



GUJARAT TECHNOLOGY UNIVERSITY
NATIONAL SERVICE SCHEME
SARASWATI INSTITUTE OF
PHARMACEUTICAL SCIENCES

A Report on WOMAN'S SELF DEFENCE WORKSHOP celebration
on 06/02/2020 of NSS UNIT SARASWATI INSTITUTE OF
PHARMACEUTICAL SCIENCES, DHANAP, GANDHINAGAR (242)

NSS Unit Name/College Name: SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES, DHANAP, GANDHINAGAR (242)

Event NAME: WOMAN'S SELF DEFENCE WORKSHOP

Event Date, Time and Location: 06/02/2020, 02:00 to 04:30 p.m.

Brief Description of the Event: The workshop "Woman's Self Defence" was organized under NSS Unit on 06th February 2020 for the girl students at Saraswati Institute of Pharmaceutical Sciences.

In which the Shifu Ujjawal Jaiswal (Martial Arts Expert, Rishiraj Karate Kung-Fu Foundation) invited as a Kungfu trainer. Students were trained in self defence.

He also raised awareness among students about self defence and how to defend them in any problem. Various types of karate skills were taught during this program.

He also taught various yoga for improve flexibility, strength, and posture. It was designed to teach students how to cope with accidental incidents.

Students had enthusiastically participated in this workshop. They suggested that such more programs should be done in future at the institute.

Major Outcomes of Event:

- 1) The students learnt about the different kinds of violence that may be faced by girls or by women 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 defence techniques as demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

Photographs of the Event:



