



Report on Self-Defense Workshop

Date: 28th Feb, 2025

Venue: Quadrangle, RVIM, Bangalore.

Time: 10.30 AM - 12.30 PM

Event : Workshop

No. of Participants: 150

**Event Coordinators:
Dr.Sumera Aluru & Dr.Rashmi Shetty**

Overview of the Event:

Shihan Satvik M Rao had briefed the students about the essential mindset an individual must possess to protect oneself in an unfavourable situation. He also drew the point home that flight is better at times than fight. Avoidance and escaping are not to be considered as negative options when one is in a dangerous situation. Mr.Satvik also briefed the participants about the physical weak points of even the physically strongest persons. He demonstrated a few escape and a few more defence techniques for both boys and girls when they encounter a difficult situation. He also conducted a practice session for eight defence techniques.

Event Details

The event started at 10.30 AM with an introductory speech by Dr. Sumera Aluru. An engaging session by Shihan Satvik M Rao for thirty minutes where he briefed about the physical anatomy of humans and how physical weakness need not stop us from self-defence. After the briefing, he demonstrated how it is possible to defend ourselves with a few easy techniques. For one hour, he had all the participants practice the self-defense techniques, enabling them to develop the confidence to apply these techniques in daily life.

Following the session, Dr. Anupama Malagi delivered a vote of thanks and also handed over the token of appreciation to the resource person.

Outcome of the Event:

The self-defense workshop led by Shihan Satvik M Rao yielded significant positive outcomes for all participants, fundamentally transforming their understanding of personal safety and self-protection. Students gained valuable insights into the strategic mindset required for dangerous situations, learning that choosing to flee or avoid confrontation can often be the wisest course of action rather than a sign of weakness. Through the demonstration of human anatomical vulnerabilities, participants discovered



that physical size and strength are not insurmountable barriers to effective self-defense. The hour-long practical training session proved particularly impactful, as students actively practiced eight distinct defense techniques under expert guidance, moving from theoretical knowledge to hands-on application. This experiential learning approach helped demystify self-defense and made the techniques accessible to individuals regardless of their physical capabilities.

Beyond the technical skills acquired, the workshop succeeded in instilling a sense of confidence and empowerment among participants that extends well into their daily lives. By practicing real-world defense and escape techniques tailored for both male and female students, attendees developed the psychological preparedness necessary to respond effectively in threatening situations. The emphasis on recognizing weak points in potential attackers, combined with repeated practice of defensive maneuvers, equipped students with practical tools they can rely upon when faced with unfavorable circumstances. The comprehensive nature of the session, which balanced mental preparedness with physical technique development, ensured that participants left the workshop not only with enhanced self-defense capabilities but also with a more nuanced understanding of personal safety strategies that prioritize their wellbeing and survival above all else.



RESOURCE PERSON PROFILE



SHIHAN SATVIK M RAO

COACH'S PROFILE

Satvik.M.Rao is a Karate Coach. He is a Joint Secretary in World Union of Martial Art Federation, Athlete commission Member appointed by National Federation for India Karate Association of India, Treasurer Karnataka State Karate Association, President of Karate Association of Bangalore South, President of Hapkido Association of Bangalore South. He is an ex-Sports commission member - Karate India Organization. He is one amongst the 7 people in India to hold this position. He is a National Referee. He is an International Hapkido Black belt. He is also a Hapkido National Judge. He started Karate at the age of 3 and has been in the field of karate for 28 years now. He has his 5th DAN Black Belt from USA, Karate Association of India and Karate India Organisation. He has represented and Won Gold and Bronze for India in Malaysia Open and Sri Lanka Open and has even won in many International, National, State, District and Taluk level Tournaments.

He is presently the Technical Director and Chief Examiner for Champion's Shotokan Karate Indian Association. He at present has 20+ Branches across Karnataka. His students have already won many National & International Tournaments.

"If you change your Thinking style, you can change your Life Style"

"Life is precious learn to protect them"

PHOTO GALLERY



Figure 1 & 2 Shihan Satvik M Rao-Demonstrating Self-Defence Techniques



Figure 3 Students Practicing Techniques



Figure 4. Student Interaction with Shihan

Event Coordinator



RV Institute of Management®

CA 17, 36th Cross Rd, 26th Main, 4th T Block East,
Jayanagar, Bengaluru - 560041, Karnataka, India

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to Bengaluru City
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contact.rvim@rvei.edu.in
www.rvim.edu.in
Tel: 080 42540300
080 26547048



Event Coordinator/s



Dr. Purushottam Bung,
Professor and Director,
RV Institute of Management,
Bangalore- 560041.