

A Report on “One Day Workshop on Self Defence” (22.11.2024)

A “One Day Workshop on Self Defence” was organized in Center for Basic Sciences, Pt. Ravishankar Shukla University, Raipur on 22.11.2024 (Friday). This special lecture cum demonstration was delivered by Prof. Rajeev Chaudhary, Dean, Students Welfare, Pt. Ravishankar Shukla University. Dr. Bhanushree Gupta chaired the lecture in the presence of all distinguished faculty members of the center. Prof. Chaudhary was heartily welcomed by Dr. Laxmikant Chaware. Prof. Rajeev Chaudhary holds important positions in Pt. Ravishankar Shukla University like Professor, Department of Physical Education, Head of Department, School of Studies in Law, Dean, Student’s Welfare and Dean, Faculty of Physical Education. He is a man with a humble personality.

It is important nowadays to prepare oneself for any unforeseen circumstances. Thus, the faculties at Center for Basic Sciences decided to invite Prof. Chaudhary for the special program. The session was organized to make students aware of the tricks and techniques that can be applied when caught in a hostile situation. Prof. Chaudhary discussed the importance of “not panicking” and “keeping calm” in adverse conditions. He explained how ten important defence and offence techniques could be practiced and applied by students to get out safely when attacked by a miscreant. Students of the center actively participated in the demonstration and practiced the skills. Prof. Chaudhary urged the students to be confident and handle such situations calmly.

Prof. Rajeev Chaudhary was felicitated with a token of gratitude by the faculty members of Center for Basic Sciences for sparing some time from his busy schedule and honouring their invitation.



Conduction of workshop and welcome of resource person, Prof. Rajeev Chaudhary.



Demonstration of self defence techniques to students by Prof. Rajeev Chaudhary.



Felicitation of Prof. Rajeev Chaudhary by faculty members of Center for Basic Sciences.