

SELF DEFENCE- ONE WEEK PROGRAM

Self-defence, especially for women, is of utmost importance in the kind of the world we live in today. On account of countless issues of eve-teasing, importance of learning self defence skills for women is felt. Today girl is ahead in all field, and moving far ahead in education. We, ROFEL PHARMACY PARIVAR, serving into educational arena have girls as students in maxima. Thus, a self defence week was celebrated between 5th and 11th of December, 2016 with an aim of making our girls learn self defence techniques under the guidance of Mr. Hardik Joshi, Person in Chief, RAIU DO ISSNINRYU KARATE, Vapi. Training of different skills of self defence was given to our students. Along with karate training, exercise and yoga session was also executed. Students were also given certificates on completion of training.

