

GOVERNMENT ENGINEERING COLLEGE, VALSAD
MECHANICAL ENGINEERING DEPARTMENT



**A Report
of
Workshop on
Self Defense Class
For
Girl Students of
GEC Valsad**

Organized By

**Under RUSA Scheme
Component 9 Equity Initiative**

❖ Event Details

❖ **Name of Seminar:** Self defense classes for Girls students of institute

❖ **Name of the speaker:** Mr. Chetan L Patel, , District Head Instructor, IKMF India

❖ **Date of Seminar:**29-04-18 to 01-04-18

❖ **Number of Participants:** 50 Girl students

❖ **Objectives of Seminar:**

- To become psychologically, intellectually and physically strong enough to protect themselves in times of distress.

❖ **Outcome of Seminar:**

Girl Students will be able to;

- Learn and use the Israeli Krav Maga self defense technique
- Increase in self moral of girl students in self protection.

❖ **Event description:**

RUSA Cell of Government Engineering College Valsad has organized a three day workshop for girl students of institute on “Self defense classes”.

Krav Maga is a military self-defense and fighting system developed for the Israel Defense Forces (IDF) and Israeli security forces derived from a combination of techniques sourced from boxing, wrestling, aikido, judo and karate, along with realistic fight training. Like most martial arts, Krav Maga encourages students to avoid physical confrontation. If this is impossible or unsafe, it promotes finishing a fight as quickly and aggressively as possible. Attacks are aimed at the most vulnerable parts of the body, and training is not limited to techniques that avoid severe injury; some even permanently injure.

Self-defense helps women protect themselves and their family. In my opinion, this is the most important reason for women to learn self-defense, because it is the difference between life and death. While men are touted as the stronger sex, jujitsu is

a small man's sport. Meaning, even though women are smaller and not as strong, this discipline helps women use their opponent's mechanics against them, such as their height, weight, and even strength. In a self-defense situation, this is pivotal. The majority of attackers are not going to be proficient in martial arts. This provides an edge to women when in a self-defense situation.

MR. Chentan L Patel, who is head and instructor at IKMF Valsad centre, has conducted the session. The coaching included two sessions per day which covered self defense fighting techniques followed by some basic background regarding self defense, diet and exercise for healthy living post lunch session. The session includes learning of techniques and its application through practical demonstration as well as practicing it with other participating girls. The workshop also includes proper diet meals for participating students to enhance their energy level.

Glimpses of Seminar:





