



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Workshop on Self Defence Training

Name of the Event	Workshop on Self Defence Training
Nature of the Event	Training
Objectives	To enhance awareness about personal safety and self-defence techniques among women. To equip participants with practical self-defense skills to protect themselves in threatening situations. To promote confidence and self-esteem among women.
Resource person	Ajmal Khan B, Centre for Physical Education, University of Calicut & Department of Economics
Date and Time	12/06/2021
Duration	One Day
Beneficiaries	73 Students of Various departments
Venue or Platform	Online -Google meet
Organising dept/ Cell	Department of Economics
Coordinator	Mrs. Rashmi K P
Outcome/ Benefit of the programme	Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds

Detailed report of the Programme

On the 12th of June, 2021, a programme focusing on personal safety and empowerment took place in the form of a "Workshop on Self Defense Training." This training session, organized by the Department of Economics, was conducted online via Google Meet, targeting the students from various departments. The workshop was primarily aimed at enhancing awareness about personal safety and self-defense techniques, specifically among women.

The workshop's objectives were multifaceted. Firstly, it aimed to equip



participants with practical self-defense skills, enabling them to protect themselves in potentially threatening situations. Secondly, the workshop was designed to promote confidence and self-esteem among the women attendees, empowering them to feel more secure in their daily lives. These objectives were not only about physical training but also about fostering a sense of empowerment and self-reliance.

Ajmal Khan B from the Centre for Physical Education at the University of Calicut, in collaboration with the Department of Economics, led this one-day intensive training session. His expertise and experience in self-defense techniques provided invaluable guidance to the participants. The workshop was adeptly coordinated by Mrs. Rashmi K P, ensuring its smooth execution and widespread participation. 73 students from various departments participated in the training programme.

The outcome of this workshop was exceptionally positive. The participants were introduced to and trained in fundamental self-defense moves, including various strikes, blocks, kicks, and techniques for escaping common grabs and holds. These practical skills imparted to the students were aimed not just at physical defense but also at building a sense of self-confidence and awareness about their surroundings. The workshop's success was evident in the enhanced sense of security and empowerment felt by the attendees, reflecting the importance and necessity of such training in today's world. This event highlighted the crucial role educational institutions can play in not only educating their students academically but also preparing them for real-world challenges.



