Self Defense training session under the program
“SURAKSHASETU”

A very successful training session on defence was taken by Shri Rushiraj Jiaswal on 22nd February, 2014, for the upliftment of the girls of our institute.

First of all talking about the dignitary, Sensei Rushiraj is the Founder and President of Rushiraj Karate-Kunfu Federation. He has been in the field of fitness and self-defense for the last 20 years and has successfully trained thousand of students.

He has done Graduation in commerce stream from Gujarat University. Sensei Rushiraj has done bachelor of physical education (B. P. ed) degree course from S. P. University, V. V. Nagar.

Sensei Rushiraj trained himself in soft fitness styles like Yoga, Pranayam. He also provides Special training of Meditation and Lectures on Stress free life.

He has undergone training of many Martial- Arts and fighting styles including, Kunfu Taekwondo, Karate, Judo and achieved the rank of Blackbelt in following Martial- Arts,

- Gujo-Ryu Martial Art 1st Dan Blackbelt
- Ashite do Martial Art 2nd Dan Blackbelt
- Matsubayashi Shito-Ryo 3rd Dan Blackbelt
His mission is to create an atmosphere of self discovery and personal RKKF which increases physical fitness & self defense skill, encourages the foundation of high personal standards and empowers students with control over self(body, mind and spirit) thus enabling them to live a happier and more successful life. They place a strong emphasis on discipline and respect for kids, stress relief and fitness for adults and a fun place for the entire family to train together, They look forward to serving you.

Every forms of Martial-art are great in its sense(on its way). When you study any art deeply you will realize that the base of any art and the final destination is same. It like a mountain which you start to climb from any side the final apex you will reach is one. Martial-art teaches you self defence in critical situation of life where your life is in danger or when there is no one to help you. The person who is aware of Martial art can defeat his enemies alone. By practicing Martial art you can help your self, your family and your friends from difficulties of life.

We invited Shri Rushiraj Jaiswal in our institute for his guidance to all the girl students as well as the female faculties of our college for facing undesirable circumstances.

Honoring our invite Shri Rushiraj Jaiswal held a session on 22nd february 2014, Saturday at 1.00 P.M. in Millenium Hall with some of his assistances and large number of participants.

First of all he introduced himself as well as his team and his work. He showed his team video where Rushiraj martialarts students were selected for Entertainment Ke Liye Kuchh Bhi Karega (EkLKBK) & they did a great work. He said that Martial- Arts was the discovery of indian saints.
In martial Arts we need to avoid fight as much as possible, what one should be trying is to stay alert martial art does not teach us how to fight but guides us how to avoid fight. It is like fight without fighting what Bruce lee said. To produce power is a difficult task but to control that power and its proper utilization is very difficult and important task.Martial art teaches us to stay away from fight as much as possible.

Everyone conquer power, stength and extra ordinary abilities,but it's in hidden form like there is butter in milk, fire in wood but you can't see without application of proper technique, guidance and hand work.But Man is mostly unaware of this fact, The Martial art is like boat and Master is like a captain, you only require to seat in this boat.As we know that everyone require living master to learn any art,without master you cant reach to root of any matter.Yamaguchi,Bruce lee etc. all were great Masters but today they cant train you.So one should start a journey in searching of real Master.Nature will support you in searching of MASTER if you have real appetite to learn Martial art.

The real enemy lies within you, just over come there and find external enemy is very easy to defeat. A martial Art teaches you how to protect your self from your inner enemy like bad habits,tensions, addiction to alcohol, drugs, jealousy, anger, last greediness, egoism etc. These enemies are responsible for destorying a man. The man who overcome these enimies is a fighter in real sense. This fight is not about fight of one hour or two hour but it continues for 24 hours.

The one who is able to win this battle, nature stays with him. A man can fight and win any battle if he has nature besides him.

He taught some of the handy techniques for self defence, listing them below

- Eye attack
- Nose attack
- Crushing down the fingers
- Hitting on back side of the brain
- Hitting on neck
- Centre point
- Slaping beneath the ears

He taught about how to use all these techniques & how to practice them so that it can have desirable effect on the culprit.
He also taught how to rescue our self when we are caught by the culprits.

- How to escape when our one hand is locked by the enemy – we should always try to give a jerk towards the thumb rather than the fingers.
- How to escape when our one hand is locked by the enemy’s two hand – we should use second hand to unlock the grip using lever techniques.
- How to escape when the enemy grabs hairs – we should try to hit him using our head or should turn back to hit at the centre point
- How to escape when enemy holds tightly around the waist – we should try to hit him using elbows or heels.
He taught many more other techniques to defend ourself whenever we are caught under undesirable circumstances.

All the above steps were taught by him practically and he also asked the students to try them at that moment only.

All this time he said one thing that the best way to be safe is to hit and run, not to be a hero and hit again and again till he is dead.

He said "TALWAR KI DHAR SE BACHNA HO TO HAMESHA DHAL AAGE KARNI CHAHİYE NA KI TALWAR"

After this he also talked about how to avoid getting into such circumstances.

He said:

- Soft spoken - to be always polite to other people while talking to them.
- Maintain discipline - We should always maintain discipline with our colleagues, Family members and strangers. We should act according to our stand and our self respect.
- Dressing sense - he said a girl should dress appropriately to avoid cases.
- Love - He said Love is the greatest strength of anyone in this world. Every work should be done with utmost love.
- Behaviour - he said we should behave according to the situation. Strict behaviour helps us to maintain discipline as well as keep us safe.
- Respect - we should respect ourself and others and not tell anything harsh which can invoke others to take revenge.
- Parents involvement - we should involve our parents in our every work we do and share everything we do, which can help us when we are in some trouble. Parents should know everything about us.
- Body fitness - To protect ourself we need to run sobe P T Usha. It means we should remain active and fit. We should do exercise regularly and keep ourself fit.
- Full Diet - to be healthy it is needed to have complete diet “Sampurn Aahar” to keep ourself healthy. We should eat everything but in a limited quantity.

All the above points were explained by the dignitary using examples of our day to day life which helped us to understand our surrounding world and our situation in today’s time.

Finally he talked to us about “POLICE HEART” - “POLICE HELP EMERGENCY ALERT RESCUE TERMINAL”

- 1091 is the toll free number which works for the safety of the women.
- www.policeheart.com is the website where girls can register themselves online to get help from POLICE HEART.
Using this registration Ahmedabad Mahila Police Station can have the details of a girl’s family member, and if a girl is in some problem she can dial up 1091 can demand for urgent help within 10 minutes.

Whenever a girl dials 1091 the police contacts the family member of the girl and find out the exact location of the girl in the tracked area.

This service provided by the Government of Gujarat is commendable and we all should take advantage of the same.

In the seminar conducted by shri Rushiraj jaiswal he also helped our institute girls to register themselves under this program, a great effort by him.

Shri Rushiraj jaiswal is the official partner of Police Kacheri for training girls for their “SURAKSHA”.