



Workshop on Self Defence jointly organized by Women's Cell, PDU and Fire and Security Association of India on 6th September, 2019.

Women's Cell, PDU in collaboration with Fire Security Association India, organized a workshop on Self Defence, for the girl students, female faculty and staff members of the university. The workshop was conducted by Ms. Veena Gupta, Chairperson of FSAI. Ms. Veena Gupta was accompanied by her fellow colleagues, Mrs. Ami Sheth, Joint Secretary, FSAI – Gujarat Chapter, Mrs. Ashish Dastoor, CWC member, Mrs. Geetanjali Dharkar, CWC Member, Mrs. Jayshree Shah, CWC member, Mrs. Megha Bhatt, CWC member.

The workshop started with a brief introduction of the workshop by Ms. Ami, CWC member, highlighting upon the importance of self defence for the women. He emphasized upon, the need of self defence for each and every woman, to help them fight against the unexpected threat or any danger. She also highlighted upon, how women face problem while travelling, at workplace, in public spaces and how one can defend themselves, without anyone's help, by using self defence. Ms. Veena Gupta talked about some instances like – being harassed in public places, uncomfortable touch and while traveling. She also mentioned, self – confidence as one of the most important things, a woman must have in order to fight back to any instance. It is necessary to have confidence and faith in oneself, no matter what situation it is and how powerful the opposite person is, the only thing to defend oneself is the confidence within. After the brief introduction, the practical session started, with warm up on Bollywood music, relaxing the reflexes, stretching up and spot jogging. Later on, few techniques were demonstrated according to the situations. She also exhibited, by the use of any object with us, can be used for defending like, using hand bag, bottles, pen – pencil, nails, sandals and any objects that are near to us while travelling of in a public space. It was demonstrated that, how the correct use of kicks and punches can help one defend themselves. After the demonstration, the participants practiced the actions, with their fellow partners. After the demonstrations, participants held out their queries regarding the actions

and situations of the real time. The workshop was informative and helped the participants learn self defence techniques .

