

“Self Defense Training”

(for Girl Students of AAU: Feb. 20-28, 2018)

Self-Defense, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In most of the country, where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever. Director of Students' Welfare, Anand Agricultural University, Anand organizes Self Defense Training every year for the first year girl students of AAU. This year basic course of “Self Defense Training” for Girl students of AAU was organized during 20-28 February, 2018 at University Bhavan during 5:30 to 6:30 AM in collaboration with Pratibha Academy, Anand. Director, Pratibha Academy, Sh. Chetan Fumakiya trained about 120 Girl students of undergraduate colleges and polytechnics of AAU campus for Basic Physical Endurance training, Basic Hand Techniques, Basis kicks, Basic Self Defense Tactics.

All the Assistant Wardens of Girls' hostels accompanied girls throughout the training period. Prof. Rucha Dave, Assistant Professor, BACA, AAU coordinated whole programme. All the necessary arrangements and entire training programme were organized by Dr. S. H. Akbari, Director of Student's Welfare, AAU. Anand.



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organized by
Anand Agricultural University
in collaboration with
Pratibha Academy, V. V. Nagar
Place: University Bhavan

