

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

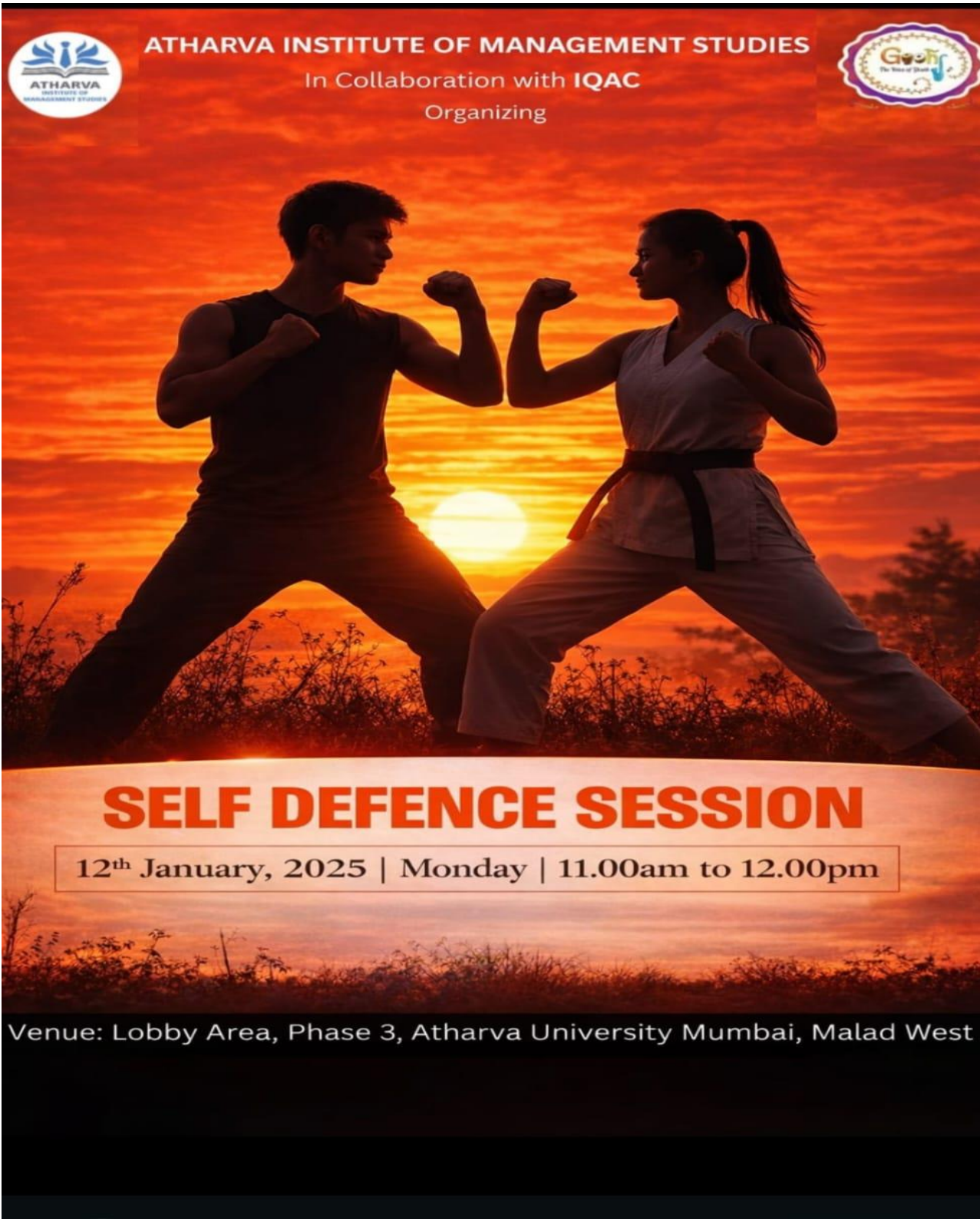
Key Takeaways:


