



PTVA'S Institute of Management

(Approved by AICTE, DTE and affiliated to University of Mumbai)
Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce, Vile Parle (East), Mumbai –400 057.
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ISO 9001:2015 Certified Institute & Accredited by NAAC

Workshop Report: Self Defence Workshop for Non-Teaching Staff

Introduction: The Self Defence Workshop for non-teaching staff of PTVA's Institute of Management was conducted from November 13, 2018, to November 15, 2018. Organized by the Goju Naha School of Martial Arts Association, the workshop aimed to equip participants with essential self-defence techniques and strategies for personal safety and security.

Sessions: Day 1: Basic Techniques and Principles

- **Opening Session:** Introduction to the workshop objectives and the importance of self-defence training in personal safety.
- **Basic Self-Defence Techniques:** Participants learned fundamental physical techniques such as blocking, striking, and evasion, tailored for real-life scenarios.
- **Principles of Self-Defence:** Explanation of key principles including awareness, assertiveness, and physical techniques for effective self-defence.

Day 2: Advanced Techniques and Role Play

- **Advanced Self-Defence Moves:** Building on the basics, participants practiced more advanced techniques including escapes from holds and ground defence.
- **Role Play Scenarios:** Simulation exercises to apply learned techniques in realistic situations, enhancing participants' confidence and responsiveness.

Day 3: Application and Certification

- **Review and Practice:** Recap of learned techniques with emphasis on refining skills and addressing participant queries.
- **Certification:** Participants received certificates of completion, recognizing their commitment to enhancing personal safety through self-defence training.

Activities:



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- **Interactive Demonstrations:** Live demonstrations of techniques by instructors followed by hands-on practice sessions.
- **Role Playing Exercises:** Participants engaged in role plays to simulate potential threatening situations and practice appropriate responses.

Key Takeaways:

1. **Practical Skills:** Participants gained practical self-defence skills applicable to various real-life situations.
2. **Confidence Building:** Increased confidence in handling potential threats through effective use of techniques learned.
3. **Awareness:** Enhanced situational awareness and ability to assess and respond to threats proactively.

Conclusion: The Self Defence Workshop provided non-teaching staff with valuable skills and knowledge essential for personal safety and security. Participants left the workshop equipped with practical self-defence techniques and increased confidence in their ability to protect themselves in challenging situations.



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