



Since 1994

**Marathwada Mitra Mandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING
(IMERT), Pune**

**S. No. 18, Plot No. 5/3, CT'S No. 205, Behind Vandevi Temple, Karvenagar,
Pune – 411052**



AY: 2023-24

Date of the Event:	26 th August 2023	Duration:	3 hours
Day of the Event:	Saturday	Venue:	Seminar Hall
No of participants	110		


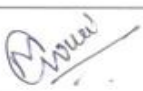

Session on Self Defense under Life Skills







Under Life skills Session Self Defense was conducted on 26th August 2024 . **Mr. Amol Dede** conducted a **live demonstration of self-defense** for personal safety for all the students. Students enjoyed the live demonstrations given by the team of Mr Amol Dede. As Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. students were given live demonstration regarding how to keep oneself safe .Students were taught to make use of reasonable force to protect oneself or members of the family from bodily harm from the attack of an aggressor, if the defender has reason to believe he/she/they is/are in danger

		
<p>Prof Pranjal Jadhav IKS- Co-ordinator</p>	<p>Dr Mangalgaouri Patil IQAC Co-ordinator</p>	<p>Dr Shubhangee Ramaswamy I/C Director</p>