



**Sarvajanik University**

**Sarvajanik College of Engineering and Technology**



**Report  
on**

# **SELF DEFENCE WORKSHOP**

**Organized by**

## **WOMEN DEVELOPMENT CELL**



**Held on**


**28<sup>th</sup> January 2025**

**TO EMPOWER GIRLS THROUGH DEFENCE TECHNIQUES**

**COORDINATED BY  
DR. KAUSHIKA PAL  
MS. TEJAL SURATI**

## OBJECTIVE OF THE WORKSHOP

The objective of organizing a self-defense program exclusively for girls is to empower them with the knowledge, skills, and confidence needed to protect themselves in potentially dangerous situations. Through this initiative, the organizer aims to raise awareness about personal safety, enhance physical and mental preparedness, and equip participants with practical self-defense techniques that can be applied in real-life scenarios.



SARVAJANIK UNIVERSITY  
SARVAJANIK COLLEGE OF ENGINEERING AND TECHNOLOGY

Women Development Cell



Presents

Workshop  
on  
Self-Defense  
Empowerment Through  
Martial Arts



SCAN ME



Vispi Kasad

Rita Desai

Mr. Vispi Kasad is 51 years Fitness Aficionado, NFC MMA President, Martial Artist, America's Got Talent Fame, India's Got Talent Fame.

28th Jan 2025  
11:00 am onwards  
SU Seminar Hall

Black Belt Rita Desai is 53 yrs old Sword Lady of India . India's Got Talent Fame 2022, 3rd Degree Black belt in karate

Student Coordinators: Prerna Gattani Chhavi Vyas



## DETAILS OF THE WORKSHOP

Date and Time:	28th January 2025 ( 11.00 AM to 1.00 PM)
Venue:	SU Seminar Hall
Targeted Audience:	The workshop is open to all the female students seeking to enhance their safety, ,confidence and self defence skills.
Coordinated By:	Dr. Kaushika Pal Ms. Tejal Surati
Organized By:	Women Development Cell
Participation:	100+
Speaker:	Mr Vispi Kasad Sir & Ms Rita Desai Ma'am

## WORKSHOP IN BRIEF:

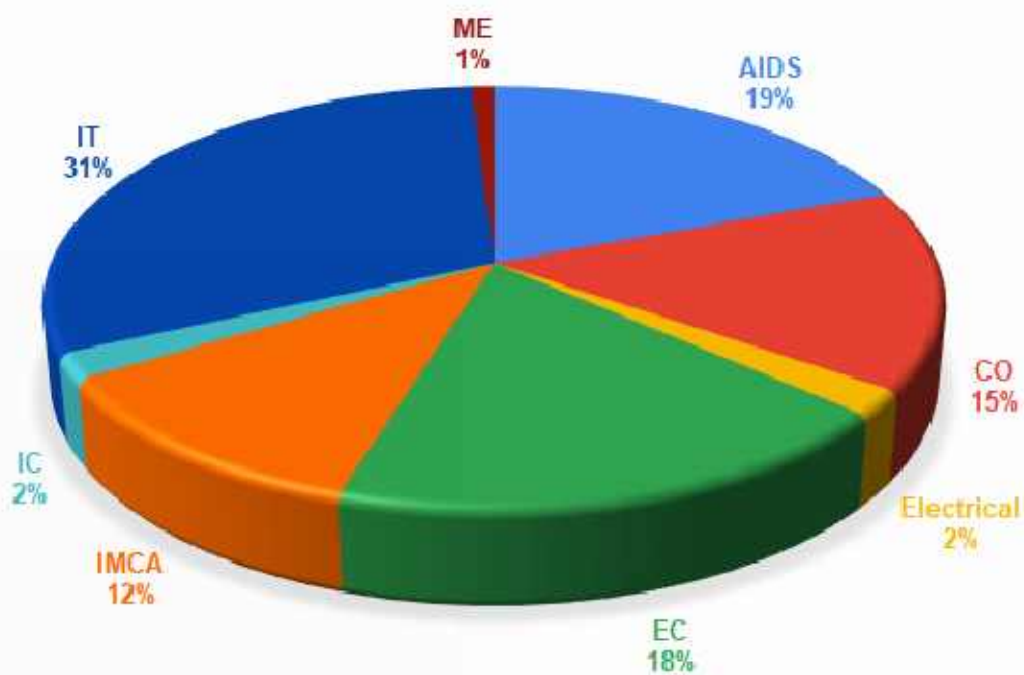
- On 28th January 2025, the Women Development Cell (WDC) successfully organized a self-defense workshop exclusively for female students. The event was held at the SU Seminar Hall, commencing at 11:00 AM, and was coordinated by Kaushika Pal Ma'am.
- The 2-hour-long workshop focused on equipping girls with practical self-defense techniques that can be used in real-life situations. Participants learned basic combat skills, escape strategies, and confidence-building exercises to handle potential threats effectively.
- The workshop witnessed an overwhelming response, with 100+ girls actively participating and engaging in the training exercises. Their enthusiasm and eagerness to learn made the event a grand success.
- This initiative by the Women Development Cell proved to be a valuable learning experience, reinforcing the importance of self-defense, personal safety, and empowerment among young women.
- The workshop concluded on a positive note, leaving participants feeling more confident and prepared to face challenges in the real world.



