

# SELF DEFENCE

## DEPARTMENT OF PHYSICAL EDUCATION

### SELF DEFENCE DEMO CLASS FOR GIRLS THROUGH KARATE



Sl. No.	Name of the Student	Roll No.	Class/Sec
1	V. Anjali	101	A
2	V. Divya	102	A
3	A. Anjali	103	A
4	P. Anjali	104	A
5	P. Anjali	105	A
6	P. Anjali	106	A
7	P. Anjali	107	A
8	P. Anjali	108	A
9	P. Anjali	109	A
10	P. Anjali	110	A
11	P. Anjali	111	A
12	P. Anjali	112	A
13	P. Anjali	113	A
14	P. Anjali	114	A
15	P. Anjali	115	A
16	P. Anjali	116	A
17	P. Anjali	117	A
18	P. Anjali	118	A
19	P. Anjali	119	A
20	P. Anjali	120	A
21	P. Anjali	121	A
22	P. Anjali	122	A
23	P. Anjali	123	A
24	P. Anjali	124	A
25	P. Anjali	125	A
26	P. Anjali	126	A
27	P. Anjali	127	A
28	P. Anjali	128	A
29	P. Anjali	129	A
30	P. Anjali	130	A
31	P. Anjali	131	A
32	P. Anjali	132	A

### Brief Report of the Activity

The college Physical Education Department, organised an interactive session on 22 November 2022 for girls on self-defence. The Chief Guest G. Sekhar 10th DAN Karate instructor on Self Defence for girls, addressing the girl students said, Self-defence involves defending the health and well-being of oneself from harm. Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self-defence training techniques in stills self confidence amongst girls and helps to promote girl's education. He also explained the benefits of self- defence like Safety: The primary importance of self-defence is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct Confidence: There is nothing more empowering than having the confidence to analyse a dangerous situation and take actions to overcome them effectively. At the end, he interacted with the girls and clarified their doubts. It was a very enriching session.

## **Detailed Report of the Activity**

**Date:** November 22, 2022

**Organized by:** College Department of Physical Education

**Introduction:** The College Department of Physical Education conducted an informative and empowering session on self-defence for girls on November 22, 2022. The session featured G. Sekhar, a highly esteemed 10th DAN Karate instructor specializing in self-defence techniques for girls. The aim was to equip the participants with essential skills and knowledge to enhance their personal safety.

### **Session Highlights:**

#### **1. Chief Guest Address:**

- G. Sekhar, the Chief Guest and 10th DAN Karate instructor, delivered an insightful address on the significance of self-defence in preserving one's health and well-being.
- Emphasized the importance of being aware of one's surroundings and staying prepared for unforeseen situations.

#### **2. Life Skills Through Self-Defence:**

- The session underscored self-defence as a life skill, instilling awareness and readiness for unexpected challenges.
- Highlighted the psychological, intellectual, and physical strength gained through self-defence training.

#### **3. Empowerment and Confidence:**

- G. Sekhar emphasized that self-defence techniques empower girls, fostering confidence in their ability to analyze and navigate potentially dangerous situations.
- Explored the link between self-defence training and the promotion of girls' education.

#### **4. Benefits of Self-Defence:**

- **Safety:** G. Sekhar stressed the primary importance of self-defence for women to protect themselves against any unacceptable behavior in society.
- **Confidence:** The session highlighted the empowering nature of having the confidence to assess and effectively address threatening situations.

#### **5. Interactive Session:**

- The Chief Guest engaged in an interactive session with the girls, encouraging questions and clarifications.
- Addressed doubts and concerns, fostering a participative and enriching environment.

**Conclusion:** The self-defence demo class for girls through Karate, led by G. Sekhar, proved to be a highly enriching and empowering session. The imparted knowledge on self-defence as a life skill, coupled with the benefits of increased safety and confidence, left a lasting impact on the participants. The session not only equipped the girls with physical techniques but also contributed to their mental and emotional resilience.

The College Department of Physical Education remains committed to organizing such impactful events that contribute to the holistic development and well-being of the students. The self-defence demo class stands as a testament to the college's dedication to empowering its students with practical life skills



