

Jayvantrai Harrai Desai Polytechnic,Palsana[686]

Self Defence Report

Date: 25 March,2022

Type of Activity: Workshop on Self Defence Programme for Girl Students

Semester: 1st Sem Computer
4th Sem Computer
6th Sem Computer
1st Sem Civil

Program co-ordinator: Dr. Vikas J.Patel

Co-ordinator mobile No: 9879655657

Co-ordinator EMAIL-id: jhdpprincipal@gmail.com

No. Of girls Participated: 120

Faculties involved from Department: Mrs. Pankita Patel (Computer Department)

Ms. Nidhi naik (H & S Department)

Description:

Objectives:

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

Our Institute has organised a self-defence workshop for college female students and Ladies staff members on Friday on 25th March 2022 at 11.00 AM in Seminar Hall. Total 120 Girls students and 5 ladies staff members have participated in this workshop. Mrs. Jayshree ma'am ASI I/C of C-TEAN motivated girls with her Inspirational talk. Resource person were Mr. Vivek Mishra [president and founder of mission Paritran, Gujrat state chief Instructor cum motivational speaker] and his team accompanied him. Workshop started with a warm up session and stretching, Defence team showed the moves to all the students which were very tricky and interesting all the girls were really enjoyed the moves and actions. After that team paritran started with conclusion session where overall tips and guidance were given to girls so that they can use these skills for safeguard of themselves. The main aim was to encourage the participate to defend themselves during the time of threat. Workshop ended with vote of thanks given by Dr. Vikas J. Patel, principal of JHDP. This session ended at 01:15PM.



