

Shri Bhagawan Mahaveer Jain Evening College  
Women's Day Celebrations and Self Defense Workshop

Report

Shri Bhagawan Mahaveer Jain Evening College believes in providing students with a learning experience equipping them with all the necessary skills required in life. On March 8<sup>th</sup> 2022, Women's Day the college in association with NSS and Jain Student Council organized a Self Defense Workshop for students. The event was conducted in the quadrangle and the instructor was Eshwar Prathap, A fitness trainer and a nutritionist who help people in achieving their fitness goals.

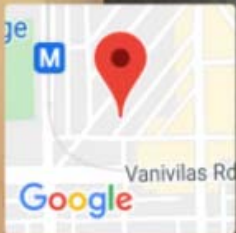
Students were excited to be a part of this event and there was a participation of a lot of students. The event was a grand success and students took up the basic self-defense techniques which could be of use to them at a time of crisis. Women's day celebrations were also held after the workshop in the seminar hall in which students and faculties participated.





**Bengaluru, Karnataka, India**  
89, MN Krishna Rao Rd, Visvesvarapuram, Sudhama Nagar, Bengaluru,  
Karnataka 560004, India  
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Long 77.575176°  
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GPS Map Camera



**Bengaluru, Karnataka, India**  
115, Vishweshwarapura, Sudhama Nagar, Bengaluru, Karnataka 560004, India  
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Long 77.575182°  
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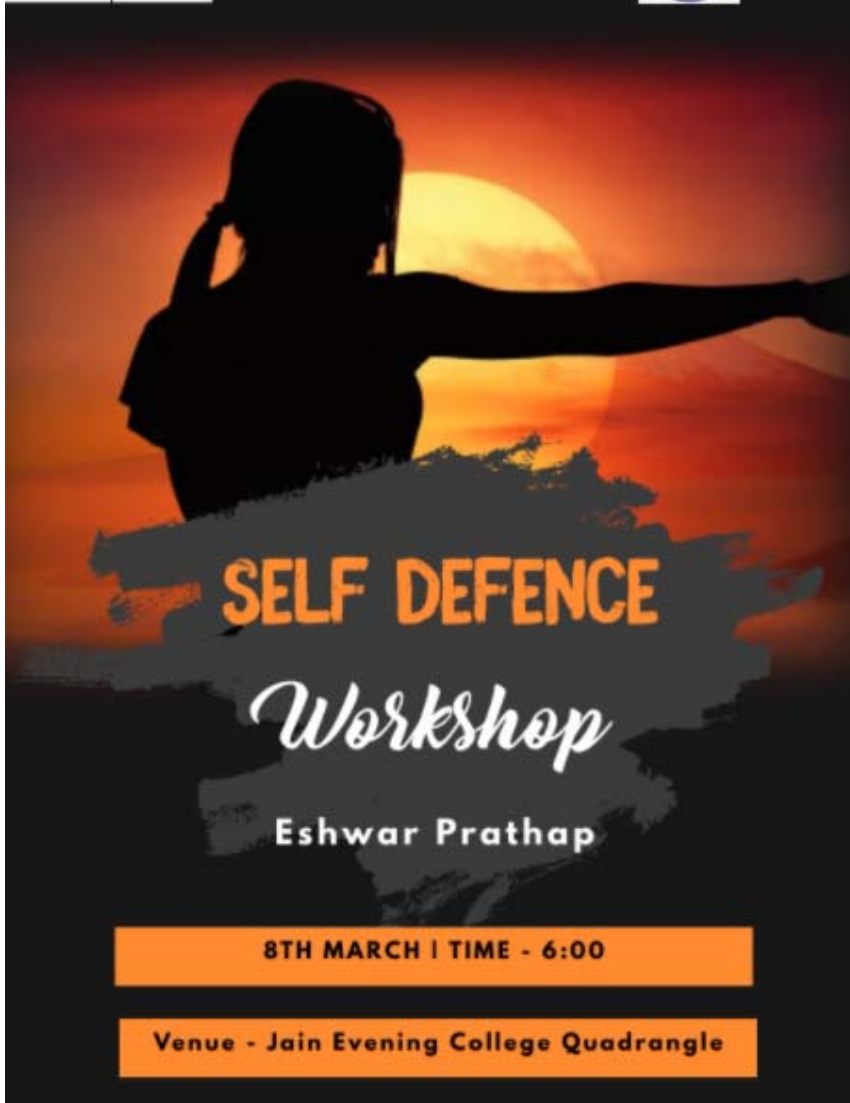
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**Bengaluru, Karnataka, India**  
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Karnataka 560004, India  
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Sri Bhagwan Mahaveer Jain Evening College  
(Affiliated to Bangalore City University)



# SELF DEFENCE

## *Workshop*

Eshwar Prathap

8TH MARCH | TIME - 6:00

Venue - Jain Evening College Quadrangle