



Atharva Institute of Management Studies

Activity / Event report

Name of Event/Title	: Self-Defense Training Session
Organization	: Atharva Institute of Management Studies
Date(s) of conduction	: 23rd August 2025
Class / Sem	: MMS 3rd Sem
Faculty coordinator	: Dr. Swati Agrawal
Student coordinator/ committee	: Priyal Vishwakarma

DESCRIPTION

The Self-Defense Training Session was organized to create awareness about personal safety and equip students with practical techniques to protect themselves in challenging situations. The session aimed at boosting confidence, enhancing alertness, and promoting mental as well as physical fitness.

Objectives:

- To train students in basic and effective self-defense techniques.
- To build confidence and create awareness about personal safety.
- To enhance physical fitness and mental alertness.

Key Takeaways:

- Students learned practical and easy-to-apply self-defense moves.
- Improved awareness about handling emergency situations.
- Gained confidence to respond effectively in risky situations.

Learning Outcomes:

- Students are now more confident in ensuring their personal safety.
- Awareness about the importance of self-defense in day-to-day life.
- Development of mental preparedness and quick response skills.

FLYER OF THE EVENT



ATHARVA INSTITUTE OF MANAGEMENT STUDIES

Approved by AICTE, DTE Recognised, Affiliated to Mumbai University
NAAC Accredited

IQAC Initiative

SELF DEFENCE

TRAINING SESSION

Join us on



DATE

23rd AUGUST, 2025



TIME

02:00 PM TO 04:00 PM

Venue: Ground floor, Phase 3,
AGI Campus, Malad (W)

 www.atharvaims.edu.in



**SENSEI
AMIT BHARAT KHATRI**
Chief Instructor & Technical Director-
AISKF

GEO-TAGGED PHOTOS





EVENT REPORT PREPARED BY: Priyal Vishwakarna
Verified by: Dr. Swati Agarwal

Submitted to: Dr. D Henry