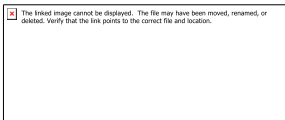


1. Circular on Self Defence Programme for girl students (For All The Girls Students).



Kula Bhusan Pradhan <kulabhusan.pradhan@cutm.ac.in>

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## Campus event- Launch of self-defense training at BBSR campus

2 messages

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Sibakripa Bose <sibakripa.bose@cutm.ac.in>

Tue, Aug 14, 2018 at 8:04 AM

To: all <all@cutm.ac.in>, allstudnts@cutm.ac.in, gtet.team@gramtarang.in, allstudentsudnts@cutm.ac.in

Dear all,

Some 80 girls will undergo a 20 days 1 hour course conducted by Odisha School of Self Defence School.

An introduction session was conducted by the Trainers on 13th instant. Students are quite excited to learn this oriental art of defending oneself.

The importance of meditation to improve concentration in self defnce was discussed with the trainers and this can be incorporated in the training module.

Thanks to the initiative of Mr. Rout Dean sports, Ms. Suchetra and Mrs lexmi to have started this much awaited activity.

With warm regards.



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Sibakripa Bose <sibakripa.bose@cutm.ac.in>

Tue, Aug 14, 2018 at 8:07 AM

To: all <all@cutm.ac.in>, gtet.team@gramtarang.in, allstudents@cutm.ac.in

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**Centurion**  
**UNIVERSITY**

*Shaping Lives...  
Empowering Communities...*

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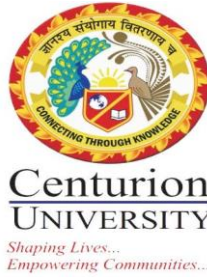
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2. Report on Self Defence Programme for girls students (For All The Girls Students).

### **A brief report on empowerment through Self-defence for girls' students**

#### **Rationale**

Empowering girl students to fight back against crime has been the call of the day. In this modern era, violence against girl students has been very common in every street of both rural and urban setting. Small kids, girls and even women members are feeling insecure the moment they are out of their homes for any purpose for that matters. It is very important for every girl and woman to get prepared mentally and physically well equipped with required skills and techniques to defend oneself from any kind of antisocial element prevailing in the society today. The paradox of self-defence is that the more prepared you are, the less likely you are to need it.

The main objectives of the programme was

- To enable them to defend against any type of physical assault.
- To build self confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training.
- To equip the girls with self-skills, so that they can avert any kind of awkward situation at the first instances.
- To spread a message to the violence-maker that girls are being ready for counter- and awareness is being developed among the girls in this regard.
- To empower the girl students in all aspects

With this emerging needs and objectives in mind, CUTM organized 20 days of Self Defence training for all its first years' students at the campus with the facilitation of renowned Utkal Karate School, Bhubaneswar from 14<sup>th</sup> August to 20 September – 2018.

All the 23 days of sessions were fully occupied with practical demonstration and practices facilitated by 3 well known and experienced martial art instructors. These types of initiative for girl students have really helped the girls to relieve stress, get and stay in shape, and learnt all valuable self- defence skills and techniques at the same time.

During the valedictory session, some of the girls frankly opined that these tools have greatly increased the personal protection options to combat crime. It has built the confidence of every student participated in the training that they can freely move to their destination day in and day out. They feel that they are also less likely to become a target of crime. They recognize improvement in Karate Technique and they indicate progress.





Dt: 14.08.2018, Self Defence Programme



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