

Atharva Institute of Management Studies

Activity / Event report

Name of Event/Title	: Self Defence session
Organization	: Atharva Institute of Management Studies
Date(s) of conduction	: 17 th January, 2026
Class / Sem	: MMS Semester 1 , Batch 2025-2027
Faculty coordinator	: Prof. Kajal Desai and Dr Swati Agarwal
Student coordinator/ committee	: Tulsi More

DESCRIPTION

The Atharva Institute of Management Studies, in collaboration with **IQAC**, successfully organized a “**Self-Defence Session**” on **12th January 2026** at the Lobby Area, Phase 3, Atharva University Campus, Malad West. The session witnessed enthusiastic participation from students and created an environment focused on safety awareness, confidence building, and practical learning.

The session was designed to equip students with essential self-defence skills and knowledge required to protect themselves in challenging situations. Through live demonstrations and practical exercises, participants learned basic self-defence techniques, situational awareness, and methods to respond calmly and confidently during emergencies. The interactive nature of the session encouraged active involvement and helped students understand the importance of personal safety in today’s world.

The successful execution of the session was made possible due to the continuous support, guidance, and encouragement provided by the faculty coordinators and organizing team. Their coordination and planning ensured smooth conduct of the session and effective engagement of participants. The trainers and instructors played a vital role in explaining techniques clearly and ensuring that students could practice them safely and confidently.

The institute extends sincere gratitude to all faculty members, coordinators, and volunteers whose cooperation and support contributed significantly to the success of the Self-Defence Session. Their efforts helped maintain discipline, structure, and a safe learning environment, making the session both informative and impactful. With collective efforts from faculty and student coordinators, the session turned out to be a meaningful and empowering learning experience.

Objectives:

- To create awareness about personal safety and self-protection
- To equip students with basic self-defence techniques for emergency situations
- To enhance understanding of branding, communication, and consumer engagement through memes
- To build confidence, alertness, and presence of mind among students

Key Takeaways:

- Understanding the importance of self-defence in daily life
- Learning basic techniques to protect oneself from potential threats
- Gaining confidence to handle unsafe situations calmly and effectively
- Awareness of situational safety and preventive measures

Learning Outcomes:

- Students developed basic self-defence skills through practical training
- Improved confidence and self-awareness regarding personal safety
- Enhanced ability to react effectively in threatening situations
- Increased understanding of safety, discipline, and self-control

FLYER OF THE EVENT



ATHARVA INSTITUTE OF MANAGEMENT STUDIES
In Collaboration with IQAC
Organizing

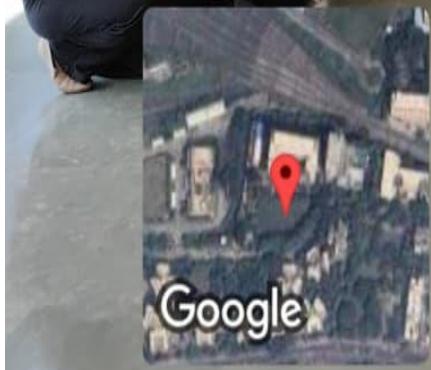
SELF DEFENCE SESSION

12th January, 2025 | Monday | 11.00am to 12.00pm

Venue: Lobby Area, Phase 3, Atharva University Mumbai, Malad West

GEO-TAGGED PHOTOS





Mumbai, Maharashtra, India 

Shop No, 01 Ne, Kachcha Road, Malad, New Mahakali Nagar, Asmita Jyoti Housing Society, Malad West, Mumbai, Maharashtra 400095, India

Lat 19.197755° Long 72.82588°

Monday, 12/01/2026 12:39 PM GMT +05:30



GPS Map Camera



Attendance Sheet with Signature

Faculty Coordinator : Dr. Swati Agarwal				
Sr. No.	Roll No.	Date	Name of the Student	Signature
26	A-26	More Tulsi Raju		Tulsi
27	A-27	Patil Mansi Vikas		
28	A-28	Patil Smriddha Prashant		Patil
29	A-29	Patil Ummeesha Prashant		
30	A-30	Pawar Tanvi Raghunath		
31	A-31	Pednekar Samruddhi Krishna		Pednekar
32	A-32	Pimparkar Dhanshree Pravin		Pimparkar
33	A-33	Pongde Rohan Gangadhar		Pongde
34	A-34	Punjani Priya Shirish		
35	A-35	Raut Suresh Rajendra		Raut
36	A-36	Raorane Surabhi Manojkumar		Raorane
37	A-37	Salve Aditya Dhananjay		Salve
38	A-38	Salvi Aarya Shashank		
39	A-39	Sanap Tejas Dattu		
40	A-40	Save Samruddhi Jitendra		Save
41	A-41	Shelar Kartik Chandrakant		Shelar
42	A-42	Singh Shubhang Rakesh Kumar		Singh
43	A-43	Sonawale Shantanu Sanjay		Sonawale
44	A-44	Thakur Prasad Satish		Thakur
45	A-45	Tripathi Piyush Subhash		Tripathi
46	A-46	Yadav Namrata Ramlalat		Yadav
Total students present				
Faculty Signature				

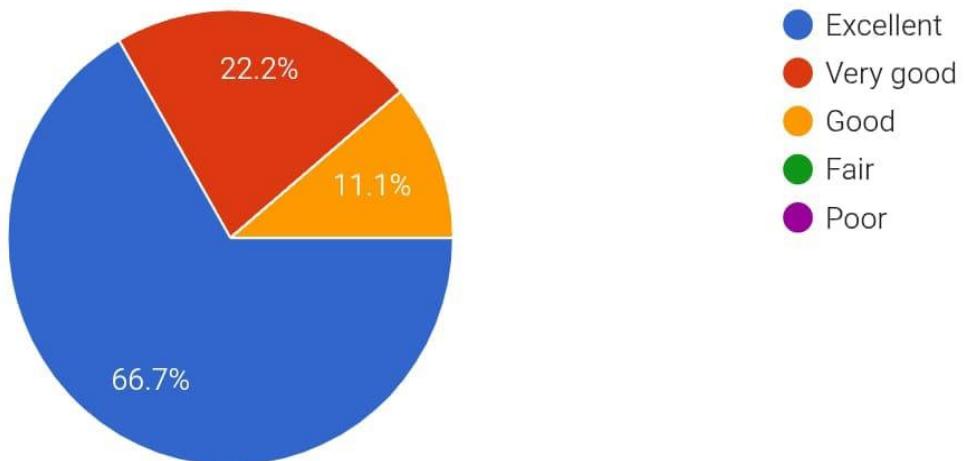
Event Name: MemeMania				
Faculty Coordinator : Dr. Swati Agarwal				
Sr. No.	Roll No.	Date	Name of the Student	Signature
1	A-01	Bandgar Sakshi Pratish		Bandgar
2	A-02	Baput Shakambhari Yogesh		Baput
3	A-03	Bhave Raj Rajendra		Bhave
4	A-04	Bohari Mohammad Ilyas		Bohari
5	A-05	Chaudhari Anishka Ajay		Chaudhari
6	A-06	Dahije Rahul Sukhdev		Dahije
7	A-07	Dhakan Priyam Jayesh		Dhakan
8	A-08	Dharne Aditi Manoj		Dharne
9	A-09	Dixit Shreya Jayant		Dixit
10	A-10	Dongre Nitesh Ravindra		Dongre
11	A-11	Ghag Tanvi Vikrant		Ghag
12	A-12	Ghavali Vighnesh Deepak		Ghavali
13	A-13	Gomes Swetal Santosh		Gomes
14	A-14	Gupta Shubham Ramesh		Gupta
15	A-15	Jadhav Yash Ravindra		Jadhav
16	A-16	Kadyan Nikita Hawasingh		Kadyan
17	A-17	Khobragade Sanket Prashant		Khobragade
18	A-18	Kondawar Saasi Rajesh		Kondawar
19	A-19	Madke Nilam Nandkumar		Madke
20	A-20	Manuja Aryan Mohit		Manuja
21	A-21	Megajigari Balaji Narsimhachari		Megajigari
22	A-22	Mejari Vighnesh Vijay		Mejari
23	A-23	Mirza Kaynat Mustakim		Mirza
24	A-24	Moon Siddhanth Sagar		Moon
25	A-25	More Divyani Balram		More

ATHARVA INSTITUTE OF MANAGEMENT STUDIES			
Events Attendance Sheet			
Academic Year- 2025-2026			
Event Name: MemeMania			
Faculty Coordinator : Dr. Swati Agarwal			
Sr. No.	Roll No.	Date	Name of the Student
26	B-26		Pandey Shreyash Umesh
27	B-27		Patil Dimple Suresh
28	B-28		Patil Priyal Vijay
29	B-29		Patil Riya Vijay
30	B-30		Patil Shreya Rajesh
31	B-31		Patil Shruti Dilip
32	B-32		Patil Sustant Dattaram
33	B-33		Patkar Yash Gorakhnath
34	B-34		Pawar Harsh Subas
35	B-35		Pawar Ragini Chintaman
36	B-36		Sable Anushka Milind
37	B-37		Sargam Yash Prakash
38	B-38		Shiktoode Kalyni Ganraj
39	B-39		Shinde Soham Rajendra
40	B-40		Shirsath Raj Ravindra
41	B-41		Shivgan Swapnali Sunil
42	B-42		Tembhurne Shantanu Satish
43	B-43		Waghmare Sanket Vinod
44	B-44		Wakude Tushar Vaijanath
45	B-45		Wankhede Prachi Anil
46	B-46		Yadav Aditi Rajesh
Total students present			
Faculty Signature			

ATHARVA INSTITUTE OF MANAGEMENT STUDIES			
Events Attendance Sheet			
Academic Year- 2025-2026			
Event Name: MemeMania			
Faculty Coordinator : Dr. Swati Agarwal			
Sr. No.	Roll No.	Date	Name of the Student
1	B-1		Bhamare Durgesh Pratip
2	B-2		Bhandari Ridhika Rajesh
3	B-3		Bhise Rahul Rajesh
4	B-4		Bhosale Kaustubhi Ajay
5	B-5		Bike Divya Rambhau
6	B-6		Chandbari Durvesh Pramod
7	B-7		Desai Shreya Hemant
8	B-8		Deolkar Sujal Suresh
9	B-9		Dikkar Prajwal Murlidhar
10	B-10		DSouza Chris Collin
11	B-11		Gosavi Shrutiya Sham
12	B-12		Gudekar Prachi Shashikant
13	B-13		Gupta Suraj Deepak
14	B-14		Joshi Nimish Kishorkumar
15	B-15		Kale Pranjal Rajesh
16	B-16		Khaichane Mohit Avinash
17	B-17		Khanolkar Swamini Jitendra
18	B-18		Kolambekar Awani Vijaykumar
19	B-19		Kumar Naveen Manoj
20	B-20		Kurhade Aayush Ganesh
21	B-21		Mali Ujjwal Bapu
22	B-22		Mallah Sneha Santakumar
23	B-23		Mankar Rishita Vijay
24	B-24		Nachnekar Pranali Prakash
25	B-25		Namhiar Vihara Murali

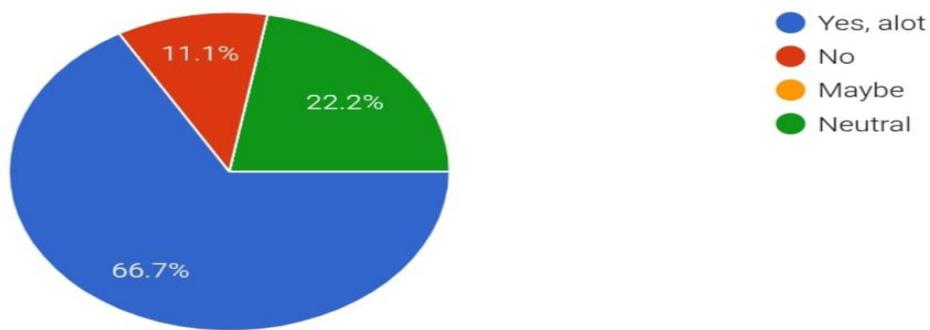
Feedback Analysis

1).How would you rate the overall self-defence training program?



Most participants rated the program as Excellent (66.7%), showing high satisfaction. A few rated it Very Good (22.2%) and Good (11.1%), indicating the program was effective and well-received.

2).Did the self-defence program help you feel more confident about your personal safety?



The pie chart indicates a strong positive response to the self-defence program, with 66.7% of participants feeling

"Yes, alot" more confident about their personal safety.

3) What part of the self-defence program was most helpful for you?

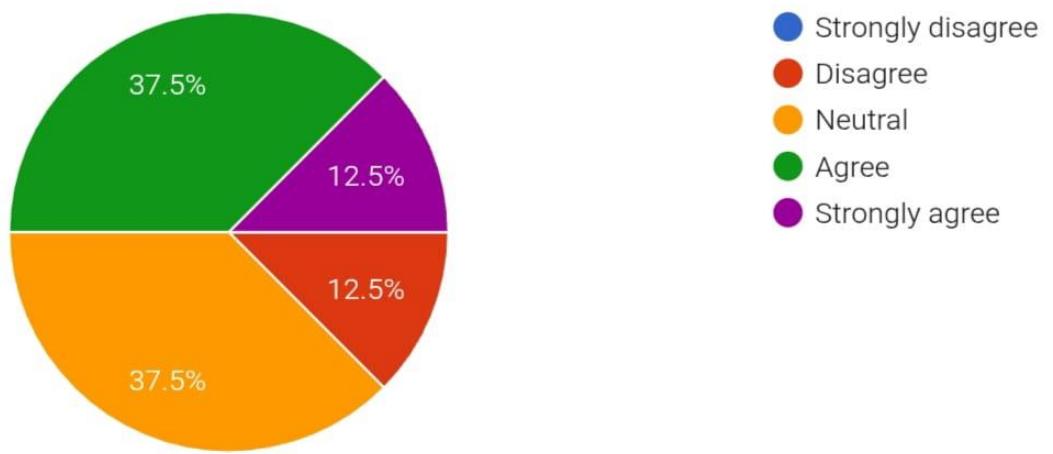
Real life situations

Physical exercise

Most helpful part of the self-defence program

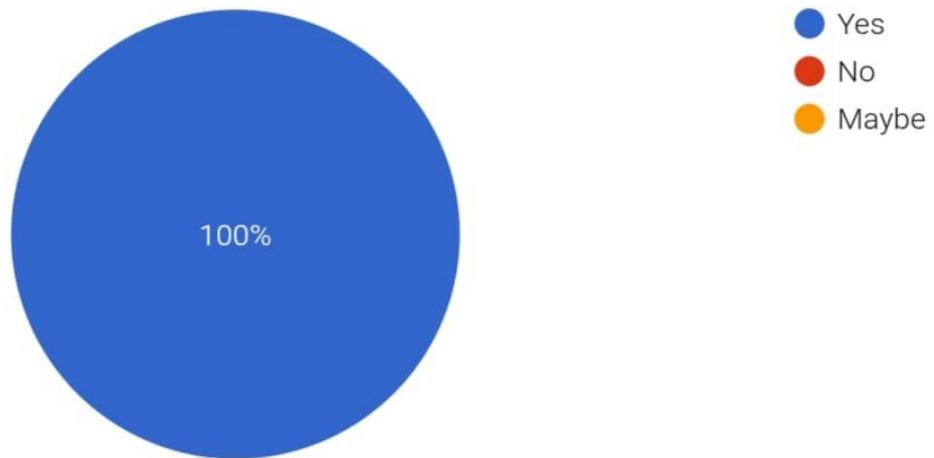
Participants found real-life situations and physical exercises most helpful, as they improved practical understanding and physical confidence.

4). Were the self-defence techniques easy to learn and practice?



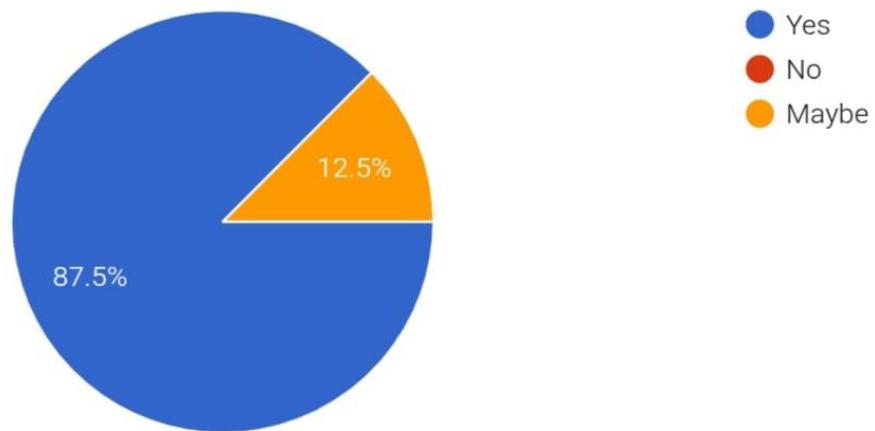
A majority of participants agreed or felt neutral that the techniques were easy to learn and practice, showing that the training was mostly understandable and accessible.

5).Did the trainer explain the techniques clearly?



100% of participants said “Yes”, indicating that the trainer explained the self-defence techniques clearly and effectively.

6).Do you think these self-defence techniques can be used in real-life situations?



Most participants (87.5%) believe the techniques can be used in real-life situations, showing strong confidence in the practicality of the training

EVENT REPORT PREPARED BY: Tulsi More

Verified by: Prof. Kajal Desai

Submitted to: Dr. Reena Poojara