



Late Shri. Vishnu Waman Thakur Charitable Trust's

**VIVA Institute of Technology**

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## Department of Computer Engineering

<b>Topic Name:</b>	<b>Basic Self Defense Technique</b>
<b>Name of the Guest Speaker:</b>	<b>Mr. Ankit Bhoir</b>
<b>Designation:</b>	<b>Martials art expert</b>
<b>Organization/Institution:</b>	<b>VIVA Institute of Technology</b>
<b>Date:</b>	<b>7th March, 2024.</b>
<b>Time:</b>	<b>10:00am to 11:am</b>

### Programme Summary/Details:

The Department of Computer has successfully organized a seminar regarding the Basic Self Defense Technique at VIVA Institute of Technology. The seminar was conducted by “Ankit Bhoir”. Since his school days, he has been a martial arts champion, holding a prestigious black belt and clinching victory in the 2012 Boxing Vasai-Virar Kalakreeda championship. He believes that the first line of defense is awareness. Through various drills and activities, he has instilled confidence in the women of the computer department, affirming their self-sufficiency in self-defense. He covered recent cases of attacks on women, enlightening the students on how to both avoid and counter such incidents. With the self-defense techniques imparted by Mr. Ankit Bhoir, women of the computer science department are now well-equipped to defend themselves.

