



مولانا آزاد نیشنل اردو یونیورسٹی  
مौलانا आज़ाद नेशनल उर्दू यूनिवर्सिटी  
MAULANA AZAD NATIONAL  
URDU UNIVERSITY  
(Accredited Grade "A+" by NAAC)

COLLEGE OF TEACHER EDUCATION, BHOPAL

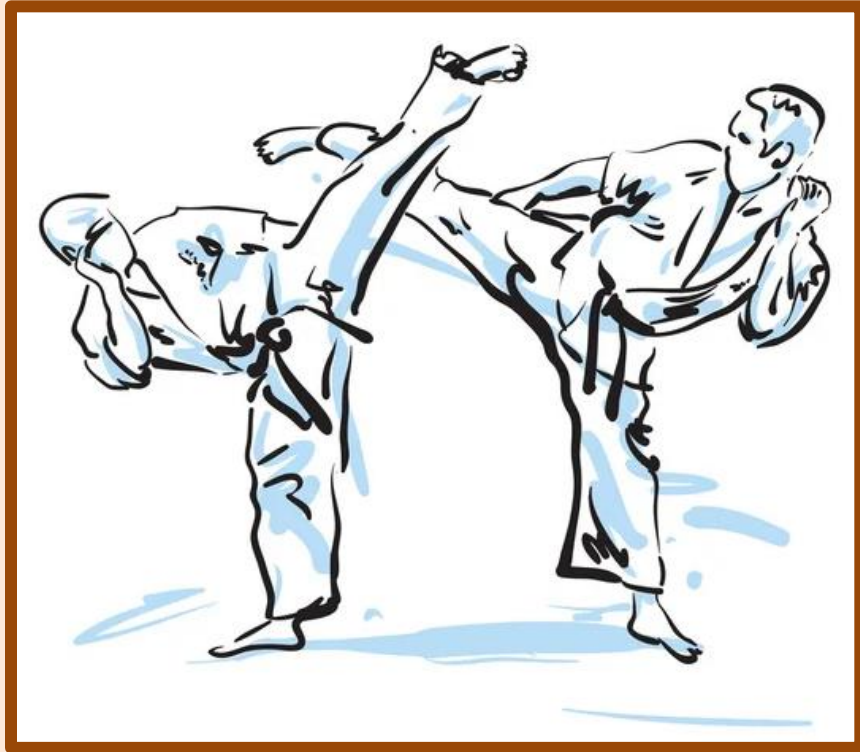
کارلج آف ٹیچر ایجوکیشن، بھوپال

**Workshop**

on

**Self-Defense**

6<sup>th</sup> & 7<sup>th</sup> June 2023



## Self Defense- Workshop

To make acquainted to the prospective teachers to the self-defense the College of Teacher Education Bhopal organized a self-defense (martial arts) training workshop on 06<sup>th</sup> to 07<sup>th</sup> June, 2023, in the multipurpose hall of the college campus.



The workshop was led by Mr. Shahadat Husain, a black belt 3<sup>rd</sup> Den Martial art and self-defense expert. Overall, it was an interactive and informative experience where the students were trained in various scenarios and techniques of self-defense.

Self-defense training is a life skill that particularly helps women gain a certain vigilant awareness of their surroundings, and thus be prepared for the unexpected at any time. Through the self-defense training, students are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.



The purpose of the workshop was to improve student's self-confidence, physical fitness and health, self-discipline, awareness about self and to improve focus with social skills.

Students began their training by learning some basic rules of the self-defense classes. They were made familiar with the attention position, formation of the fist for the punch, basic punch position,

and additional techniques to increase the power of the attack. Next in line was the introduction of basic and intermediate self-defense techniques, including punch position, neck and hand locks, other block attacks, elbow attack, hand gripes etc.



The workshop ended with a vote of thanks by the students for their wonderful experience and a vote of thanks by Faheem Mohd Khan, Faculty of Health and Physical Education CTE Bhopal

Convener

Co-convener

Written by

Designed by

Principal

Dr. T.F. Naqvi

Dr. Shabana A.

Mr. Faheem M Khan

Dr. Tarannum K

Prof. Noushad Husain