## DEPARTMENT WISE PARTICIPATION

Department	No. Of Participation
AIDS	20
CO	16
EC	19
IMCA	12
IT	32
Electrical	2
IC	2
ME	1

## DEPARTMENT WISE PARTICIPATION



## SELF DEFENSE EXPERTS

### MR. VISPI KASAD, NFC MMA PRESIDENT



Vispi Kasad is a distinguished martial artist and educator from Navsari, India. He has achieved multiple Guinness World Records, including the most double leg takedowns in one minute, with a total of 47, accomplished on May 6, 2024. In 2017, Kasad showcased his skills on "America's Got Talent" Season 12. He is the President of NFC MMA, and is also a fitness Aficionado. He has also gained recognition through "India's Got Talent"



### MS. RITA DESAI

Rita Desai, widely known as the "Sword Lady of India," is a highly accomplished martial artist with a 3rd-degree black belt in karate. She gained national recognition for her exceptional performance on India's Got Talent 2022, where her remarkable skills captured the audience's attention and solidified her place as a prominent figure in the martial arts community.





# WORKSHOP

This workshop was highly interactive and provided a platform for many girls to express and release the emotional burdens they had been carrying. During the session, we covered a range of important topics, including techniques for protecting oneself from acid attacks, understanding the right actions to take in various situations, and acquiring knowledge about important helpline numbers.











## Self defence

**વિદ્યાર્થીનીઓને પ્રેક્ટીકલી  
સ્પરક્ષણની ટેકનિક શીખવી**



સુસ્ત । સાર્વજનિક  
કોલેજ ઓફ  
એન્જિનિયરિંગ એન્ડ  
ટેકનોલોજીના વુમન  
ડેવલપમેન્ટ સેલ  
દ્વારા સેલ્ફ ડિફેન્સ  
વર્કશોપનું આયોજન  
કરવામાં આવ્યું હતું.  
જેમાં વિસ્તી કાસદ  
અને રીટા દેસાઈ  
દ્વારા સ્વરક્ષાની  
માહિતી અપાઈ હતી.

**city activity**





# MEET THE TEAM



**Dr. Kaushika pal**  
**Convener ,WDC**  
**Faculty Coordinator**



**Mrs. Tejal Surati**  
**Faculty Coordinator**



**Chahi Tejani**  
**Lady Representative**



**Vedanshi Ponkia**  
**Vice Lady Representative**



**Prerna Gattani**  
**Student Coordinator**



**Chhavi Vyas**  
**Student Coordinator**



# Thank You

WE THE TEAM WDC EXTEND SINCERE THANKS TO DR. HIREN PATEL, PRINCIPAL FOR PERMITTING AND ENCOURAGING SUCH EVENT.

WE ARE THANKFUL TO DR. MAYANK DALAL, DEAN SAWC FOR HELPING US TO GET FINANCIAL SUPPORT FOR THE WORKSHOP GUIDANCE AND ENCOURAGEMENT FOR THE SEMINAR.

WE EXTEND OUR SPECIAL THANKS TO HEAD OF THE DEPARTMENT AND FACULTIES, SCET FOR MOTIVATING STUDENTS TO PARTICIPATE IN SUCH EVENTS.

WE EXTEND SPECIAL THANKS TO OUR DIGNITIES RITA DESAI MA'AM & VISPI KASAD SIR AND THE WHOLE WDC TEAM FOR CONTRIBUTING THEIR TIME TO WORKSHOP AND FOR THEIR MOTIVATION AND GUIDANCE TO STUDENTS WHENEVER NEEDED.