



## Event Report: Self-Defense Awareness & Training Workshop

### 1. Event Overview

**Event Name:** Self-Defense Awareness & Training Workshop

**Date of Event:** 19.November.2025

**Venue:** Deeksha Sabahagar

**Organised by:** Think India Club

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### 2. Introduction

The *Self-Defense Awareness & Training Workshop* was organized to empower students with essential skills required for personal safety, situational awareness, and confidence building. The event featured two expert trainers from the Rotary Self Defense Academy—**Rtn Dr. Pallavi Singhvi** (Chairperson, Rotary Self Defense Academy) and **Shihan Hemant Kumar** (Chief Instructor & Technical Director, 5th Dan Black Belt).

Their inspiring talks and demonstrations helped students understand not only physical defense but also the mental preparedness required to face unpredictable situations.

**Event Theme:** Empowering individuals through awareness, confidence-building, and practical self-defense skills.

#### Objectives:

- To educate students about personal safety and real-world threat awareness.
- To teach practical and easy-to-learn self-defense techniques.
- To promote mental resilience, confidence, and discipline.
- To encourage especially young women to become more independent and self-aware.

**Target Audience:** Students interested in personal safety, women empowerment, fitness, and self-defense skills.

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### 3. Event Highlights

#### Description

The workshop combined motivational guidance with hands-on training. Both speakers shared their professional journeys, stressed the importance of self-defense in daily life, and demonstrated techniques that can be used by beginners. Approx 70 participants were the part of the event.

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#### About Guest Speakers

## **1. Rtn Dr. Pallavi Singhvi**

### **Chairperson, Rotary Self Defense Academy**

- Distinguished Rotarian and community leader promoting women's safety and youth empowerment.
  - Leads the Academy's mission to make self-defense training accessible and impactful.
  - Expert in strategic leadership, workshop planning, and confidence-building initiatives.
  - Doctorate holder with strong background in social welfare.
  - Vision: *"Empowerment begins when fear turns into confidence."*
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## **2. Shihan Hemant Kumar**

### **Chief Instructor & Technical Director (5th Dan Black Belt)**

- 5th Dan Black Belt with 20+ years of martial arts experience.
  - Designs and leads the Academy's technical self-defense curriculum.
  - Specialist in practical combat techniques, kata, and real-world application.
  - Has trained students, professionals, and law enforcement personnel.
  - Believes in discipline, safety-first training, and character development.
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### **Activities Conducted**

- Motivational sessions by both speakers
  - Live demonstration of essential attack-and-defense techniques
  - Hands-on practice for students
  - Safety awareness discussion
  - Interactive Q&A session
  - Group guidance for interested students
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### **Participation**

The event saw enthusiastic participation from students across various departments. Approx 70 participants were the part of the event. The hall remained full throughout the session, reflecting strong interest in self-defense training and empowerment initiatives.

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## **4. Challenges Faced**

- Limited time for individual practice.

- Too many student queries for the short Q&A slot.
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## **5. Feedback and Suggestions**

### **Participants' Feedback:**

- Students found the workshop extremely practical and confidence boosting.
  - Dr. Pallavi's empowering message received excellent reviews.
  - Shihan Hemant's live demonstrations were praised for clarity and usefulness.
  - Many students requested advanced self-defense sessions in the future.
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## **6. Conclusion**

The *Self-Defense Awareness & Training Workshop* was a significant success, fulfilling its purpose of empowering students with essential life skills. The combination of expert-led guidance, practical demonstrations, and motivational insights made the session highly impactful. Students left the workshop more aware, confident, and better prepared to protect themselves in real-world situations.

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## **7. Photos / Videos**



