



**One day Workshop on Self Defense conducted at GHRIT, Shradha Park Campus, Nagpur.**

A one day Workshop on Self Defense had been organised at GHRIT, Shradha Park, Nagpur on 3rd February 2020 at 3 pm, under the aegis of Wing GHRIT. The Resource persons for the same were **Mr. Shashi Thakur** from ash-te-du foundation and his team of volunteers.

Mr. Shashi Thakur was felicitated by Principal, Prof. Sudhir Juare, with memento as a token of appreciation. Mr Shashi Thakur and his team of Volunteers were then felicitated with a sapling by Prof. Asmita Mudaliar (Activity In charge) as a part of the green initiative adapted by the Institute. The felicitator and organiser for the Program was Dr. Dhiraj Shembekar. The Program commenced with a speech by Dr. Dhiraj Shembekar & Mr. Shashi Thakur.

An expert in Martial Arts with more than 8 years of experience, Mr. Thakur shared his knowledge about Martial arts, judo, karate and self-defence with the beneficiaries from GHRIT.

The Program commenced with certain basic self defence mechanisms and demonstrations very clearly explained by Mr. Thakur and his team. The team of volunteers then gave a briefing of as to why self-defence is a mandate for females in today's scenario. The students were then involved into the practical execution of the self defence mechanisms. All the students thoroughly enjoyed and grasped the session with utmost enthusiasm and zeal. The Program ended with the display of Martial Arts demonstration by the volunteers of ash-te-du foundation.

The Guests & the organisers thanked the Principal, Prof. Sudhir Juare and the Management of GHRIT for supporting the initiative of ash-te-du foundation.









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