

## Self Defense Workshop

DATE: 29/09/2022

### Event Coordinator(s)

**Prof. Teena Varma**  
**Prof. Madhura Shirodkar**

### Student Coordinator(s)

**Lysandra D'souza**

### Time& Place:

**3:30 pm – 5:00 pm**

**At Xavier Institute of  
Engineering**

### No of participant:

**28**

### Self Defense Workshop

A Self Defense workshop was conducted in Xavier Institute of Engineering. It was the first event of women development cell. The instructor invited was Mr. Rhys Vas, Trainer at Karv Maga Global India. The event started at 3:30 by welcoming of the instructor. Proceeding further The new WDC committee was introduced. The former convener Prof. Smita Pawar spoke a few words and enlightened everyone. Further, current convener Prof. Teena Varma spoke a few words which proceeded with the introduction of the instructor Mr. Rhys Vas. A bouquet and a token of appreciation was given to the instructor and the assistant instructor Miss. Yashika. They then went on with the workshop. The workshop started with some techniques used for self defense and they also demonstrated every technique. Mr. Rhys explained us when and in which situations to use those techniques. All the girl students also demonstrated the techniques. Lastly the event was concluded by giving the vote of thanks. The event came to end at 5:00pm.

The workshop was very interactive and responsive. It helped all the the girl students to boost their confidence. It was very useful and effective workshop.



**FR.(DR) JOHN ROSE S.J.**  
DIRECTOR



**DR.Y. D VENKATESH**  
| PRINCIPAL



**PROF. TEENA VARMA**  
WDC CONVENER

# GLIMPSE OF THE EVENT





