

DATE: 7/11/2020

Event Coordinator(s)

**1. PROF. Madhura Shirodkar
ma'am (teaching staff)**

**2. Madhuri Jawale(non
teaching staff)**

Student Coordinator(s)

1. Iqra Khatri(TE IT)

2. Tejol Lahane(TE COMPS)

Time& Place:

5:30 pm – 6:30 pm

Zoom platform

No of participant:

50

SELF DEFENSE WORKSHOP

(An event hosted by Women Development Cell by Xavier Institute of Engineering.)

In recent times we've come to hear of various gruesome atrocious behaviors towards women in the form of domestic violence, physical/sexual assault, rapes and the list is never ending. This hour calls for all of us to not depend on anyone or any system but us to defend and protect ourselves. The target audience for the event was female staff and students.

Thus XIE WDC organized a self defense workshop. The workshop was conducted by our alumni Mr. Rhys Vaz who is a Lead Trainer of Krav Maga Global Classes which are all over India and Has Trained Over 15000 People in India. Krav Maga Global is an Israeli Form of Self Defense.

The event was hosted by PROF. Madhura Shirodkar ma'am and started with a mesmerizing prayer followed by wise words of Fr. Dr. John Rose and Dr. YD Venkatesh sir.

The event was followed by a session of basic self defense techniques which helped us to understand how to protect ourselves in various situations. The event not only helped us to get an insight about how we can protect ourselves from gruesome situations but it also gave us an idea about Krav Maga- which is a military self-defense and fighting system developed for the Israel Defense Forces and Israeli security forces derived from a combination of techniques sourced from aikido, boxing, wrestling, judo, and karate. Krav Maga is known for its focus on real-world situations and its extreme efficiency.

The work division for smooth functioning of the event is mentioned below-

Tejol Lahane(TE COMPS)- Registrations

Sampada Matkar(TE EXTC)- Designing of posters

Iqra Khatri(TE IT)- Certificates and feedback forms

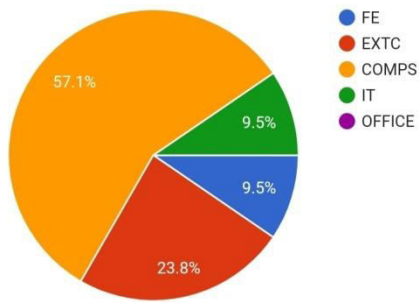
Lysandra D'Souza(SE COMPS)- Vote of thanks

Kritika Singh(SE EXTC)- Report making and recording

Overall, we received a positive response from our audience and they are looking forward to more event conducted by WDC. The staff and students got to learn about self defense and Krav Maga.

Department

21 responses



it was an amazing event

Well oraganized

Amazing event. Very helpful

Great job!

It was a very informative session

More power to you all

No...

It would be nice if you could share the recorded session video link.We can revisit and practice.
Thank you .

Nice session

Amazing event!!

it was an amazing event

Well organized

Amazing event. Very helpful

Great job!

It was a very informative session

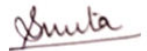
More power to you all



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



DR. Y.D. VENKATESH
PRINCIPAL



PROF. SMITA PAWAR
WDC CONVENER

GLIMPSE OF THE EVENT

XAVIER INSTITUTE OF ENGINEERING



WOMEN DEVELOPMENT CELL

PRESENTS



SELF DEFENCE WORKSHOP

INSTRUCTOR :
MR. RHYS VAZ

TRAINER AT
KRAV MAGA GLOBAL



THIS SATURDAY !!

DATE: 7-11-2020

TIME : 5:30-6:30 PM

VENUE : ZOOM

*"Self defense is
not only our right
It is our duty"*

FOR MORE
INFO :



[wdc-xie](#)



xie-wdc@xavier.ac.in

Kritika Singh

Prof. Smita Pawar



Madhura Shi...



Lysandra D'S...



Prof. Smita P...

Alisha Joy



Recording...



Rhys Vaz

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ENG 18:07
IN 07/11/2020

Zoom Meeting

Recording...

Speaker View

Rhys Vaz	Kritika Singh	Prof. Smita Pawar	madhuri jawale	Madhura Shirod...
Prof. Smita Pawar	Lysandra D'Souza	Alisha Joy	Prajakta Subhedar	angelica
Rachael Dsouza	Comps_33_Tejol ...	Arya Ankat	Riean Esteves	Vidya Sarode
Meghna Borate	Noopura Sawant	EXTC_42_AYUSHI ...	Mitali sawant	Merisa Mascare...
Manali Tayade	Leena Patil	mildred patel	Christel_Mendon	Zeba Ansari

Unmute Start Video Security Participants 51 Chat Share Screen Pause/Stop Recording Reactions More End

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ENG IN 18:00 07/11/2020

Zoom Meeting

Recording...

Speaker View

Rhys Vaz	Kritika Singh	Prof. Smita Pawar	madhuri jawale	Madhura Shirod...
Prof. Smita Pawar	Lysandra D'Souza	Alisha Joy	Comps_33_Tejol ...	Comps
Chinmayee Patil	Vidya Sarode	Mauli Pawar	Prajakta Subhedar	Michelle Macwan
Khushboo Chau...	Riean Esteves	Christel_Mendon	Noopura Sawant	Monika Anabath...
Zeba Ansari	Rachael Ds...	From Prajakta Subhedar to Everyone It was very good.....	EXTC_42_AYUSHI ...	Mitali sawant

Mute Start Video Security Participants 40 Chat 11 Share Screen Pause/Stop Recording Reactions More End

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