

SELF DEFENSE – NATURE’S ELDEST LAW



Self-defense session was organised at UKA TARSADIA UNIVERSITY on 14th August , 2018. The event was organised at the Yoga hall of “SHRIMAD RAJACHANDRA COLLEGE OF PHYSIOTHERAPY”. An expert , “Dr. HEENA RATHOD” was invited to teach self-defense techniques.



Girls and female-faculty members from all the departments of the University were gathered there. “TAEKWANDO” style defense was taught by the expert. The session initiated from 2:30PM to 3:30 PM. It was a very fruitful session. The expert was very kind and generous and made the girls mentally as well as physically strong.



Women cell (MPC)
Dr. Arti Gupta
Ms Jaimini Gandhi