



Sarvajanic University

Sarvajanic College of Engineering and Technology



**Report
on**

SELF DEFENCE WORKSHOP

Organized by

WOMEN DEVELOPMENT CELL



Held on

28th 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.

The poster is for a workshop titled "Workshop on Self-Defense: Empowerment Through Martial Arts". It features two main figures: Vispi Kasad on the left and Rita Desai on the right, both in white martial arts uniforms with black belts. The background is a mix of brown and black. At the top, logos for Sarvajani University and Sarvajani College of Engineering and Technology are displayed, along with the Women Development Cell logo. A central logo shows a silhouette of a person in a martial arts pose. Below the title, a QR code is provided with the text "SCAN ME". At the bottom, there are two columns of text providing details about the speakers and the event.

Vispi Kasad

Rita Desai

SARVAJANIK UNIVERSITY
SARVAJANIK COLLEGE OF ENGINEERING AND TECHNOLOGY
Women Development Cell

Presents

Workshop
on
Self-Defense
Empowerment Through
Martial Arts

SCAN ME

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:

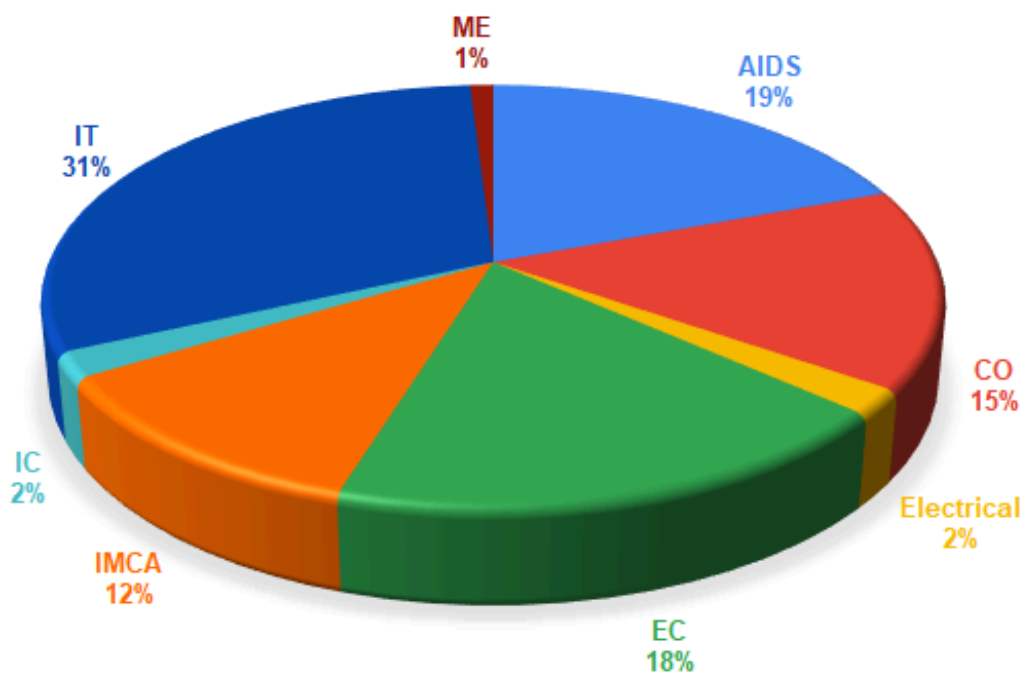
- On 28th January 2025, the Women Development Cell (WDC) successfully organized a self-defense workshop exclusively for female students. The event was held at the SU Seminar Hall, commencing at 11:00 AM, and was coordinated by Kaushika Pal Ma'am.
- The 2-hour-long workshop focused on equipping girls 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.







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.