



Vidya Prasarak Mandal, Mulund (E)

R Z Shah College of Arts, Science and Commerce

Established in 2003 - Affiliated to University of Mumbai

Mithagar Road, Mulund East, Mumbai - 81 | www.vpmrzshahcollege.edu.in

REPORT on Self Defense Workshop

Event: Self Defense Workshop.

Date: 12th August 2022.

Objectives Of Event:

- 1) To educate the students about the different types of violence against them.
- 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- 3) To show case and give demo on different self defence techniques.

Purpose of the Workshop:

The need of the hour for the students, especially girls in the society, is to safeguard themselves against violence committed against them. It was felt that to strengthen students for their self-protection a workshop of self defense be conducted under the Women Development Cell of our College.

The workshop started with a welcome by student volunteer Ms. Pragati continued by Introduction and felicitation of the Chief Guest by Principal I/C Dr. Kavita Sharma. Madam highlighted the key points why such kinds of workshops are required to public places as well as at home. Madam also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases, and other severe forms of violence against women and students.

Mr. Hanshi Chaudhary, pointed out why it is necessary to attend and train oneself with this kind of workshop. He said that having knowledge about self defense techniques not only help defend but also it builds confidence in oneself. He gave advice and tips to our girl students on how to avoid situations and circumstances that may lead to unwanted/unwanted incident.



Learning Outcome:


- 1) The students learnt about the different kinds of violence that may be faced in any place including at home.
- 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.
- 3) The students have the chance to see the live demo of the self defense techniques as demonstrated by the trainer and the companion cadets.

A Formal Vote of thanks was proposed, and the workshop concluded with a note on the promise that these kinds of workshops will be continued in the times to come.



Photographs:




Poster:



 **VPM'S R Z SHAH COLLEGE OF ARTS
SCIENCE AND COMMERCE**
(Kharagpur Road - Mulund East, Mumbai - 400081)

Women Development Cell
Organizes

 **SELF DEFENCE
WORKSHOP** 

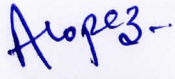
By

 **Hanshi B.H.
Choudhary**
President, Chief Instructor, IGKA
8th Degree Black Belt


 12.00 Noon  12 August, 2022

VENUE: AUDITORIUM

Mrs. Anita Lopez Dr. Kavita Sharma
Convenor, WDC I/C, Principal


Mrs. Anita Lopez
Convener, WDC Committee




Dr. Kavita Sharma
I/c, Principal