- 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





GPS Map Camera



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



Attendance Sheet with Signature

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

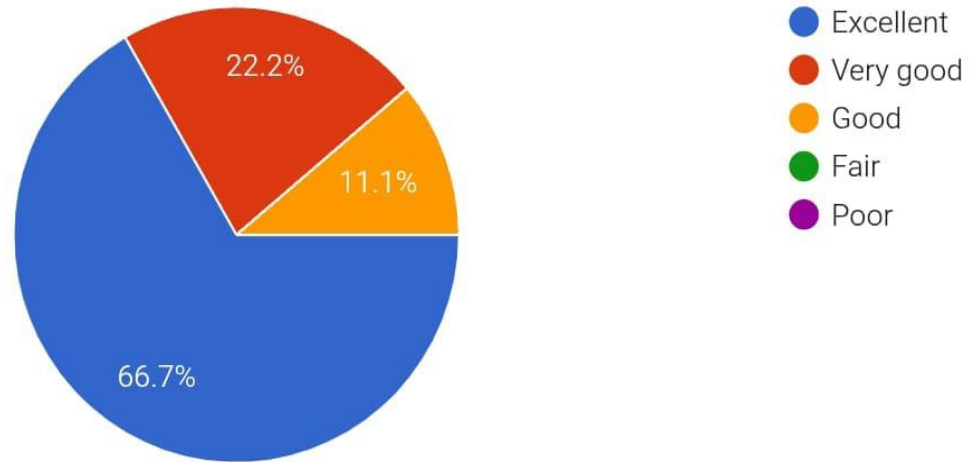
Event Name: MemeMania			
Faculty Coordinator : Dr. Swati Agarwal			
Sr. No.	Roll No.	Name of the Student	Signature
1	A-01	Bhandar Sakshi Prathad	
2	A-02	Bapat Shakambhari Yogesh	
3	A-03	Bhavs Raj Rajendra	
4	A-04	Bhatri Mohammad Ilyas	
5	A-05	Chaudhari Anishka Ajay	
6	A-06	Dahije Rahul Sukhdev	
7	A-07	Dhakan Priyam Jayesh	
8	A-08	Dhame Aditi Manoj	
9	A-09	Dixit Shreya Jayant	
10	A-10	Dongre Nilesh Ravindra	
11	A-11	Ghag Tanvi Vikram	
12	A-12	Ghavalvi Vighnesh Deepak	
13	A-13	Gomes Swedel Santosh	
14	A-14	Gupta Shubham Ramesh	
15	A-15	Jadhav Yash Ravindra	
16	A-16	Kadayan Nikita Hawasingh	
17	A-17	Khobragade Sanket Prashant	
18	A-18	Kondawar Saail Rajesh	
19	A-19	Madke Nilam Nandkumar	
20	A-20	Manaja Aryan Mohit	
21	A-21	Megajigari Balaji Narasimachari	
22	A-22	Mejari Vighnesh Vijay	
23	A-23	Mirza Kaynat Mustakim	
24	A-24	Moon Siddhant Sagar	
25	A-25	More Divyani Baliram	

ATHARVA INSTITUTE OF MANAGEMENT STUDIES			
Events Attendance Sheet			
Academic Year- 2025-2026			
Event Name: MemeMania			
Faculty Coordinator : Dr. Swati Agarwal			
Sr. No.	Roll No.	Name of the Student	Signature
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 Sushant Dattaram	
33	B-33	Patil 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	Shikode Kalyani Ganraj	
39	B-39	Shinde Soham Rajendra	
40	B-40	Shirsath Raj Ravindra	
41	B-41	Shivgan Swapnali Sunil	
42	B-42	Temburne Shantanu Satish	
43	B-43	Waghmare Sanket Vinod	
44	B-44	Wakode Tushar Vijayanath	
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.	Name of the Student	Signature
1	B-1	Bhambare Durgesh Pradip	
2	B-2	Bhandari Riddhika Rajesh	
3	B-3	Bhise Rahul Rajesh	
4	B-4	Bhosale Kaushtubhi Ajay	
5	B-5	Bike Divya Rambabu	
6	B-6	Chaudhari Durvesh Pramod	
7	B-7	Desai Shreya Hemant	
8	B-8	Devkar Sujal Suresh	
9	B-9	Dikkar Prajwal Murlidhar	
10	B-10	D'Souza Chris Collin	
11	B-11	Gosavi Shruti Sharn	
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	Khachane Mohit Avinash	
17	B-17	Kharolkar Swamini Jitendra	
18	B-18	Kolambekar Awan Vijaykumar	
19	B-19	Kumar Naveen Manoj	
20	B-20	Kurhade Ayush Ganes	
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	Nambiar Vihara Murali	

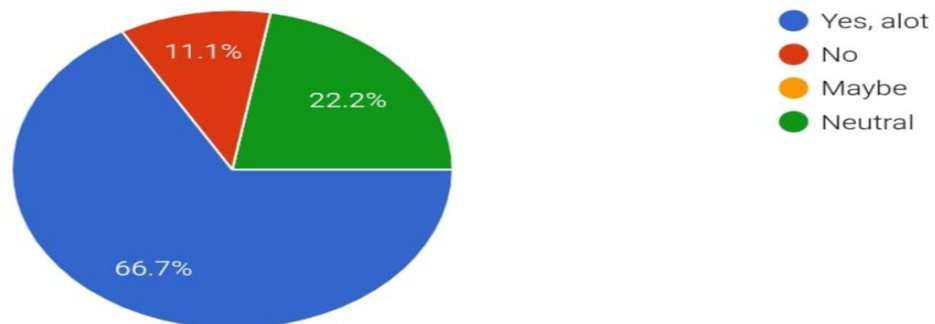
Feedback Analysis

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?

