



**PARUL UNIVERSITY**  
WAGHODIA, VADODARA

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## Activity Report

INSTITUTE	Parul Institute of Ayurved		
DEPARTMENT	NSS Unit		
ACTIVITY TYPE	SPARSH: EkSamvad-Self Defence Techniques		
DATE	28-01-2020	Duration	01 Day
SEMESTER	NA	No. of Professors	NA
EXPERT NAME WITH DESIGNATION	Mrs.NutanGaekwarUmartkar		
NAME OF ORGANIZATION	ParulUniversity		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	DrRakeshkumarParmar		
FACULTY CONTACT DETAILS	NA		
SPONSORING AUTHORITY	NA	Sponsorship amount:	-NA-

**Activity Details: “SPARSH: EkSamvad”-Self Defence Techniques- a one day seminar at Parul University.**

### Details about the activity:

On 28-01-2020, Parul University conducted a seminar called “SPARSH- EkSamvad” which was addressed by Mrs.NutanGaekwarUmartkar(kanak Foundation NGO-Councillor,corporate Trainer).

The seminar was about as the title suggests “sparsh” which means touch and “EkSamvad” which refers to a type of communication. The female students and faculties of parul university were enlightened and educated on how one can differentiate a good touch from a bad touch. This was demonstrated by Nutan Madam and a few of our female volunteers. The following points were covered in the seminar in great details.

1. Self-defense techniques in order to safeguard ourselves, which included ways in which we must protect and take care of ourselves first in order to help others.
2. The term “Modernization”, as to how it isn’t achieved or shown from how a person dresses or speaks but how someone thinks and acts. Modernization comes from intellect. It’s a reflection of how well educated you are both emotionally and mentally.
3. A woman should be proud to be a woman. Being a female should not be seen as a burden or a bane rather it should be cherished and celebrated.
4. The need to be physically fit which can ultimately result into being alert and well aware at all times.
5. We should never ask for respect rather we should work and carry ourselves in such way that people have no choice but to respect us.one should gain respect instead of begging for it.

The session further proceeded by madam along with the volunteers demonstrating various ways and tricks which can be used by women to defend themselves in unlikely and dangerous situations. The women can range from child studying in school to mothers living and working at home. The situation included ranged from getting ill treated during a bus ride to mis-behavior a work spaces.

The session was concluded by a question answer interaction where many queries and doubts were clarified by madam. We were then proceeded to take an oath where we promised to be fearless and fearless and always do what is best for ourselves.



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**Outcome:**

The session was an interactive one wherein the students and the faculty learned the various skills of self-defense and also gained confidence regarding their selves in the interaction with madam.

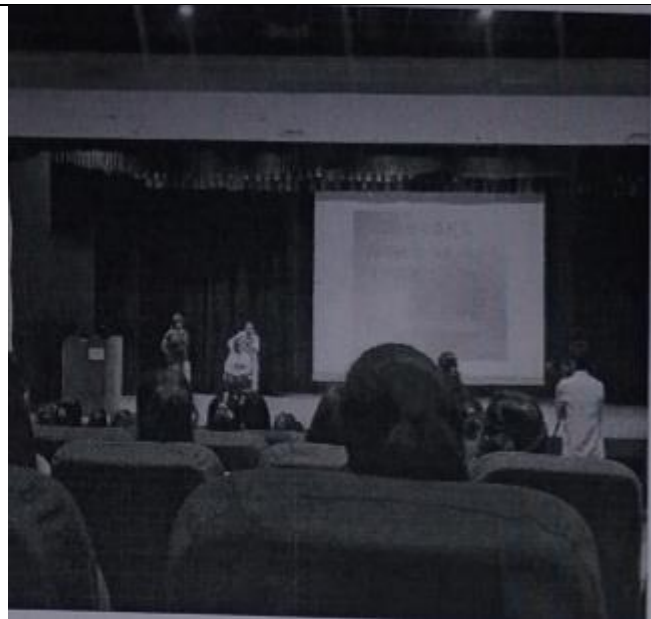


photo of the event