Brochure of the Programme

SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

DEPARTMENT OF ECONOMICS


ORGANIZES
A WORKSHOP ON **SELF DEFENCE TRAINING**

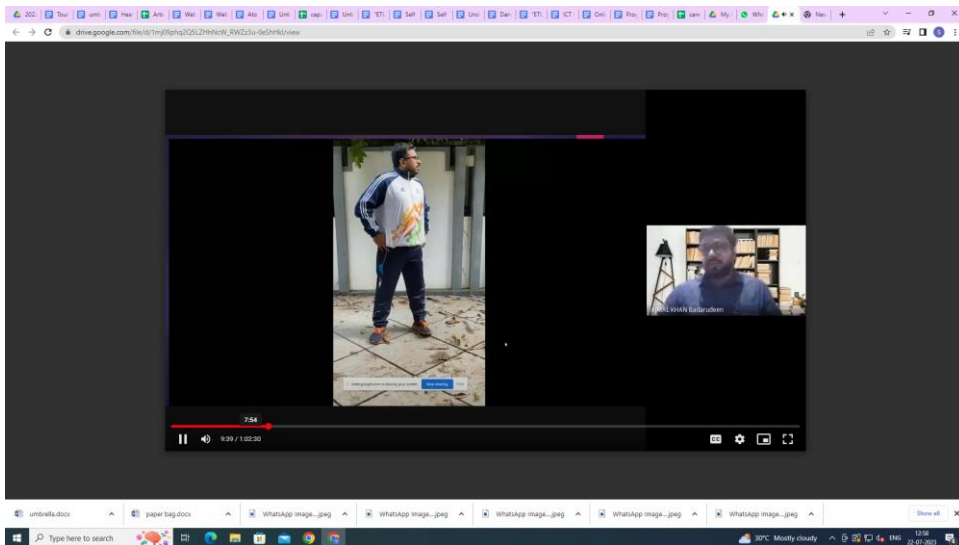
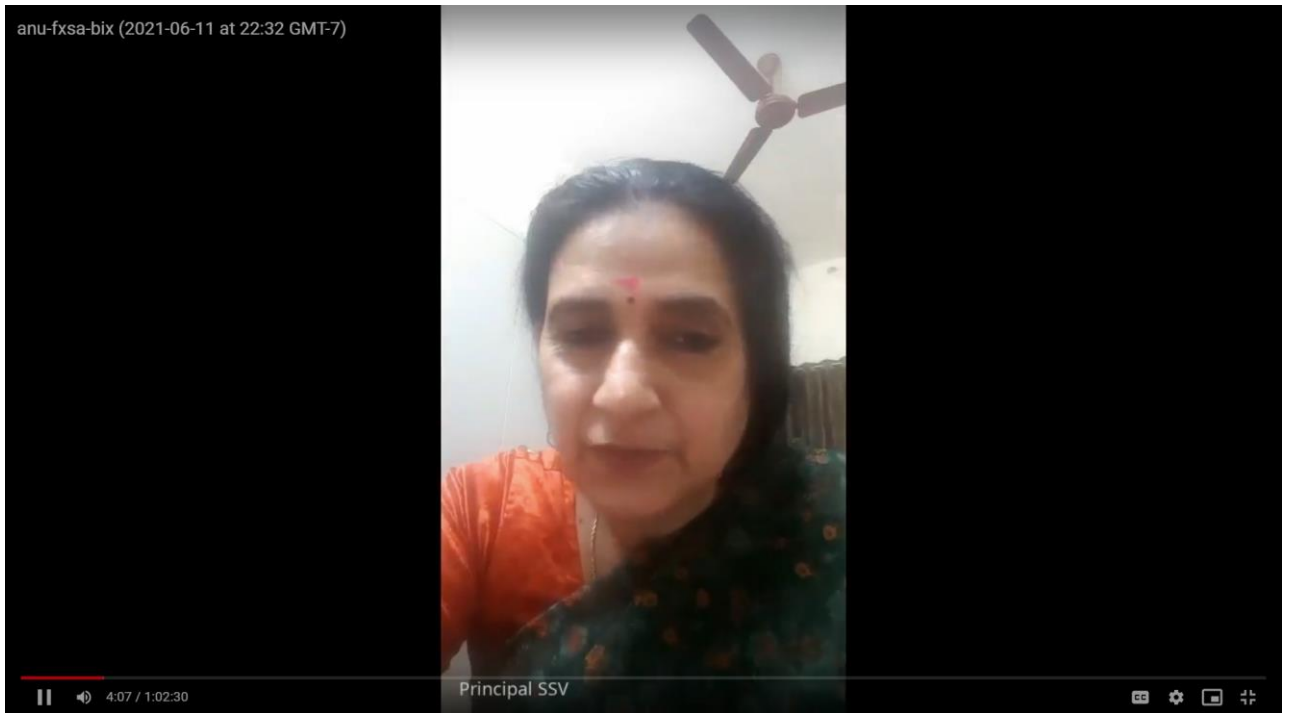
RESOURCE PERSON
AJMAL KHAN B
Asst. Professor,
Centre for Physical Education,
University of Calicut.
Asian Taekwondo Coach , (WT Asia. ATU)
National Referee Taekwondo,
G1 Taekwondo International Player,

