



WORKSHOP ON SELF DEFENCE JOINTLY ORGANIZED BY
WOMEN'S CELL, PDUU AND FIRE AND SECURITY
ASSOCIATION OF INDIA



Rapporteur: Collegiate Women's Cell

6 Sept. 2019: Women's Cell, PDUU 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 women. She emphasized upon the need of self defence for each and every woman, to help them fight against unexpected threat or any danger. She also highlighted upon how women face problems while travelling, at workplace, in public spaces, and how one can defend themselves, without anybody's help, 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 under any circumstances. It is necessary to have confidence and faith in oneself, no matter what the situation is and how powerful the opposite person is.

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 self defense techniques were demonstrated according to certain situations. She exhibited the use of ordinary objects around us, for defence purposes - using hand bag, bottles, mechanical pencils, nails, sandals and any objects nearby while travelling 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 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.

