Report on Self defence Programme

06th April 2022

Life is a gift. It's also unpredictable. Self-defence helps to prepare oneself for unexpected situations and also helps to develop mental and physical health. Keeping in view the rising number of crimes against girls in the country, it is important to provide self-defence training to them in the colleges to ensure their safety and security. Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. It may be hard to imagine being attacked by a stranger, but these attacks occur without warning, and when individuals least expect it.

Women's development cell of Valsad had organised a programme on self defence for all female students and staff on 06th of April 2022 in the civil seminar hall at 3:00 PM.

The event was initiated in the presence of the Principal Mr. C.H. Bhatt, Women development cell coordinator Mrs. K. S. Damaniya and experts in presence of all female students & staff of our college. Three experts were: Mr Tarun Dhimmar (1st degree Black belt Karate) & Mr. Chintansinh Rathod (1st degree Black belt Karate) and Mr. Mayur. All of them were student of well renowned Mr. Vispy Kharadi, who Holds 7 Guinness World Records in dangerous stunt categories, also having multiple black belt holder (5th DEGREE BLACK BELT IN KARATE, 2nd DAN BLACK BELT IN KUDO, 2nd DAN BLACK BELT IN KENJUTSU, 1st DAN BLACK BELT IN AIKIJUJUTSU, 1st DAN BLACK BELT IN JUDO, 1st DAN BLACK BELT IN KOBUDO)

After a brief speech by the Women Cell coordinator and Principal, the experts explained and demonstrated various methods of self defence. All students practiced the methods taught by them. Various situations were discussed and actions/responses were taught by the experts.The program ended successfully on a very positive note in the presence of WDC members, all female staff & students of college. 103 girl students and 21 female staff members were benefited. Session was closed around 5 p.m with vote of thanks by K.S.Damania.

Snapshots of the event