

Event Report – 02nd February, 2020 (2pm to 6pm)

Breeze Charitable Trust organized “**Breeze For Women – A self-defence workshop**” which was held at St. Mary’s High School, Chakki Naka, Kalyan from 2pm to 6pm. The workshop included a guest talk by Mr. Avirat Shete, Director, Shete’s Institute of Academics Pvt. Ltd. This was followed by a physical session which was conducted by Mitsuya Kai Hayashi Ha Shito Ryu Karate India and Shotokan Karate India Association led by Sensei Anup Nair and Sensei Vinod Kumar Verma, respectively. Later, we had with us Inspector Madhukar Bhoge (Crime Branch), Kolsewadi Police Station, Kalyan.

The event started at 2pm with the host addressing and welcoming all the guests. Soon, it was Mr. Avirat Shete on the mic. His words and thoughts were very powerful. It electrified the entire atmosphere and set up the tone for the rest of the event. His 40-min talk included various aspects of women safety. He also spelled out a mnemonic for **SAFETY** which read **S**tay alert, **A**ssess the situation, be **F**earless, **E**ducation is the key, **T**rust your guts, **Y**ou’re not alone, respectively. The crowd was over joyed and pumped up for the physical session.

Up next was the physical training part. Sensei Anup Nair and Sensei Vinod Kumar Verma led the session with their entire team amongst the women to make sure they do it right. They taught basic tricks of how to defend oneself in a situation, this scary. The coordination the team displayed was beautiful to witness. Women enjoyed it and were high on self-confidence.

The final part witnessed Inspector Madhukar Bhoge (Crime Branch), Kolsewadi Police Station, Kalyan to the event. He shared critical details about how these situations can be prevented. He explained the mindset of a criminal who commits such crimes. He has urged women to stay alert and aware and not travel alone at night on roads with less vehicles on.

Finally, certificates of appreciation for participation was distributed to everyone present for the event. Refreshments were distributed and the event was wrapped up with an impact on the society.