



**Date: 27/09/2018**

**Self-Defence Training Session for Girls organized by Women Cell**

<b>Date, Time &amp; Place of Event:</b>	27 <sup>th</sup> September, 2018, Thursday, 9:15 am to 11:15 am Physiotherapy Yoga Hall, UTU	<b>Reporter's Name and Contact Details:</b>	1) Priyanka Agrawal, BVPIC Email: priyanka.agrawal@utu.ac.in 2) Vaishali Pillai, BVPIM Email: vaishali.pillai@utu.ac.in
---	--	---	--

<b>Name and Type of Event</b>	<b>Main Event:</b> Self-Defense Training Session for Girls <b>Organized by:</b> Women Cell, UTU
<b>No. of Participants</b>	120+ (Undergraduate and Post Graduate Students)
<b>Expert Name</b>	Satya Dave, Global Martial Arts Academy and his team Mob. No.: 9376309900, Email: satya_deepal@yahoo.co.in

**Event Objectives**

- To equip girls with some defence skills so that they can avert any kind of untoward situation at least at the first instance.
- To empower women making them enable to defend against any type of physical assault.
- To build self-confidence so that they can contribute meaningfully to self-development and capacity enhancement through self-defence training.

**Conduct of Event**

To boost up the self-confidence among women and to make them prepare for a fight-back, a 2-hour women self-defence training session was organised by **Women Cell** of UTU.

The experts who conducted the session were martial arts black belt holders. They taught the participants about self defense mechanism such as:

- Awareness about various women rights and legal provisions and relief available to women.
- Awareness about sensing attack and danger.
- How to apply presence of mind and measures to avert the impending danger.
- At least 15 rudimentary skills of self-defence comprising of Karate-Judo, kick boxing, flexible body movement and some other physical skills.

- Handling incidents like eve teasing /stalking at various places including public transport to defend themselves from the goons.

One of the uniqueness of the session was that it allowed participants to practice full force self-defence on actual people so that the participants experience what a real life situation is like, and learn that they have the strength to fight back.

The session was designed to make the participants more aware, prepared, and ready for any situation that may occur in their everyday life on any day, which would prove to be helpful for them.

### Glimpses

