

# MET'S Institute of Pharmacy

## ACTIVITY REPORT

**Name of Activity:** Session on "Self Defense"

**Day and Date:** Wednesday, 06/03/2024.

**Time:** 10.30 am to 11.30 am

Courtesy: MET's IOP

| Participants | Staff | Students | Class and Course |
|--------------|-------|----------|------------------|
|              | 02    | 80       |                  |

**Details of the Program:** Girl's Student Council, MET's Institute of Pharmacy had organized a session on 'Self Defense' on Wednesday, March 6<sup>th</sup>, 2024. The session was conducted by Mr. Arif Shaikh and Sania Arif Khan, who is coach for Martial Art training at Mark Martial Arts academy. He along with his team members in front of girl students demonstrated various self-defense techniques that can become handy in life-threatening situations for women.

### Program Objective Achievement:

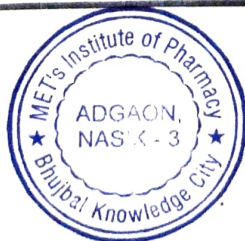
|     |                       |      |                                |   |
|-----|-----------------------|------|--------------------------------|---|
| PO1 | Pharmacy Knowledge    | PO7  | Pharmaceutical Ethics          |   |
| PO2 | Planning Abilities    | PO8  | Communication                  |   |
| PO3 | Problem Analysis      | PO9  | The Pharmacist and society     |   |
| PO4 | Modern Tool Usage     | PO10 | Environment and Sustainability |   |
| PO5 | Leadership Skills     | PO11 | Lifelong Learning              | ✓ |
| PO6 | Professional Identity |      |                                |   |

|                                    |  |
|------------------------------------|--|
| <b>Objective of the Activity</b>   | To make aware girl students about importance of presence of mind and self-defense techniques and train women to use the same during life threatening situations. |
| <b>Beneficiary of the activity</b> | Girl students of B-Pharmacy, D-Pharmacy and Pharm D  |
| <b>Social Media links</b>          | -  |

### Photos of the event:



*Poojhi*  
 Ms Poonam S. Wajpeyi  
 GSC Coordinator



*[Signature]*  
 Dr. S. K. Bshirsagar  
 Principal