



## **Atharva Institute of Management Studies**

### **Activity / Event report**

**Name of Event : Defence Dojo**

**Date(s) of Conduction : 08<sup>th</sup> March**

**2025**

**Class / Semester : MMS Batch**

**2024-2026 Number of Students participated: 89**

**Faculty coordinator : Dr. Swati Agrawal**

**Coordinator/committee : Atharva Institute of Management Studies, Malad,**

**Mumbai Event Mentor/Guide : Dr. Reena Poojara (Assistant Director, AIMS)**

**Guest Speakers : Sensei Amit Bharat**

**Khatri Miss Deepali Naik**

## **Description**

### **Objectives:**

- To celebrate International Women's Day and empower women through awareness and self-defense training.
- To launch the self-defense program "Defense Dojo" aimed at equipping students with essential self-defense techniques.
- To highlight the importance of mental health and provide techniques to manage stress and anxiety.
- To appreciate and honor the women faculty members of AIMS for their contributions.
- To encourage students to participate in activities that promote physical and mental well-being.

### **Key Takeaways:**

- Introduction to self-defense techniques and understanding common weaknesses that can be exploited.
- Awareness of mental health issues and practical techniques to overcome stress and anxiety.
- Importance of self-defense and mental health in personal and professional life.
- Appreciation of the women faculty members for their dedication and achievements.
- Encouragement to participate in the newly launched "Defense Dojo" program.

### **Learning Outcomes:**

- Students gained basic knowledge of self-defense techniques and their importance in daily life.
- Awareness of mental health issues and strategies to manage them effectively.
- Understanding the significance of celebrating Women's Day and empowering women.
- Motivation to participate in the "Defense Dojo" program for physical and mental well-being.
- Recognition of the contributions of women faculty members and their impact on the institution.

## **Event**

### **Highlights Guest Lecture by Sensei Amit Bharat**

#### **Khatri:**

Sensei Amit Bharat Khatri shared insights into self-defense techniques, focusing on identifying weaknesses and how to protect oneself in vulnerable situations. He demonstrated basic moves and encouraged students to practice regularly.

#### **Guest Lecture by Miss Deepali Naik:**

Miss Deepali Naik discussed the importance of mental health, especially for women, and shared techniques to overcome stress, anxiety, and other mental health challenges. She emphasized the need for a balanced lifestyle and self-care.

### **Student Performances:**

Students performed acts and skits highlighting the importance of self-defense and mental health. These performances were both informative and entertaining, engaging the audience effectively.

### **Appreciation of Women Faculty:**

The women faculty members of AIMS were honored for their dedication and contributions to the institution. Certificates of appreciation were distributed to recognize their efforts.

### **Launch of "Defense Dojo":**

The self-defense program "Defense Dojo" was officially launched during the event. The program aims to provide regular self-defense training to students, empowering them to protect themselves in any situation.

### **GLIMPSE**















Mumbai, Maharashtra, India

Atharva Back Road, Malad West, Mumbai,  
Maharashtra 400095, India

Lat 19.198137, Long 72.826021

03/08/2025 02:44 PM GMT+05:30

Note : Captured by GPS Map Camera









## Attendance

ATHARVA INSTITUTE OF MANAGEMENT STUDIES		
MMS Sem- II - Attendance Sheet - Batch - 2024 - 2026		
Specialization - Core		
MMS Semester II - Defence Dojo – Self-Defense and Mental Fitness		
Roll No.	Date	08th March, 2025
	Time	2.00PM - 4.00PM
	Name	Signature
A-1	Devesh Agrawal	
A-2	Jyeshna Bandaru	<i>Jyeshna</i>
A-3	Purvaja Bhanji	<i>Purvaja</i>
A-4	Chetan Bhoi	
A-5	Isha Chavan	<i>Isha</i>
A-6	Sushant Dalvi	<i>Sushant</i>
A-7	Priya Darade	
A-8	Samrat Desale	<i>Samrat</i>
A-9	Kavish Dhadiwal	<i>Kavish</i>
A-10	Manas Dicholkar	<i>Manas</i>
A-11	Geetika Ghadi	<i>Geetika</i>
A-12	Sagar Ghotekar	<i>Sagar</i>
A-14	Sanyam Gothi	<i>Sanyam</i>
A-15	Ritika Gupta	<i>Ritika</i>
A-16	Princi Hurkat	<i>Princi</i>
A-17	Varsha Ingale	
A-18	Karina Jaiswal	<i>Karina</i>
A-19	Sangeeta Jakhad	<i>Sangeeta</i>
A-20	Rushikesh Jamodkar	<i>Rushikesh</i>
A-21	Yash Kasture	<i>Yash</i>
A-22	Gauravi Keny	<i>Gauravi</i>
A-23	Abdullah Khan	
A-24	Shubham Kharatmol	
A-25	Tanaya Lokhande	<i>Tanaya</i>
A-26	Shrutika Malvi	<i>Shrutika</i>
A-27	Vaibhav Matkar	
A-28	Riddhi Mhatre	<i>Riddhi</i>
A-29	Krutika More	<i>Krutika</i>
A-30	Sanket Narole	<i>Sanket</i>
A-31	Anaya Nimkar	<i>Anaya</i>
A-32	Vandana Paliwal	<i>Vandana</i>
A-33	Anushka Pantoji	<i>Anushka</i>
A-34	Aftab Patel	
A-35	Vidit Patil	<i>Vidit</i>
A-36	Saket Pawar	<i>Saket</i>
A-38	Utkarsha Pokale	<i>Utkarsha</i>
A-39	Pratik Rajput	<i>Pratik</i>
A-40	Samwad Raul	<i>Samwad</i>
A-41	Ritu Raut	<i>Ritu Raut</i>
A-42	Jaydeep Sable	<i>Jaydeep</i>
A-43	Prajwal Salunke	<i>Prajwal</i>
A-44	Prasad Salunkhe	<i>Prasad</i>

