

Department of Commerce and Business Management

Report on Self Defense Workshop

Department of Commerce & Business Management, Integral University has organized '**Self Defense Workshop**' for the students on April 29th, 2019 Monday in collaboration with Anvarat Foundation and Srike.

Anvarat Foundation is a non-profit organization registered under the Societies Registration Act,1860. Anvarat was established in 2015 with the objective to provide equal opportunity through quality Education, Health, Sanitation, Skill Development, Environment Conservation, Women and Child Development, Agriculture Up-gradation, Emancipation of Weaker Sections of the Society and Dignified Employment. KRAV MAGA – a Hebrew word meaning “contact combat”. Krav Maga is a Military Self Defense Martial art form that was developed by Israeli Army and is considered to be the most effective and practical form of Self Defense. Some key features for Krav Maga:

- Counter attacking as soon as possible (or attacking pre-emptively).
- Targeting the body's most vulnerable points.
- Maximum effectiveness and efficiency in order to neutralize the opponents as quickly as possible.
- Developing an awareness of the surroundings while dealing with the threat, look for escape routes or other attackers or objects/weapons to defend
- Understanding the Psychology of confrontation and potential threat.
- Like other martial arts such as Judo, Karate, Taekwondo etc. are form of sports but Krav Maga is pure self-defense art.

Dean Prof. A. K. Saxena in his welcome address pointed out that self defense is need of the hour. He revealed that he himself is Ex NCC Officer and has undergone three month NCC Pre-Commissioned training Course at Kamttee Nagpur and got commissioned as second Lieutenant at OTS .After guest speakers talk, Dr. Rizwana Atiq and Dr. Rizwana Atiq Mr. Noor Alam Khan successfully coordinated the entire workshop. Almost 200 students and faculty members actively participated and were awarded with participation certificates. The workshop was concluded with the vote of thanks given by Dr. Syed Shahid Mazhar, Head of the Department of Commerce & Business Management.

Photograph of Workshop

