

WORLD DAY FOR SAFETY AND HEALTH AT WORK



28/04/2026



6.30pm-8.00pm



Zanshin Academy,
near Pathadipalam
metro station

WingChun
self defense
techniques



ida

INDIAN DENTAL ASSOCIATION

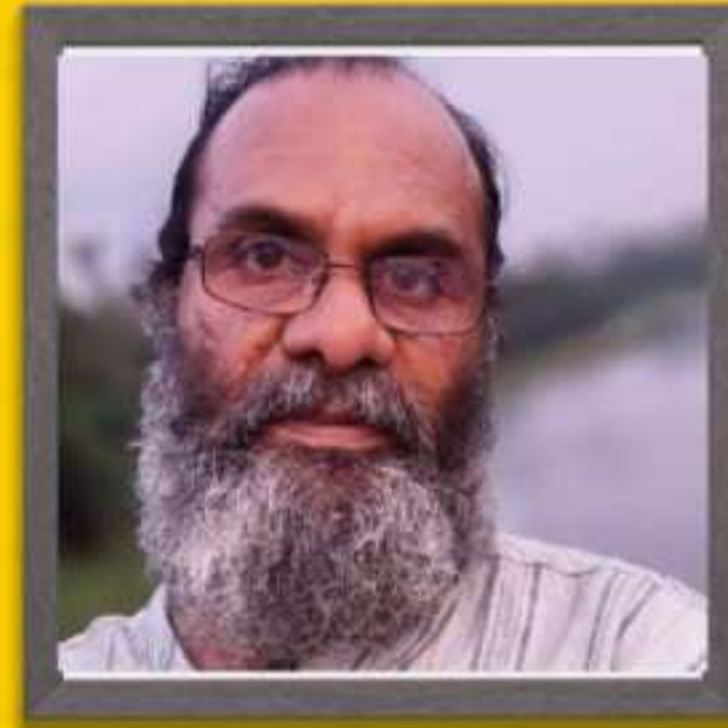
KOCHI BRANCH



wdc

Women's Dental Council
IDA KERALA STATE BRANCH

"LEARN SELF DEFENSE- BECAUSE
EVERY WOMAN DESERVES TO
FEEL SAFE"



Mr. Dominic Ralph

Director, Zanshin Academy of Martial Arts
Trainer : Karate, Wing Chun Kungfu, Aikido,
Yoga, Tai chi & Qigong



Dr. Anita Mani, MRCOG
IVF Specialist & Sexologist,
Director GIFT IVF Centre

President : Dr.Meera Gopalakrishnan

Hon.Secretary : Dr.Vivek Narayan

Hon.Treasurer : Dr.Subramaniam R

WDC Representatives:

Dr.Parvathy T. Ajai

Dr.Lakshmipriya J