

SELF DEFENSE TRAINING

BACKGROUND:

In today's world, it's impossible for women to be too careful or too well-informed about self defense. Every piece of information you gain about smart ways to protect yourself mean you are just that much safer and better equipped to deal with an altercation. There are even things you can do to deter potential attackers. From self defense classes with other women, to learning about various self defense techniques online, you have the power, the right and the responsibility to keep yourself safe. Share this information with the other women in your life so that they can do the same.

Self-defense techniques and recommended behavior under the threat of violence is systematically taught in self-defense classes. Commercial self-defense education is part of the [martial arts industry](#) in the wider sense, and many martial arts instructors also give self-defense classes. While all martial arts training can be argued to have some self-defense applications, self-defense courses are marketed explicitly as being oriented towards effectiveness and optimized towards situations as they occur in the real world. It should not be presumed however that sport based systems are inadequate, as the training methods employed regularly produce well conditioned fighters experienced in full contact fighting. There are a large number of systems taught commercially, many tailored to the needs of specific target audiences (e.g. defense against attempted rape for women, self-defense for children and teens). Notable systems taught commercially include:

Fortunately our State Govt. has planned to organize Self Defence Training in colleges for Girls Students

OBJECTIVES:

- To empower girls students
- To instill self confidence
- To make them able to defend against physical assault

SELF DEFENCE TRAINING:

On dt 24.01.2024 the Self Defence Training for girls Students was inaugurated by Mr. Markandeswar Mohapatra, Principal, D. K. N. college. The inaugural session was presided over by Mr. Gopal Krushna Mishra, H.O. D., Pol. Sc. with Mrs. Bandita Satpathy and Mr. Prabir kumar Jena, Attended the workshop as honorable. guests. The inaugural session was concluded with a vote of thanks by Prof. Suchanda Parija, Officer I/ C SDT.

- **Master Trainer:** Miss Sudhasmita Barik, Niali College
- **Duration of Training:** 08 days from dt 24.01.2024 to 03.02.2024
- **Time of Training:** 8am to 9am, 9 am to 10 am, 2pm to 3pm , 3pm to 4 pm
- **No, of Groups:** 04
- The training was started from dt 24.01.2024 to 03.02.2024 with 108 Girl students of +2 1st yr Arts. Miss Sudhasmita Barik master trainers attended the training programme and conducted the training for 08 days as per the scheduled time. The following topics and tricks were thought to the Girls in the training period.