

Report on Self Defence Training Programme

A Self Defence Training Programme programme was organised by women Development Cell, GEC Rajkot under the aegis of Rashtriya Uchha Shiksha Abhiyan (RUSA) component no 9 (Equity Initiatives) as per following details:

Duration: Dt. 25/04/22 to 29/04/22.

Time: 08:30 am to 10:30 am.

Venue: GEC Rajkot.

No. of participants: 45 +

Instructor: Shri Pravin Babubhai Patel (Sagar Patel)

Course Outcomes: After attending the training programme participants will be able to

1. **Protect** them against anything that's unacceptable in terms of social conduct.
2. **Analyse** a dangerous situation and take actions to overcome them effectively.
3. **Empower** and encourage them to deal with stressful and dangerous situations independently.

The programme was started with inauguration ceremony. In this programme, Chairperson and members of WDC and girls students were present. Prof. A.M. Joshi has given welcome speech and introduced trainer. She has also explained why is self defence important?

- **Safety:** The primary importance of self-defence is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct.
- **Confidence:** There is nothing more empowering than having the confidence to analyse a dangerous situation and take actions to overcome them effectively.
- **Empowerment:** It empowers women to lead a healthy and fulfilling life by encouraging them to deal with stressful and dangerous situations independently.
- **Discipline:** It teaches discipline which transfers over to all other areas of life. It helps women be calmer, understanding, and flexible, gain body and mind control, be more responsive than reactive, more observant, and achieve cognitive awareness.


- **Reduces Dependency:** Just because you're a woman, you shouldn't be asked to travel with a companion! That's what learning self-defence does – it makes you independent, helping you protect yourself in every situation.
- **Health and Fitness:** Self-Defence programs are also a fun way of exercising and building a healthy body, thereby improving physical and mental health.
- **Reduces Discrimination/Sexism:** Crimes against women can be curbed in a significant way when women are empowered to fight back against any discrimination and sexism.


Ms Krinci Kyada BE Sen IV Computer Engg has anchored this ceremony nicely. During this training programme trainer has explained how to self defend in case of danger, attack and emergency. He has also insisted to memorize vulnerable spots to attack – it doesn't matter how big or strong the attacker is, these vulnerable spots are their weak points – Eyes, Nose, Ears, Throat, Groin, Knee. Trainer has practically illustrated and taught some simple techniques of Self-Defence. He has also suggested following safety tips to avoid a confrontation:


- Stay in well-lit areas. If you park during the daytime, consider what the area will look like when you return at night. Make sure there is ample lighting.
- It is handy to attach a whistle to your keychain to frighten potential attackers and get help quickly.
- Make sure your cell phone is charged for emergency calls.
- See who's at the door before you open it. Look through a window or a keyhole to make sure it's safe.
- Wear your jacket over your purse, so your valuables are less exposed.

On the last day feedback was collected from participants. Students learnt a lot during this programme. The programme was concluded by vote of thanks from Prof. D. V. Bavlecha and National Anthem. Participation certificates were also issued to participants.

Some photographs of the programme are....


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GOVERNMENT ENGINEERING COLLEGE
Established In: 2004

Five Days Training Programme
On
“Self Defence Training Programme”
Under
Rashtriya Uchchatar Shiksha Abhiyan (RUSA 1.0)
Component No. 9
(Equity Initiative)
Date: 25/04/2022 to 29/04/2022
Organized By
GOVERNMENT ENGINEERING COLLEGE, RAJKOT

Venue
Government Engineering College
Mavdi-Kankot road, Rajkot-360005







Thank you.

Convener, women Development Cell.