

Department of Commerce and Business Management

Report on Krav Maga-Self Defense Workshop under Project Saksham

Department of Commerce & Business Management, Faculty of Commerce Management, Integral University has organized 'Krav Maga-Self Defense Workshop under Project Saksham' on April 29th, 2019 Monday in collaboration with Anvarat Foundation and Strike.

Anvarat Foundation is a non-profit organisation 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 Defence Martial art form that was developed by Israeli Army and is considered to be the most effective and practical form of Self Defence. 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 neutralise 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-defence art.

Dr. Rizwana Atiq has welcomed the guest. Prof A.K. Saxena, Dean, Faculty of Commerce & Management delivered the welcome address of the workshop. He pointed out that self defence is need of 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, Mr. Noor Alam Khan (Coordinator of Workshop), Dr Adeel Maqbool and trainers from strike briefed about workshop then trainers started training students. 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 Krav Maga-Self Defense Workshop

