech by Lt. Dr. Seema Pundir, spoke largely on the kind of violence that is committed against women. She narrated some instances related to Domestic Violence, Dowry, Cruelty by husband & in-laws, Sexual Harassment in public, private, or the workplace. She pointed out why it is necessary to attend and train oneself with this kind of workshop and training programmes.</p> <p>The training was divided into two session i.e. self defense fighting techniques followed by some basic background regarding self defense, diet and exercise for healthy living post lunch session. The first session includes learning of techniques and its application through practical demonstration as well as practicing it with other participating girls. The second session includes proper diet meals plan for participating students to enhance their energy level. A brief interaction of the expert with the students followed after the demo session. Self Defence training especially for girls is of utmost importance in the kind of world we live in. In order to make girl students acquainted with self defence techniques such type of training shall be a regular feature.</p>
Outcome of Activity	Girls learn many Techniques of self-defense, and know how to protect herself in any situation.



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