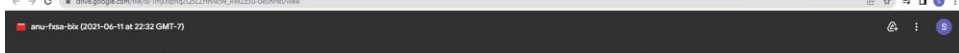
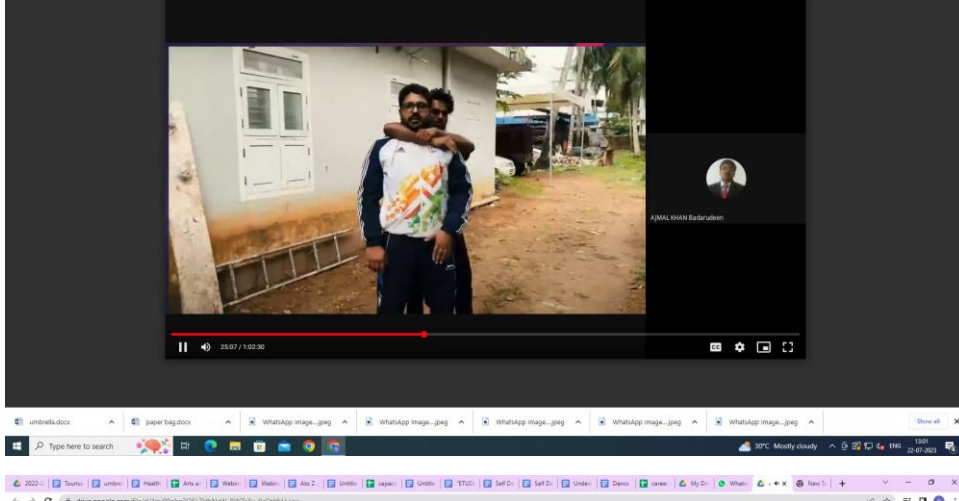
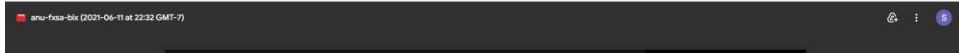
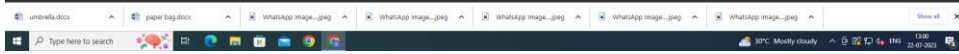
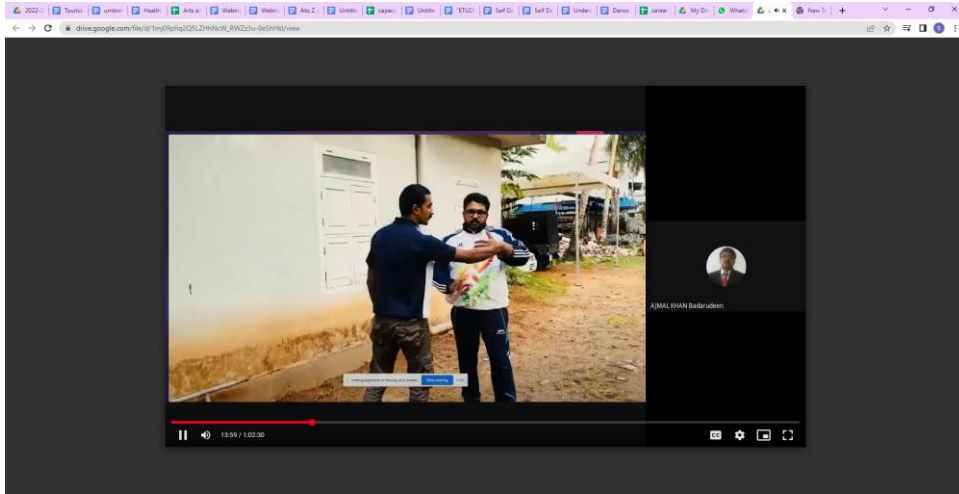
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TIME **11.00 A M**

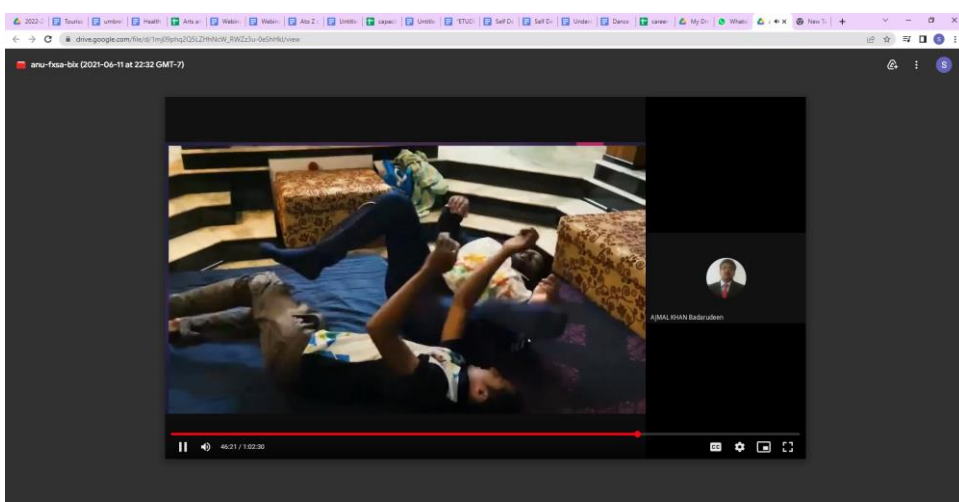
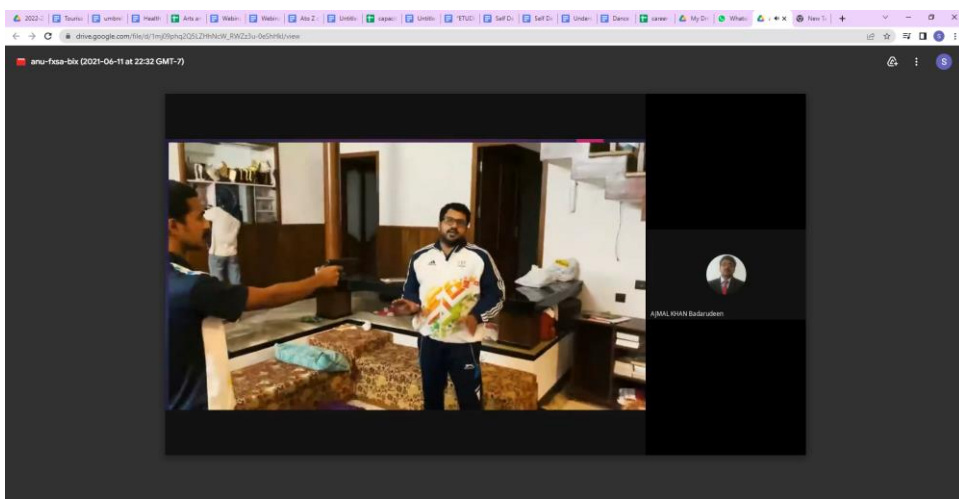
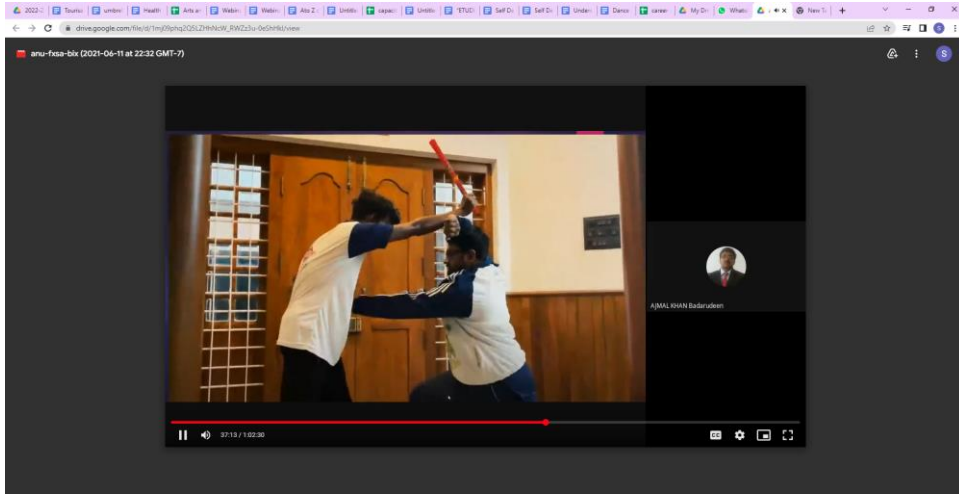
RASHMI K P
Programme Coordinator

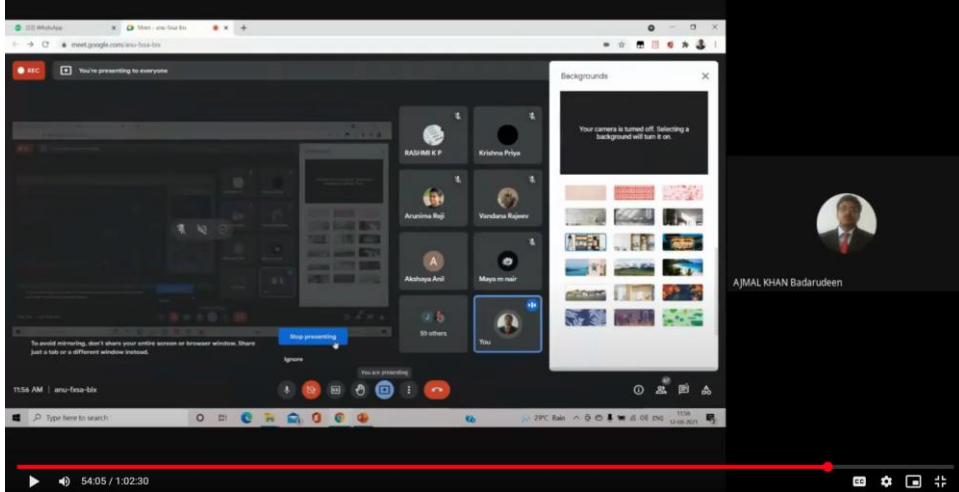
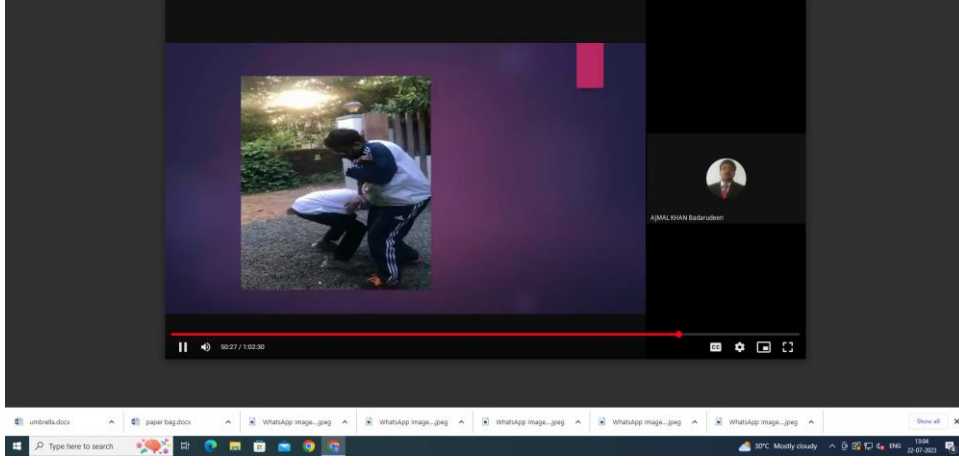
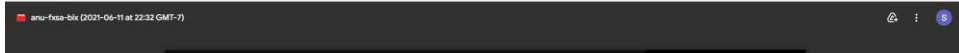
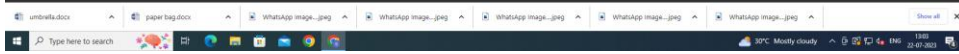
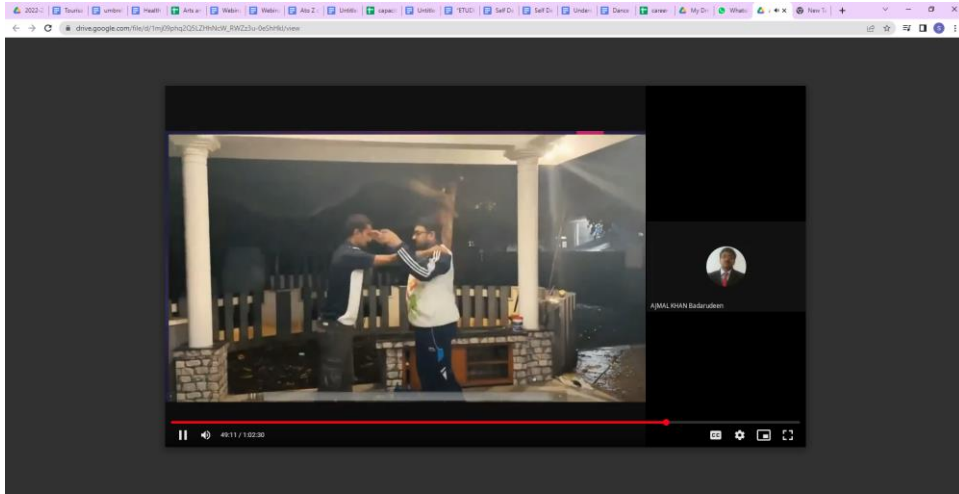
Dr. P. PADMA
Principal