A-45	Rajashree Sapkal	<i>Rajashree Sapkal</i>
A-46	Gauri Sarmalkar	<i>Gauri Sarmalkar</i>
A-47	Preeti Shetty	<i>Preeti Shetty</i>
A-48	Hrutwik Shinde	<i>Hrutwik Shinde</i>
A-49	Sharad Shinde	<i>Sharad Shinde</i>
A-50	Pavan Shirfule	<i>Pavan Shirfule</i>
A-51	Siddhi Shirsat	<i>Siddhi Shirsat</i>
A-52	Riya Shukla	<i>Riya Shukla</i>
A-53	Abhishek Singh	<i>Abhishek Singh</i>
A-54	Vedika Singh	<i>Vedika Singh</i>
A-55	Kasturi Soni	<i>Kasturi Soni</i>
A-56	Sushmitha Sukka	<i>Sushmitha Sukka</i>
A-57	Prachi Susne	
A-58	Pallavi Talwatkar	
A-59	Harikrishna Vanja	<i>Harikrishna Vanja</i>
A-60	Priyal Vishwakarma	<i>Priyal Vishwakarma</i>
A-61	Rohit Vishwakarma	<i>Rohit Vishwakarma</i>
A-62	Mitali Zitre	<i>Mitali Zitre</i>
A-63	Achal Darade	
A-64	Ayushi Vishwakarma	
A-65	Sumit Mahadik	<i>Sumit Mahadik</i>
A-66	Arya Sharma	<i>Arya Sharma</i>



**ATHARVA INSTITUTE OF MANAGEMENT STUDIES**

**MMS Sem- II - Attendance Sheet - Batch - 2024 - 2026**

**Specialization - Core**

**MMS Semester II - Defence Dojo – Self-Defense and Mental Fitness**

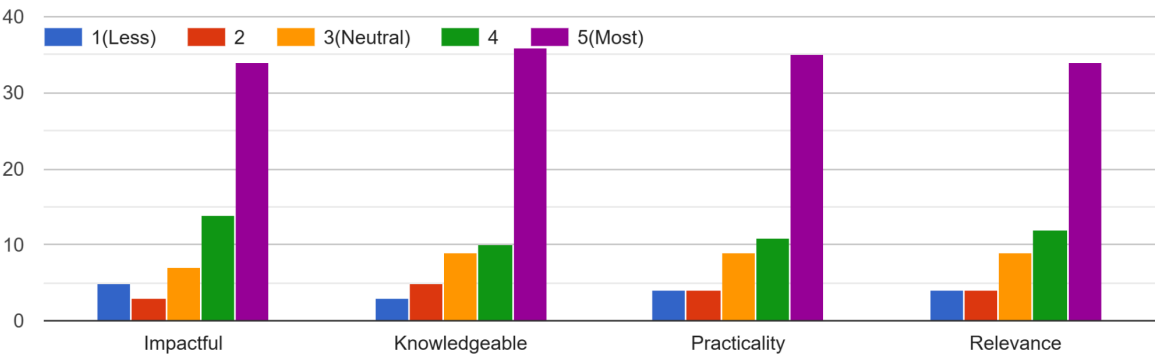
Roll No.	Date	08th March, 2025
	Time	2.00PM - 4.00PM
	Name	Signature
B-1	Aishwarya Raghavan	
B-2	Om Banote	
B-3	Shraddha Bansode	
B-4	Keshav Bhagwat	
B-5	Jasneet Singh	
B-6	Anshu Chauhan	
B-7	Priyanka Choudhari	
B-8	Nishita Chougule	
B-9	Radhika Chourasiya	
B-10	Chirag Dhamne	
B-11	Akshata Dholwade	
B-12	Shweta Gaikwad	
B-13	Nikhil Gawande	
B-14	Khushi Halwai	
B-16	Akash Jadhav	
B-17	Rani Jadhav	
B-18	Mahek Jasani	
B-19	Manisha Jha	
B-20	Dhananjay Kadam	
B-21	Trupti Kadam	
B-22	Yash Kadam	
B-23	Bhaves Kathar	
B-24	Shubham Khanvilkar	
B-26	Pranav Kulkarni	
B-27	Raj Kulsange	
B-28	Ekta Lalwani	
B-29	Khushi Lathi	
B-30	Sanket Malode	
B-31	Pratik Mane	
B-32	Adesh Mhatre	
B-33	Chinmay More	
B-34	Priyanka Paithankar	
B-35	Rohit Palkar	
B-36	Smeet Pateliya	
B-37	Mayur Patil	
B-38	Viraj Patil	
B-39	Abhiraj Pawar	
B-40	Hrishik Pawar	
B-41	Vaishnavi Pawar	
B-42	Shreyash Pednekar	
B-43	Mansi Pimple	
B-44	Rucha Rane	

