



SANDIP
UNIVERSITY
— UGC Recognised —

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SELF DEFENCE SESSION REPORT

Academic Year 2022- 23

School/Department Name: School of Law (SOL)

Date: 08.03.2023

Time: 10.00 AM to 12.00 PM

Mode of Conduction: Offline

Venue: Open Space ,Opposite Library ,S Building

Coordinator: Ms. Anuja Nehe, Mrs. Bonny Ghosh, Mrs. Rakhee Poonawalla , Ms. Apurva Mahajan

Number of Participants: SUN Female Staff and girl Students

Outline of the Event: School of Law, Sandip University organised Self Defence Session to understand techniques that could be implemented by girls without undergoing a formal training in martial arts.

Objective: To provide knowledge about different self protection techniques at the time of unavoidable situations and to develop self confidence.

Outcome: Adv. Jyoti Gangurde graced the session and taught many self- defence tricks and techniques to develop self confidence. The participants were informed about how the various tools like hand bags, rings , chains , key chains and duppatta could be used as a safety tool. All the participants were made to practice the techniques with other participant . The session also helped students to learn basic techniques of karate and how to implement these techniques while being in any dangerous situations. It also helped students to prepare themselves to deal with actual life situations.