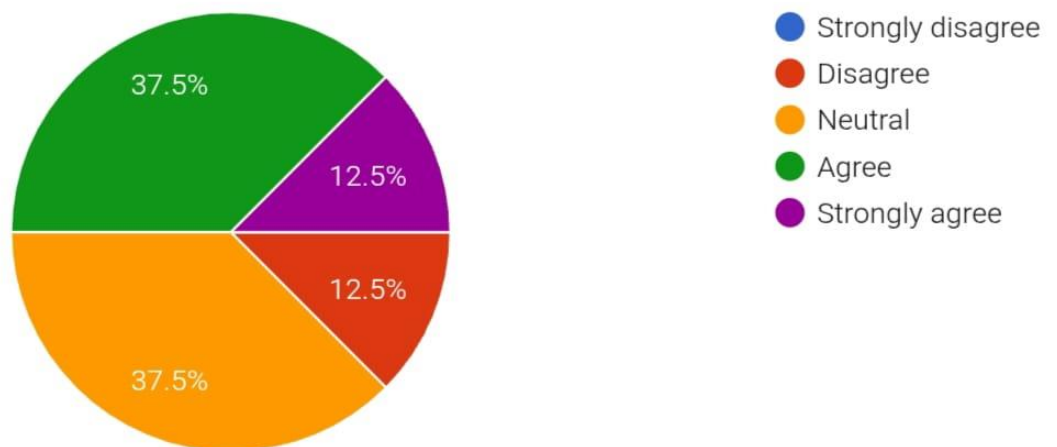
Real life situations

Physical exercise

Most helpful part of the self-defence program

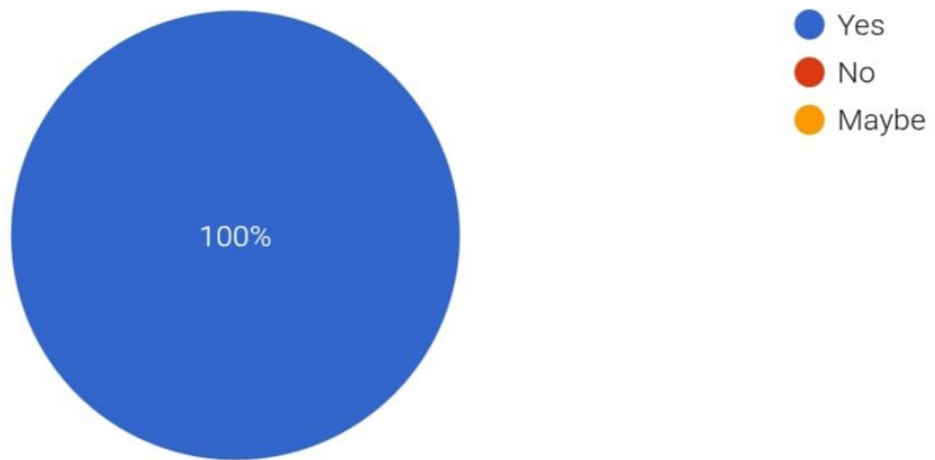
Participants found real-life situations and physical exercises most helpful, as they improved practical understanding and physical confidence.

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



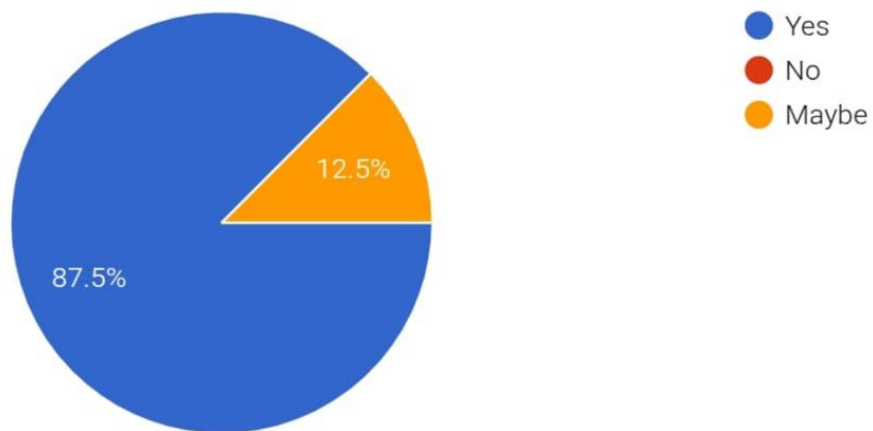
A majority of participants agreed or felt neutral that the techniques were easy to learn and practice, showing that the training was mostly understandable and accessible.

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