

Report on Basic Training on “Self-Defence for Women” under GTU - Vidushi Gargi Centre for Women Development

Title for the Program: "Basic Training of Self-Defence for Women"

Date: 14-10-2022, Time: 4 PM to 6 PM

Coordinators:

1. Prof. (Dr.) Seema B. Joshi, Assistant Professor, GTU-GSET and GTU WDC Member
2. Ms. Neha Gameti, Research Associate, GTU and GTU WDC Member

Invited Trainers are:

1. Jetho Master Dai
Manoj S. Gautam, Founder and Present, Chojun Miyagi Goju-Ryu Karate Association
2. Shihan
Yogeshkumar B. Makwana, President of Gujarat
3. Renshi
Shiv Mishra, Gen. Secretary of Gujarat

Objective:

The main objective to arrange such training was to develop a self confidence in women. The self-defence is not only useful for physical well-being, but it is very essential for mental and spiritual well-being too. The invited trainers from Founder and Present, Chojun Miyagi Goju-Ryu Karate Association gave the basic knowledge of self-defence and train the participants with various techniques. More than 150 female officers, staff members and PG schools students of GTU had taken part and learnt various tactics and techniques of self-defence.

Photographs:



