



**Bharatiya Vidya Bhavan's  
Sardar Patel Institute of Technology  
Munshi Nagar, Andheri-W, Mumbai-400058**



## Report

Event Name: Karate Workshop

Date of Event: 2019-03-01

Place of Event: Quadrangle

In-Charge Member: Mrs. Aarti Karande

The world is becoming a smaller place. The rate of connectivity is increasing rapidly. The gap between the West and India, now only exists in the form of a timegap. In this growing world, we take many things for granted, like the constant availability of information through Google, the constant provision of cash by ATM's and many things technology and development has provided, that have become an essential part of everyday.

The development of technology has enabled us to follow our heart's desires, wherever they lead us. The only thing that's holding us back, is our safety. Being safe, even a city as modern and developed as Mumbai, is a constant fear. The will to work all night, and strive to perfection, is only hindered, by her inability to go to back home.

Bringing attention to this alarming issue, WIE brought to us, a workshop on self defence. With Padmabhushan Rabindranath Mishra as the instructor, imparting is 36 years of knowledge, the girls learnt various techniques and tricks to help them get out of defenceless situations.

Giving them a hands on experience by demonstrating on his students, he educated the students on various methods they can utilise to set themselves free from the hold of the attacker, and to also injure the attacker. Teaching the students about certain vital points and the techniques to paralyse the attacker within seconds.

Equipped with the knowledge of such self defence techniques, the students can now chase after their dreams, with no fear holding them back.



**Bharatiya Vidya Bhavan's  
Sardar Patel Institute of Technology  
Munshi Nagar, Andheri-W, Mumbai-400058**

**WIE**  
IEEE S.P.I.T.







**Bharatiya Vidya Bhavan's  
Sardar Patel Institute of Technology  
Munshi Nagar, Andheri-W, Mumbai-400058**

