



Goa University


Women's Cell of Directorate of Equal Opportunities and Women's Studies Programme, DDKSSSBS

Report on Self-Defense Workshop

| | |
|---|--|
| 1. Title of the Event/Activity/program | Self-Defense Workshop |
| 2. Date and Time | 5 March 2025 from 10.00 a.m. 1.00 pm |
| 3. Mode of conduct (Physical/Online) | Physical Mode |
| 4. School/ Directorate/ Section | Women's Cell of Directorate of Equal Opportunities and Women's Studies Programme, DDKSSSBS |
| 5. Collaborating Agency/School/Directorate | NA |
| 6. Detail of the Resource Person (Brief biodata) | Mr. Ajay Prajapati is 1 st Dan Black Belt in Taekwondo, 2015 and 2 nd Dan Black Belt in Taekwondo, 2019. He conducts training of trainees in taekwondo, self-defense and martial arts |
| 7. Number of Faculty attended/participated | 03 |
| 8. Number of Student attended / participated | 14(Attendance attached) |
| 9. No. of external students/faculty/other participants | 01 |
| 10. The objectives of the Program/activity/event | Safety and security are fundamental rights for all individuals. Women, especially in educational institutions, are often vulnerable to various forms of harassment and assault. A well-structured self-defense workshop would serve as an effective strategy and provide participants with the skills necessary to respond confidently in threatening situations. Furthermore, the workshop would contribute |

| | |
|--|--|
| | <p>to a safer and more inclusive campus environment. The primary objectives of the workshop are a) to equip participants with practical and effective self-defense techniques, b) to create awareness about personal safety strategies in different environments, c) to encourage a sense of empowerment and self-reliance among female students, faculty and staff members and d) to create a safe and supportive space for open discussions on personal safety.</p> |
| <p>11. Description of the Program/activity/event</p> | <p>Ms. Siya Gawas, Gender Champion, welcomed and introduced the resource person, Mr. Ajay Prajapati. Resource person interacted with the participants to understand their strategies and then started with his session teaching them self-defense techniques in different situation like if you are attacked from front, back, also if someone attacks directly then how to escape from such situation. He provided hands on training and also he conducted session on how to be aware of the surrounding environment and how to make use of objects you have for self-defense. Resource person instructed the participants to try practicing the techniques they learnt so that they remember and can use it effectively. Dr. Sulochana Pednekar, Nodal officer and Programme Director of Women's Studies Programme presented the taken of appreciation to Mr. Ajay Prajapati and delivered Vote of thanks.</p> |
| <p>12. Benefit/Key outcomes of the Program/activity/event</p> | <p>Students got to see the demonstration of self-defense techniques as well hands on practical session to try the same themselves with fellow participants. Practical session was enriching as participants were able to take back the learning's from the workshop. Besides the use of objects which we use every day as weapons informed and gave them confidence of dealing with life threatening situations.</p> <p>Students Feedback : Participant A, <i>“Understood that:- Certain parts of the body cannot be made strong even by exercising daily like eyebrows, area below the nose etc. - If u want to attack then</i></p> |


| | |
|--|---|
| | <p><i>hands should be always up. - First precaution, is alertness, where ever you go always be alert. - Smartly how we can escape from any bad situation. - Where exactly should we attack. - Handling a particular situation by making use of pen, key etc as weapon. - Practising what we learnt. - Spreading the same knowledge to others to help them to escape from any bad situation”.</i></p> <p>Participant B, <i>“Firstly, the workshop was fun, I learnt some new techniques which I never knew of...the techniques taught to us were very simple and fun yet very effective, the resource person too was fun out there! Taught us really great skills that would be effective in our everyday environment specially for us girls out there! The workshop was really fun later on especially while we were practicing our defense moves with each other...the resource person ensured in the end that we learnt the defense moves! So definitely it was a learning experience and something new for me that I'll remember for life”.</i></p> |
| <p>13. Enclosures with report</p> | <p>Photographs and Attendance of students/faculty/external participants</p> |

Signature: 

Dr. Sulochana Pednekar

Nodal Officer ,Women’s Cell

Programme Director, Women’s Studies Programme

Signature : 

Dr. Maria Norma Menezes e Rebello

Director of Equal Opportunities

Director
Directorate of Equal Opportunities

Date: 6/03/2025



GPS Map Camera
Lat 15.458181, Long 73.834924
03/05/2025 11:47 AM GMT+05:30
Note : Captured by GPS Map Camera

Participants of the workshop



Participants practicing the moves



Participants practicing the moves taught by the trainer