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SARVAJANIK UNIVERSITY

REPORT
ON

Self Defense Workshop

Empower. Defend. Be Fearless

ORGANIZED BY
WOMEN DEVELOPMENT CELL in collaboration
with Internal Complaint Committee

HELD ON
6th August 2026

CO-ORDINATED BY
Kaushika Pal and Delnaz Variava

Objective:

The workshop aimed to empower women students with essential self-defense skills and techniques to respond confidently to potentially unsafe situations. It aspired to develop awareness, alertness, quick decision-making, and physical preparedness for personal safety. The workshop provided participants with practical techniques to protect themselves and effectively handle situations involving threats or harassment. It also aimed to build self-confidence, courage, and a fearless mindset among participants. Overall, the workshop encouraged women to become more aware, confident, and capable of safeguarding themselves in everyday situations.

Details:

Date and Time:	6 th August 2026, 1:30 pm to 3:30 pm
Venue:	Sarvajanik University Seminar Hall
Targeted Audience	Students of Sarvajanik University
Total Participation	275
Convener & Coordinator	Dr. Kaushika Pal and Dr. Delnaz Variava
Organized By	Women Development Cell in collaboration with ICC (Internal Complaint Committee), Sarvajanik University
Advisor	Dr. Meera Sharma, Scientist and Patent Attorney

The **Women Empowerment Cell** of Sarvajanik University organized a **Self-Defense Workshop** on 6th August, 2026. The workshop was delivered by Mr. Visphy Kharradi, MD, Athletica, Surat popularly known as the “Steel Man of India.”. He was accompanied by Mr. Gulam Malek, a well-decorated martial artist. The session aimed to create awareness among students about personal safety, self-defense, mental strength, and how to respond effectively during threatening situations.

The session was highly interactive and focused on both **theoretical knowledge and practical learning**. The speakers explained that self-defense is not limited to physical fighting. It begins with being aware of our surroundings, identifying possible threats, staying mentally alert, and making quick and sensible decisions. They discussed different real-life situations and recent incidents to help students understand how dangerous situations can develop and how proper awareness can help in preventing them.

One of the most important learnings from the session was understanding **how to deal with an unexpected or threatening situation**. The speakers explained that panic can

reduce our ability to think and respond properly. Therefore, remaining calm, observing the situation carefully, and using one's presence of mind are extremely important. Students were also guided on how communication, confidence, and appropriate behaviour can sometimes help in avoiding unnecessary confrontation and creating an opportunity to move away from danger.

The speakers also explained the importance of knowing the **vulnerable areas of the human body** from a self-protection perspective. Students were made aware that areas such as the eyes, nose, throat, knees, stomach, and other sensitive areas can be vulnerable during an attack. However, the main objective of learning these techniques was not to encourage fighting, but to understand how a person can protect themselves and create an opportunity to escape during an emergency.

A major highlight of the session was the **practical demonstration**. Many female students were invited to participate and demonstrate how they would react in different threatening situations. With the guidance of the speakers, they were shown practical ways of responding to an attacker, maintaining balance, using body movement, and creating an opportunity to escape. This practical activity made the session more interesting and helped students understand the difference between simply knowing a technique theoretically and actually applying it in a real situation.

The speakers also emphasized that **self-defense starts before an attack happens**. Students were encouraged to remain alert while travelling, walking in public places, or using transportation. Avoiding distractions such as continuously using mobile phones while walking, observing people and surroundings, and trusting one's instincts were discussed as important safety habits. Physical fitness was also highlighted because good health, strength, and confidence can improve a person's ability to respond during difficult situations. In an emergency, the first priority should be to protect oneself, look for a safe opportunity, and move away from the dangerous situation rather than unnecessarily continuing a physical confrontation,

Glimpses from the workshop:



Brochure:



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WOMEN DEVELOPMENT CELL
In collaboration with
ICC (INTERNAL COMPLAINT COMMITTEE)
Presents

SELF DEFENCE WORKSHOP

EMPOWER. DEFEND. BE FEARLESS.

