



DEPARTMENT OF MARITIME MANAGEMENT
**B. K SCHOOL OF PROFESSIONAL &
MANAGEMENT STUDIES**
GUJARAT UNIVERSITY, AHMEDABAD

Workshop on
Women's Self-Defense
(2nd March to 8th March)

PROGRAM SCHEDULE
(6 DAYS)

DATE	SELF DEFENCE TRAINING	
02/03/2022	Explanation of Law (IPC law) and Punching practice (કાયદાની સમજૂતી (IPC કાયદો) અને પંચિંગ પ્રેક્ટિસ)	
03/03/2022	Blocks, Defenses, Kicking, Leg Techniques (બ્લોકસ, ડિફેન્સ, કિકિંગ, લેગ ટેકનિક્સ)	
04/03/2022	Revision of previous Days, Ikido Technique, Hand Locking and Breaking (પાછલા દિવસોનું પુનરાવર્તન, Ikido ટેકનિક, હેન્ડ લોકીંગ અને બ્રેકીંગ)	
05/03/2022	Deadliest Attack on Weak Points નબળા બિંદુઓ પર સૌથી ઘાતક હુમલો	
07/03/2022	Safety Against Knife Attack, Gun Attack, Judo Technique, Throw Technique છરીના હુમલા, બંદૂકથી હુમલો, જુડો ટેકનિક, થ્રો ટેકનિક સામે સુરક્ષા	
08/03/2022	WOMEN DAY CELEBRATION	

Registration Link : https://bit.ly/GU_Self_Defence_Workshop

Place : B.K.School of Professional &
Management Studies
Gujarat University Campus, A'bad
Time : 9:00 AM to 11:00 AM

Registration Fees: 50/-

Scan QR Code for
Pay Registration Fees



DR. MEHAL PANDYA
CONVENER

DR. SONALI CHATTERJEE
COORDINATOR