

A REPORT ON INAUGURATION OF WOMEN'S CELL FOR THE YEAR 2014-15 AND WORKSHOP ON SELF DEFENSE

The Women's Cell of Jain University, School of Graduate Studies, J C Road work towards creating awareness on women's issues in the modern day society through various activities like talks, workshops, competitions for students and faculty members, peace marches and celebration of International women's day and so on.

The activities for the academic year were inaugurated on 25 July 2014. A formal logo and a name were given to the cell. The cell from now on would carry out all its activities under the name - **"VASUDHA"**.

The Chief Guest for the occasion was Dr. B T Venkatesh, Controller of Examinations, Jain University. The event was graced by Dr. R Shanti Iyer, Centre Head, SGS, Dr. Rajani Jayaram, Dean, Student Welfare, Jain University, Dr. Suma V Rao, Vice Principal, Jain College, J C Road, heads of all departments of degree and faculty members.

During the occasion, events like quiz on women achievers and a "SELF DEFENSE" workshop was organised for the students. The workshop was conducted by the group WAKAYAMA under the able guidance of SENSEI MATHEWS P.RAJ, a master in KARATE. A one and a half hour demonstration of moves in self-defense was presented by a team of 20 members from the Karate academy. The team also demonstrated fitness exercises and other moves in karate to keep the body and minds of youth fit.

Glimpse of the workshop:



Demonstration of karate moves by Wakayama team



Sensei Mathews P.Raj demonstrating a self- defense moves



Students & Faculty members present during the event