

Workshop on “Self-Defence for Girl Students”

DATE: 16 September 2025

VENUE: Geeta Hall



The College Women Development Cell (C.W.D.C) of Bhavan’s Sheth R. A. College of Science, Ahmedabad, in collaboration with the SHE Team, Shahpur Police Station, organized a “**Self-Defence Workshop for Girl Students**” on 16th September 2025. The session was led by Self-Defence Coach **Mr. Amandeep Singh Gotra (International Champion and recipient of Prime Minister’s Award)** and Advocate **Ms Ruchika Kakkad (High Court of Gujarat)**. Mr. Gotra demonstrated practical techniques for defence against hair pulls, kicks, strikes, kidnapping, and gun threats, emphasizing simple and effective moves without weapons. Miss Kakkad highlighted important legal provisions under Bhartiye Nyay Sanhita.

The workshop was efficiently organized by Dr. Harsha C. Vagadiya, Convener of CWDC and Kajalba Khatabhai, in-charge of the SHE Team, Shahpur Police Station. The workshop was immensely empowering, and well-received by the principal, staff, and students.