

Report on Self Defence Training Programme

Dt: 16/02/19.

A Self Defence Training Programme programme (Mishan Sahasi) was organised by GEC Rajkot in coordination with ABVP as per following details:

Duration : Date 11/02/19 to 15/02/19.

Time: 09:30 am to 11:00 am.

Venue: E Block Civil Engg. Deptt., GEC Rajkot.

No. of participants: 88

Trainers: Harshil Vaitha and Sensei Soni

The programme was started with inauguration ceremony. In this programme, Prof. A.M. Joshi, Chairperson of WHC, members of WHC and girls students were present. Prof. A.M. Joshi has given welcome speech and introduced trainers. Ms Mayuriba Zala has anchored this ceremony nicely.

During this five days training programme trainers have explained how to self defend in case of danger, attack and emergency. Trainers have practically taught various techniques of self defence. Trainers have also discussed the use of pen, dupatta, helmet etc during emergency. Students learnt a lot during this programme.

The programme was concluded by vote of thanks.

Some photographs of the programme are....





Thank you.