A report on

Self-Defence Workshop

Organised by: Student Activity and Welfare Committee and Women Development Cell

Venue: N.J. Seminar Hall, Sarvajanik College of Engineering and Technology, Surat

SCET College has arranged various events throughout a week (Women's week) as a mark to celebrate International Women's day during 7 March to 11 March, 2022. On 9th March, 2022, the Student Activity and Welfare Committee and Women Development Cell has organised a self-defence and awareness for girls and lady faculties of college. The workshop focused on the importance of learning self-defence for women safety.

Dr Pamir Shah was invited to conduct the workshop of self-awareness in females. First the special guest was introduced, Dr Pamir Shah who is a trainer for Women against rape and domestic abuse, he is also 5th Dan black belt in Taekwondo and a coach, a founder and CEO of 'DYNAMIC MARTIAL ART ACADEMY'. Further Dr Pamir Shah himself acknowledged the audience with his achievements.

Sir made us aware about a current scenario of women safety in the city and also in the country along with the statistical data. He also mentioned that the self defence is not only for physical exploitation. Women should not portray themselves as a weak or a potential victim to be attacked by potential attacker. Sir explained different means of self-defence besides physical fighting like voice attack, other techniques to badly hurt the attacker with the small things that you carry at that moment. The whole explanatory session was very interesting, interactive and informative. To defend oneself via physical fight, he acknowledged students about weapons and how to use them. Furthermore, he also showed us the correct way to use those weapons. (bottle, bag, key, hairpin, ballpen etc.).

In the end, a demonstration was performed to explain how actually one can defend without any weapon. The event ended with a short question-answer session.

The event concluded with a thank note to everyone who were present to witness the event and also with a promise of conducting more events under "WDC" in future.

Some glimpses of the workshop:

Presenting a live demo with demonstrator:

Pictures with the guest and participants: