



## **PTVA's Institute of Management**

(Approved by AICTE, DTE and affiliated to University of Mumbai)

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ISO 9001:2015 Certified Institute & Accredited by NAAC

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### **LIFE SKILLS – PHYSICAL FITNESS FOR SELF DEFENCE - 11/12/2023**

#### **OBJECTIVES**

- To train students various self-defence techniques which students in times of crisis

#### **METHODOLOGY**

Session conducted by Mr. Sandeep Palav, 3<sup>rd</sup> Dan Black belt and instructor at Gojo Naha school of martial arts and his team.

#### **NUMBER OF PARTICIPANTS**

33

#### **OUTCOMES**

The session facilitated importance of knowing various self-defence techniques for defending oneself in case of emergency, It was a new learning which can help them combat such difficult situations.