



Uka Tarsadia University
The Center of Humanities & Development
Self Defense Workshop 2018-19



Uka Tarsadia University had organized a special event of Independence Day on 14th August 2018 for students and faculties. The event specifically started with the women's safety i.e self defense how to be independent and with few simple techniques of defending the opponent.

The following are the details for Self-Defense workshop.

Date: 14th August 2018

Venue : Yoga hall, SRCP

Timing : 2.30 to 3.30 pm

Contact person : Ms Rachna Somaya

Total Participants : 110 students and 28 Faculties

Self defense workshop started with a brief introduction on self defense by Dr. Alisha Memon and then was handed over to Dr. Heena Rathod, she is Black belt champion in Taekwondo. Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm with few easy techniques were demonstrated and then practically were practiced by students and faculties. Training in self defense helps one to develop more confidence in themselves and their surroundings.

One to one discussion was been done by trainer with the students for solving any of their query and in the last the session ended with a inspiring speech from student which the atmosphere fully energetic.

“Self Defense is not our right it is our duty”

-Roland Reagan

Glimpses of the workshop





