

# GUJARAT COMMERCE COLLEGE, AHMEDABAD CWDC

## KARATE TRAINING WORKSHOP REPORT

12<sup>th</sup> to 18<sup>th</sup> March, 2015

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22<sup>nd</sup> March, 2015

Under “CWDC”, Gujarat Commerce College (M) conducted workshop of Karate for 7 days from 12<sup>th</sup> to 18<sup>th</sup> March, 2015 for teaching self defense techniques to girls of the college. The opening ceremony was organized in Tally lab on 12<sup>th</sup> March, 2015 at 9:00 a.m. The chief guest of the ceremony was Dr Jyotsna Patel, Prin, Govt Commerce College, Kubernagar , guest of honour Prin Dr P R Patel & Admin Prin Prof Mita Trivedi and the Martial Arts instructor Rushiraj Jaisval. It began with the prayer and was followed by speech of chief guest and guest of honour. Martial Arts instructor, Rushiraj Jaisval gave his introduction, showed one of his prior performance video and performed some of the martial arts techniques to excite and convince the students about the importance of martial arts.





35 girls of the college participated in the workshop. All of them filled the registration form for participation. No fees were charged for the training. From 13<sup>th</sup> March, 2015 to 18<sup>th</sup> March, 2015, the girls were given practical training by their instructor in Sports Room from 8:30 to 10:30 a.m. On 18<sup>th</sup> march, 2015, students were given the feedback forms to give their feedback.





The closing ceremony of the workshop was organized in Tally Lab at 10:00 a.m. It started with prayer, followed by Principal, Prof Mita Trivedi's speech and students performance. The Chief instructor, Rushiraj Jaishval, Black Belt also gave performance and showed 2 video clippings to inspire the students to fight their fear. Chief instructor, Rushiraj Jaishval was given a gratitude letter for sparing time for the college girls. Students were also given certificate of participation as appreciation. It was concluded by VOTE OF THANKS by Prof Sheela Badani.







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