



Uka Tarsadia University

Department of Humanities



Report on Self-Defense Session

Date- 6th July 2023

Venue- Yoga Hall (Department of Physiotherapy)

Time- 10:00 am to 11:30 am

Experts- Ashwin Pawar and Shihan Rushiraj Parekh

The Department of Humanities organized a session on Self-defense on 6th July 2023 in the Yoga Hall of the Department of Physiotherapy for girls. More than 100 girls from Maliba school and different departments of the university attended the session. The experts of the session were Ashwin Pawar who is a retired army officer and has dedicated 17 years of his life in the service of the nation and Shihan Rushiraj Parekh who is the 5th Dan Black Belt in Ashihara Karate and Chief of Dadi Bulsara Karate Ashihara Kai Kan Foundation in Gujarat. He was also selected to represent India in the World Talent Organization (WTO) from the United States of America and has been the recipient of over 100 awards to his name. The session helped the girls to learn the essential skills of self-defense.



