



## Web Report on Personal safety Session for BBA & MBA

<b>Title</b>	Personal safety Session for BBA & MBA
<b>Date</b>	August 14, 2018
<b>Resource Person/Facilitator</b>	Dr. Manisha Aeron
<b>Summary</b>	<p>Dr. Manisha Aeron who is Obstetrician and Gynecologist. She is a doctor by profession specializing in Obstetrician &amp; Gynaecologist from Tver State Medical Academy. Besides being a doctor, she is also a certified counsellor, a life skill trainer and a childbirth educator. All areas of her work are interlaced together and have a similar audience which allows her wider and deeper horizon to work and explore.</p> <p>The speaker started the session by discussing the need that we all have today that is 'happiness'. She said always strive to portray a positive image; stand tall, be aware of your surroundings, make mental notes of things that are going on around you. Act as though you have a mission - to protect yourself. She also told to remember, most rules of personal safety are simple to follow, easy to use, and cost little or nothing</p> <p>A special mention was made about the practices one should follow for personal safety. Know something about your vehicle; how to change tires, add coolant and oil, etc. • Stay far enough away from the car ahead of you so that you can see where their back tires touch the ground. This distance allows ample room for you to maneuver away if need be. • When you are driving in town, keep a window cracked slightly. This is not only refreshing but also allows you to hear what is going on around you. Ever notice police officers do this? It's an added safety precaution.</p> <p>After madam's insights, students were keen in asking questions which madam</p>

	<p>Manisha answered satisfying the expectation of the students.</p>
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Overall the session was a great learning experience for the female student, as they gained immense exposure on how to tackle the real life situations.