B-45	Siddhi Rathod	<u>Rathod</u>
B-46	Shruti Sanap	<u>Shruti</u>
B-47	Hetal Sancheti	<u>Hanneti</u>
B-48	Vidhi Sanghvi	<u>Vidhi</u>
B-49	Khushi Saroj	<u>Khushi</u>
B-50	Sarvesh Sathe	
B-51	Shivani Sharma	
B-52	Tanvi Shirke	<u>Shirke</u>
B-53	Atharva Sonone	<u>Atharva</u>
B-54	Abhishek Sontakke	
B-55	Tejas Tarambale	
B-56	Aditi Thakur	<u>Aditi</u>
B-57	Sudhir Tiwari	<u>Sudhir</u>
B-59	Malhar Udawant	<u>Malhar</u>
B-60	Tanay Valvi	
B-61	Kinjal Vyas	
B-62	Disha Waghmare	<u>Disha</u>
B-63	Supriya Walunj	<u>Supriya</u>
B-64	Kiran Yadav	<u>Kiran</u>
B-65	Sanskriti Yadav	<u>Sanskriti</u>
B-66	Abhay Dubey	<u>Abhay</u>

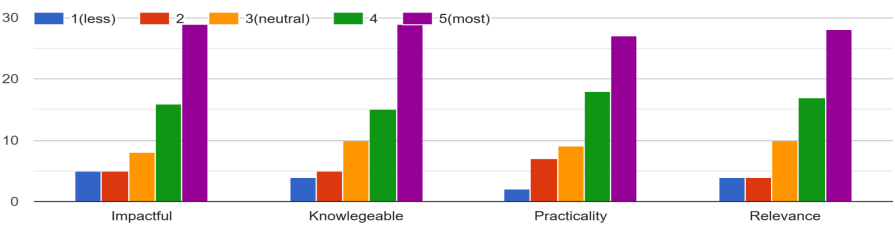


# Feedback Analysis

How would you rate Mr. Amit Khatri's session on following criteria?

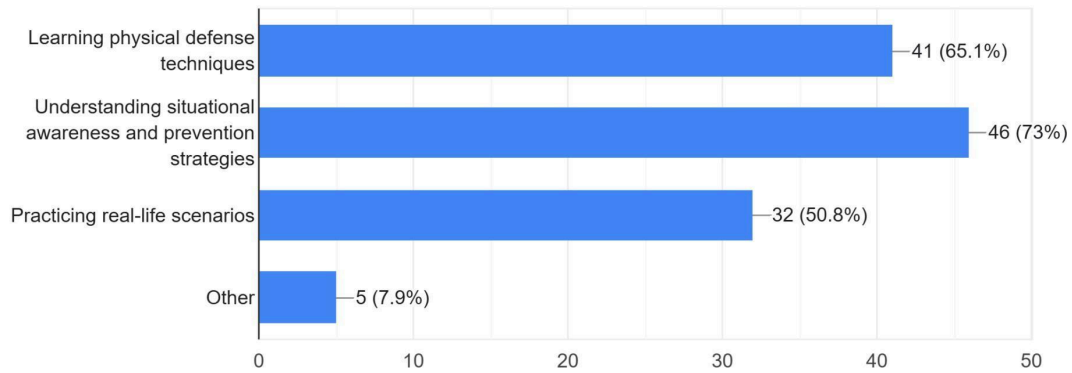


How would you rate Ms. Deepali Naik's session on following criteria?



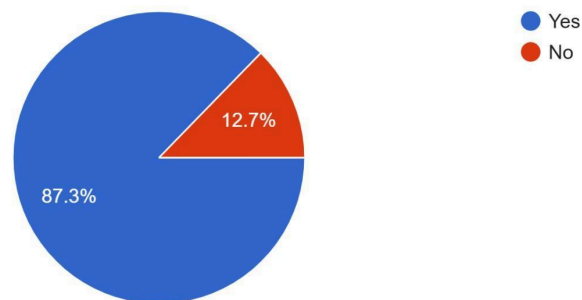
### What did you find most useful in the session?

63 responses



### Do you want to attend a self defense class in future?

63 responses



EVENT REPORT PREPARED BY: Sangeeta Jakhad  
Verified by: Dr. Swati Agrawal- AIMS  
Submitted to: Dr. D. Henry Babu – Director - AIMS