Participants list

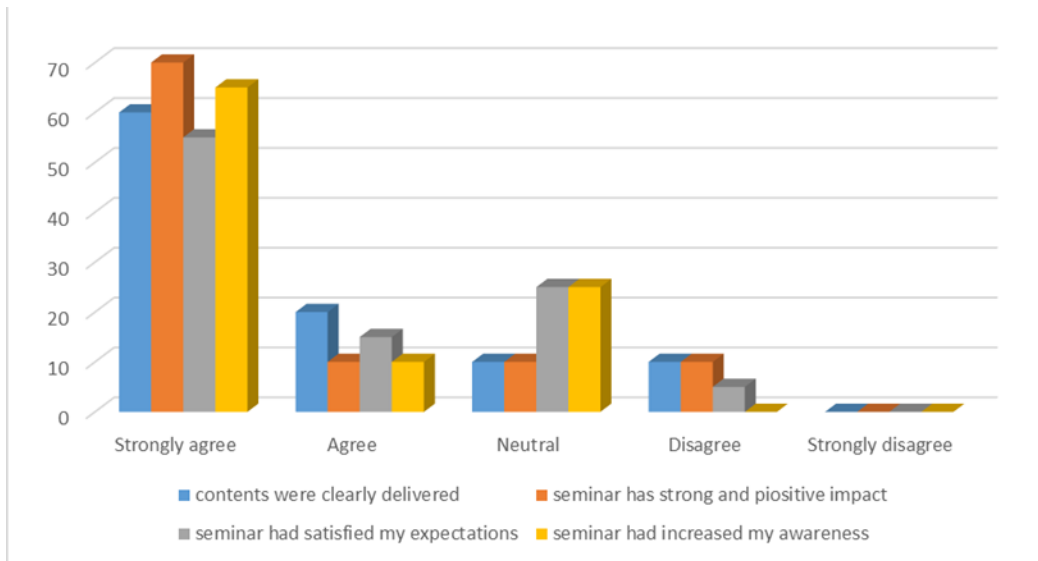
1	Adith Anoop	I Economics
2	Ajeeshma Thankappan	I Economics
3	Akshay Vijayan	I Economics
4	Aleena Pinhero	I Economics
5	Alsamma Eldhose	I Economics
6	Amal C M	I Economics
7	Amal Suresh	I Economics
8	Ansal Sidheeque	I Economics
9	Aravind P Saji	I Economics
10	Arya Suresh	I Economics
11	Ashna M Naushad	I Economics
12	Aswani Raju	I Economics
13	Athira Saju	I Economics
14	Jisha Shaju	I Economics
15	Midhuna Manoj	I Economics
16	Muhammed Faroke V A	I Economics
17	Roshan K Roy	I Economics
18	Shilnamol P A	I Economics
19	Sobin Shajan	I Economics
20	Syamily T S	I Economics
21	Ummukulsu Ayoob	I Economics
22	Adithya A S	I Economics
23	Aishamol P A	I Economics
24	Alifna C Navas	I Economics
25	Arathi E A	I Economics
26	Aysha Beevi M A	I Economics
27	Bency Babu	I Economics
28	Elsa Mary Byju	I Economics
29	Fathimathussuhara P P	I Economics
30	Harikrishnan T S	I Economics
31	Kavya Shibu	I Economics
32	Mahesh Bose	I Economics
33	Nayif Muhammed	I Economics
34	Rameeza Parveen M K	I Economics
35	Rohith K P	I Economics
36	Sahla M S	I Economics
37	Sandramol Thankachan	I Economics
38	Shifana P Y	I Economics
39	Vandana Rajeev	I Economics
40	Athulya Reji	I Economics
41	Krishnadath G	I Economics
42	Sivaprasad A K	I Economics
43	Sneha K S	I Economics



44	Amrutha V. Babu	Ii Economics
45	Anju P Raju	Ii Economics
46	Athila T A	Ii Economics
47	Daya Thankappan	Ii Economics
48	Krishnaveni.R	Ii Economics
49	Pooja Binu	Ii Economics
50	Seethalakshmi.E.S	Ii Economics
51	Shelna Shaji	Ii Economics
52	Vijay R	Ii Economics
53	Abhiramy P S	Ii Economics
54	Adhithia Shaju	Ii Economics
55	Akhil P S	Ii Economics
56	Arun P. A	Ii Economics
57	Aryananda Rajan	Ii Economics
58	Ashna Kuttappan	Ii Economics
59	Aswany.P.S.	Ii Economics
60	Bibin Ouseph	Ii Economics
61	Krishnapriya . M . T	Ii Economics
62	Malavika Shaji	Ii Economics
63	Meera Purushu	Ii Economics
64	Rahul Rajan	Ii Economics
65	Sheethal C S	Ii Economics
66	Sreeraj V.S	Ii Economics
67	Vinu Varghese	Ii Economics
68	Akshaya N A	Ii Economics
69	Anju N K	Ii Economics
70	Aparna E S	Ii Economics
71	Ashitha M.S	Ii Economics
72	Fathima M R	Ii Economics
73	Jithole Jose	Ii Economics
74	Maya D	Ii Economics
75	Remya Balakrishnan	Ii Economics
76	Revathy K S	Ii Economics



Feedback



PRINCIPAL
SREE SANKARA VIDYAPEETOM
VALAYANCHIRANGARA P.O
(VIA) PERUMBAVOOR

Signature of the Principal