



SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Managed by Shree Saraswati Education Sansthan –Gujarat)

Recognized by the Government of Gujarat & Affiliated to Gujarat Technological University, Ahmedabad
Approved by the All India Council of Technical Education (AICTE) & Pharmacy Council of India (PCI), New Delhi

NAME OF TRAINER	Shifu Ujjawal Jaiswal
TOPIC	Woman's Self Defence
DATE	06/02/2020
TIME	02:00 to 04:30 p.m.
NO OF ATTENDEE	150

Report

The workshop "Woman's Self Defence" was organized 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 themselves 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.

Prepared By:

Mrs. Jigna T. Patel



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