Chief Guest & Trainer
MR. VISPHY KHARRADI
STEEL MAN OF INDIA,
MD, ATHLETICA FITNESS, SURAT

6TH August 2026
01:30PM to 3:30PM
SU Seminar Hall

SCAN FOR REGISTRATION



STUDENT COORDINATORS
Pearl Kapadia - 79846 72809
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Media Coverage:

વિશ્વેશ્વર શકરો. અન પ્લસમેન્ટ સલમા યશ રાક છ.

WOMEN'S SAFETY SUમાં મહિલાઓને વિસ્પી ખરાડીએ સેલ્ફ ડિફેન્સની તાલીમ આપી

સેલ્ફ ડિફેન્સ એ લડવાની નહીં, જોખમી સ્થિતિમાં યોગ્ય નિર્ણય લેવાની કળા છે

સુરત • મહિલાઓની સુરક્ષા માત્ર શારીરિક શક્તિથી નહીં, પરંતુ યોગ્ય નિર્ણય ક્ષમતા, આત્મવિશ્વાસ અને સમયસરની પ્રતિક્રિયાથી પણ સુનિશ્ચિત થઈ શકે છે. આ મેસેજ સાથે સાર્વજનિક યુનિવર્સિટીના વુમન ડેવલપમેન્ટ સેલ અને ઇન્ટરનલ કમ્પ્લેઇન્ટ કમિટીના સંયુક્ત ઉપક્રમે સેલ્ફ ડિફેન્સ વર્કશોપનું આયોજન કરાયું હતું. જેમાં 'સ્ટીલ મેન ઓફ ઇન્ડિયા' તરીકે પ્રસિદ્ધ વિસ્પી ખરાડીએ હાજર રહીને વિદ્યાર્થીનીઓ સાથે ઇન્ટરેક્ટિવ સેશન કર્યું હતું.



શારીરિક ફિટનેસ, માનસિક મજબૂતાઈ અને આત્મવિશ્વાસ દરેક મહિલાની સૌથી મોટી શક્તિ છે

વિસ્પી ખરાડીએ કહ્યું કે સેલ્ફ ડિફેન્સનો અર્થ માત્ર લડવું નથી, પરંતુ જોખમી પરિસ્થિતિને સમયસર ઓળખીને યોગ્ય નિર્ણય લેવો પણ ખુબ મહત્વનો છે. યુવતીઓએ પોતાની આસપાસના વાતાવરણ પ્રત્યે સતત સજાગ રહેવું જોઈએ અને શંકાસ્પદ પરિસ્થિતિમાં ગભરાવાને બદલે શાંતિથી વિચાર કરીને યોગ્ય પગલું ભરવું જોઈએ. શારીરિક ફિટનેસ, માનસિક મજબૂતાઈ અને આત્મવિશ્વાસ દરેક મહિલાની સૌથી મોટી શક્તિ છે. નિયમિત કસરત અને સેલ્ફ ડિફેન્સની તાલીમ મહિલાઓને માત્ર જોખમ સામે લડવાની શક્તિ જ નથી, જીવનના દરેક ક્ષેત્રમાં આત્મવિશ્વાસ સાથે આગળ વધવાની પણ પ્રેરણા આપે છે. સેશનમાં રોજિંદા જીવનમાં સર્જી શકે તેવી વિવિધ પરિસ્થિતિઓના ઉદાહરણો આપીને વિદ્યાર્થીનીઓને હુમલાખોરથી કેવી રીતે છૂટવું પોતાની સુરક્ષા કેવી રીતે કરવી અને મુશ્કેલીના સમયે આસપાસના લોકોનું ધ્યાન કેવી રીતે દોરવું તે અંગે તાલીમ અપાઈ હતી.

Report compiled by: Dr. Delnaz Variava