



PTVA's Institute of Management

(Approved by AICTE, DTE and affiliated to University of Mumbai)
Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce,
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ISO 9001:2015 Certified Institute & Accredited by NAAC

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, 3rd 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.



B. Sharma
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