



Rizvi Education Society's
RIZVI COLLEGE OF EDUCATION
Khar West

Self-Defence Training Workshop

"Empowerment begins with self-defence. As teachers, we equip minds and bodies to stand strong, ensuring safety is a lesson learned and practiced."

As an initiative of IQAC and Women Development Cell of RCoEd in collaboration with Kapadia Judo Club organized the Self-Defence Training Workshop in order to create awareness about why personal safety is of paramount importance, empowering women with the knowledge and skills to defend themselves is crucial. Ms. Shraddha Sharma was the comparer for the session It was been conducted on 13th December 2023. The session began at 11:00 am sharp.

The training session started with the blessings of the almighty by reciting the college prayer. Ms. Shraddha Sharma was the host for this session. Mrs. Nahida Mandviwala the co-ordinator of WDC introduced about the Women Development Cell. Then the Principal gave the welcome address. The session then commenced with a brief introduction of the facilitator. It was followed by message of the resource person. After that Principal ma'am extended her felicitations to the resource person for their valuable contribution and expertise.

The facilitator explained that Self-defence is essential for both physical and psychological protection against potential threats. For women, it's especially crucial due to the unfortunate prevalence of gender-based violence. The session aimed that as a teacher, teaching self-defence not only enhances women's physical abilities but also boosts their confidence and situational awareness. This training fostered empowerment, enabling the student teachers to assert boundaries and respond effectively in challenging situations. Beyond physical skills, it instils a mind-set of personal safety, encouraging proactive measures for self-protection.

The session began with several key steps-

● **Escapes from Holds (e.g., Wrist Grab):**

Step 1: Rotate your wrist in the opposite direction of the opponent's thumb.

Step 2: Use your other hand to push against their fingers.

Relevance: Escaping holds is crucial for breaking free from physical restraint.



Nose Punch:

- Step 1: Stand in a stable stance with your feet shoulder-width apart.
- Step 2: Use the base of your palm or a closed fist.
- Step 3: Aim for the centre of the attacker's nose.
- Step 4: Execute the punch with a quick, straight motion.



Chin Punch:

- Step 1: Maintain a balanced stance, keeping your guard up.
- Step 2: Use your dominant hand, forming a fist.
- Step 3: Target the chin, aiming to disrupt the opponent's balance.
- Step 4: Punch swiftly, using your body weight for power



Eye Punch:

- Step 1: Stand prepared with a solid stance.
- Step 2: Use your index and middle fingers together, forming a V shape.
- Step 3: Aim for the soft tissue around the eyes.
- Step 4: Thrust your fingers quickly towards the attacker's eyes.



Each step in the process was integral in fostering discipline, skill development, and personal growth within the martial arts journey. By imparting these skills, College aims to create a safer environment, promoting resilience and empowering women with a greater sense of security and confidence as they navigate the world.

The training focused on equipping women with practical self-defence techniques, which are a part of martial art. Participants engaged in hands-on exercises to develop muscle memory and reflexes, enhancing their physical capabilities to respond effectively to potential threats. The training commenced with a warm-up session, followed by the introduction to various foundational steps and techniques in martial arts. The initial technique involved releasing a grip from one hand, followed by both hands. The focus was on addressing a potential threat, and the session proceeded to cover strategies for defending against attacks like nose punches and chin punches.

The trainers initially introduced these techniques, providing hands-on experience for the participants to practice and apply the newly learned self-defence manoeuvres at the end of the session, we were taught how to express gratitude in martial arts, extending our thanks to the trainer. The session ended by giving vote of thanks by Ms. Sidhi to the team of Kapadia Judo Club for their dedicated efforts and to all the members of WDC cell.

The self-defence training session attended by B.Ed student teachers at RCoed focused on emphasizing the significance of personal safety and the potential risks to children. Attending the self-defence training workshop proved invaluable as a teacher, offering a multifaceted set of advantages. The session equipped student teachers with practical skills to ensure personal safety, fostering a sense of empowerment. Beyond physical techniques, the workshop emphasized situational awareness, enhancing my ability to pre-emptively assess and respond to potential threats. The hands-on experience facilitated a deeper understanding of the techniques, enabling them to impart this knowledge effectively. Moreover, the focus on gratitude in martial arts provided a holistic perspective, reinforcing the importance of respect and discipline. Overall, the workshop not only enhanced the self-defence capabilities of the student teachers but also enriched the teaching approach with valuable insights into personal safety and effective strategies for creating a secure learning environment for the students.

PHOTOGRAPHS.



