

**B.V. Patel Institute of Business Management, Computer & Information Technology,
Uka Tarsadia University**

Date: 15/7/2014

Self Defense Training for Girls



Sexual Harassment Prevention Cell of B.V. Patel Institute of Business Management, Computer & Information Technology and Anti-Sexual Harassment Cell of SRIMCA jointly organized A Self Defence Training for 450 Girl students and faculty

members. The training was given by Karate expert Shri Rushiraj Parekh and his colleagues. The trainer told various strong and weak points and parts of body. He explained techniques to attack at the weak points of the attacker. Pooja Rathod, Manisha Marval (12BBA40) and Twinkal Kataria (13BBA45) participated in practical demonstration. Overall the programme was beneficial and informative for all the participants and they learnt the tricks of self protection in case of emergency.