



SELF DEFENSE WORKSHOP

Submitted By: Apoorva Jain, Chairperson, WIE, IEEE ASET

WORKSHOP ON SELF DEFENSE FOR GIRLS



SELF DEFENSE WORKSHOP

What will you learn?

- How to defend yourself on street
- How to use improvised weapons
- Escape a ground pinned position
- How to use Pepper Spray
- Situational Awareness Tactics

Venue - Seminar Hall
Time - 4.00 pm
Date - 7th Sept. , 2016

CALL TO ENROLL NOW
Apoorva Jain - 9013387840
Ritika Sharma- 8447140115







It's a Free Workshop Powered by The Damini Project India
www.indiajkd.com

Date: September 07, 2016

Women In Engineering, IEEE ASET organized a Self Defense workshop for girls on 7th September, 2016 at the Seminar Hall of Amity School of Engineering and Technology, Bijwasan. The aim of the workshop was to educate girls on the importance of learning Self Defense in their daily lives and to help them tackle the situations of emergency effectively.

Around 100 girls attended the event along with 20 female faculty members. Every girl seemed very enthusiastic as they learned to empower themselves.



The event was organized under the guidance of the academy JKD Athletic Club and BJJ India. The speaker for the event was Mr. Binish, who is the Senior Instructor at the academy and Manager at Green Club Ltd. The event started off with a warm welcome to Mr. Binish by the WIE Chairperson Apoorva Jain. Furthermore, WIE Vice Chairperson Ritika Sharma

addressed the audience with a brief introduction about the event. This was followed by welcoming Mr. Binish on stage to share his knowledge and experience with the girls.



Mr. Binish started with a presentation on the usefulness of Self Defense for girls with an introduction to weapons and tactics that can come handy in situations of emergency. After that a demonstration session was held where the girls were taught on the street survival tips and the ways to defend themselves. The audience was further asked to put up their queries that were resolved by the Instructors. At the end of the workshop, refreshments were served to all the participants of the workshop.

The workshop proved to be a huge success. Considering the mission and the vision of WIE, an initiative to bring about a change in the lives of the participants was established.