

Shri Ramdeobaba college of engineering and management, Nagpur

Session 2021-2022

WOMEN EMPOWERMENT CELL

SELF-DEFENSE WORKSHOP FOR WOMEN

EVENT NAME: Swarakshak

DATE: 10/12/2021

TIME: 10:30AM Onwards

TEACHER CO-ORINATOR: Dr.Sunita Dhote

PROJECT INCHARGE: Vidhi Siddhawar

MODE OF CONDUCTION: Offline

VENUE: Auditorium, MBA Department, RCOEM Campus

TOTAL NO OF PARTICIPANTS : 27

EVENT DESCRIPTION:

On 10th December 2021, Rotaract club of RCOEM under the banner of Women Empowerment Cell organized an Intracollege Self-defense workshop for girls from 10:30 Am onwards at auditorium , MBA Department. This training session was led by Miss.Deepika Udair and the team , she is owner of High Fly Martial Arts Club . She's 2nd degree black belt in Taekwon-do , 7 times National Gold Medalist , 2 times International Gold Medalist . The event commenced with introduction of the trainer and her team by project in-charge vidhi followed by felicitation with tulsi plants. After that she spoke few words regarding the importance of being able to defend oneself and daily objects that could be easily carried and used as tools at the time of emergency. Following this she performed basic punches moves of the martial art and asked the participants to do the same simultaneously. It was an interactive and enthusiastic session .At last ,sunita ma'am brought them a present and letter of appreciation and concluded the event with vote of thanks.



Arjun Thakur
President