Introduction of program by Student Teacher, Ms. Shraddha Sharma (SY B.Ed)



Felicitation to the trainer by Principal Dr. Spoty Kartik



The student teachers are diligently practicing the instructions provided by the facilitator



Vote of Thanks by- Ms. Siddhi (FY B.Ed)

ATTENDANCE SHEET

Rizvi Education Society's
Rizvi College of Education
 Self Defense Training Workshop
 13TH DECEMBER, 2023
 Attendance Sheet

Sr No.	Names	Morning Session	Afternoon Session
1	Ansari Jaadi		
2	Ansari Naushheen		
3	Arulraj Alhiya		
4	Dsouza Andrea Savio		
5	Ghadi Shraddha		
6	Hamid Arzina		
7	Hashmi Shamim Bano		
8	Jadav Sakshi Rajeev		
9	Kadari Afia Mohd		
10	Kalatarzadeh		
11	Kazi Huda Taufiq		
12	Khan Alfiya Mohd		
13	Khan Atiyah Naushad		
14	Khan Fatima Mujahid		
15	Khan Hannadi Dilshad		
16	Khan Muskan Banu		
17	Khan Sutiya Mehboob		
18	Khan Zoya Nafis		
19	Kotekar Sonali		
20	Kuekreja Arshita		
21	Lambar Anita		
22	Maddheshiya Neha		
23	Majedia Muskan		

24	Maliq Falq Mohd		
25	Maniyar Zeba		
26	Mistry Zambab Rashid		
27	Mulla Mubshira		
28	Pakit Poonam Shaveer		
29	Peerbhoy Afsha Shafi		
30	Quraishi Mohd Rehan		
31	Qureshi Aifin		
32	Qureshi Ayesha		
33	Qureshi Dania Sajid		
34	Qureshi Tania Sajid		
35	S Shivani		
36	Sahu Snehal Jayasena		
37	Sayyad Mahrukh		
38	Shaikh Aatika Ismail		
39	Shaikh Busira Abdul		
40	Shaikh Khatoon		
41	Shaikh Madiha Bano		
42	Shaikh Masira Iqbul		
43	Shaikh Rahat Farma		
44	Shaikh Sana Altaf		
45	Shaikh Shiria Rashid		
46	Shaikh Umera Bano		
47	Sharma Shardha		
48	Surve Sakshi Mangesh		
49	Tambada Sanu Balu		
50	Yadav Kavita		

S.Y B.Ed Attendance Sheet

**Rizvi Education Society's
Rizvi College of Education**

Self Defense Training Workshop
13TH DECEMBER, 2023
Attendance Sheet

Sr No.	Names	Morning Session 11 am to 1 pm	Afternoon Lecture 3	Afternoon Lecture 4
1	Aga Rukhsar Asif	<i>[Signature]</i>		
2	Ansari Mehvish Wasim			
3	Ansari Sarah Sirajuddin	<i>[Signature]</i>		
4	Davande Siddhi Ashok	<i>[Signature]</i>		
5	Faruki Ayesha Sohail			
6	Gupta Neha Rajesh Asha			
7	Sameera Mohammed Habbib	<i>[Signature]</i>		
8	Kapase Akansha Umesh	<i>[Signature]</i>		
9	Khan Meenaz			
10	Khan Sadiya Shafi	<i>[Signature]</i>		
11	Lari Adiba Izhar	<i>[Signature]</i>		
12	Nair Samiksha Satish	<i>[Signature]</i>		
13	Savtajkar Tanya Devdan	<i>[Signature]</i>		
14	Sayed Namira Usman	<i>[Signature]</i>		
15	Shaikh Misbah Mohammed Yunus	<i>[Signature]</i>		
16	Shaikh Muskan	<i>[Signature]</i>		
17	Shaikh Saba Mohd	<i>[Signature]</i>		
18	Shaikh Samreen	<i>[Signature]</i>		
19	Shaikh Zarqa	<i>[Signature]</i>		

Dr. Spoty Karthik
I/C Principal
Mrs. Nahida Mandviwala
Women Development Cell
Co-ordinator

F.Y.B.Ed Attendance Sheet

**RIZVI EDUCATION SOCIETY'S
RIZVI COLLEGE OF EDUCATION**
(Affiliated To University Of Mumbai)

Women Development Cell and IQAC
IN COLLABORATION WITH
KAPADIA JUDO CLUB
Organises
Self Defence Training Workshop

Trainers-
Mr. Mushtaq Ahmed & Ms. Pooja Phatarpekar

11 am to 1 pm

**13TH DECEMBER, 2023
WEDNESDAY**

CHIEF PATRONS

Dr. Akhtar Hasan Rizvi
President,
Rizvi Education Society

Adv. Mrs. Rubina A. H. Rizvi
Director,
Rizvi Education Society

Dr. Spoty Karthik
I/C Principal

Women Development Cell- Members

Co-ordinator
Mrs. Nahida Mandviwala

**Organising Committee,
Staff Member**
Dr. Shweta Srivastava

**Organising Committee,
Student Members**

Ms. Sana Shaikh Ms. Snehal Sahu Ms. Muskan Khan
Ms. Siddhi Davande Ms. Mehvish Ansari

Rizvi College Of Education

www.bed.rizvi.edu.in

rcoed2021

Flyer prepared by- Ms. Arzina Hamid- SY B.Ed