

## Report

### Self-defence Workshop

**Event** - Workshop on self-defence

**Day** - 8<sup>th</sup> March 2021



**Time** -10.20 am to 11.30 am

**Venue** - Seminar Hall, Mahalaxmi HMC, Satara

**No of Students** - 43 .

**Head Trainer** -Miss Nikita Sonkatala.

**Objectives** - To educate the girl students about the different types of violence which happens against them and to provide knowledge of different tips of self-defence.

**Inaugural Session-** Workshop started with Welcome by Miss. Mahadik and felicitation of Miss Nikita Sonkatala, Head trainer at Champions Karate Club, Satara and an international player, by Dr. Ainapure R P, and Dr. Dipti Shinde Convenor of the workshop our Principal Dr. Indrajeet Shah sir gave a short speech on women's day and purpose of the workshop. Miss. Nikita Sonkatala spoke largely on the kind of violence that is committed against women and she pointed out why it is necessary to attend and train oneself with this kind of workshop and training programs. .

**The demonstration session-**



After the Inaugural Session and Felicitation ceremony demonstration of self-defence technique was followed by Miss Nikita Sonkatala. The tips, she elaborated, on how to protect and defend are -

1. **Prevention is the best defence.**
2. **Get loud and push back.**
3. **Remember the most effective body parts to hit eyes nose neck.**
4. **Use elbow, knees and head.**
5. **Leverage your weight.**
6. **Use everyday objects like hair-pin, key, pen.**
7. **Use hand edges to counter strike an attacker.**

**Glimpse of session:**



The vote of thanks was given by Dr. Aishwarya shinde.

**Learning outcomes** from the workshop on self-defence program are -

- The students learned the different kinds of violence.
- Students got different tips for self-defence.
- Students learned how to avoid or defend the attacker.
- How to use objects at our hands to defend.
- It built self-confidence in girl students.