



**COMMEMORATING INTERNATIONAL DAY OF THE GIRL CHILD**

**In**

**Collaboration with the Centre of Excellence for Sustainable Development Goals**

**SCHOOL OF EDUCATION**

**Organizes**

**Training Programme**

**On**

**“Self Defence for Women”**

**Date:** 27.10.2023

**Venue:** Recreation Centre, C Block, KRMU Campus, Gurugram.

**Time:** 11 am Onwards

**Organized by:** School of Education, KR Mangalam University

**Faculty Coordinators:** Dr. Mudasir Hamid & Dr. Shikha, Assistant Professor, School of Education, K.R Mangalam University

**Resource Person:** Mr Shihan Wasim Raja

**Target Group:** Female Students and Faculty of KRMU

**Mode of Activity:** Offline

**Number of Participants:** 31

**Introduction**

In celebration of International Girls Day, the School of Education, in collaboration with the Centre of Excellence for SDGs, hosted a ground-breaking training program on "Self Defence for Women." The event took place on October 27, 2023, at the Recreation Centre, Block C. The training program aimed to empower and equip the next generation of female leaders with essential self-defence skills. The target audience included girl students and female faculty members who actively participated in the event. This initiative, led by Dr. Mudasir Hamid and Dr. Shikha, the event coordinators, drew attention to the importance of personal safety and self-confidence. It provided practical self-defence techniques, situational awareness, and strategies to enhance the safety and well-being of the participants.

The event was not only an educational opportunity but also an inspiring testament to the commitment of K R Mangalam University to gender equality and the Sustainable Development Goals. It fostered an environment of empowerment and self-assurance among the participants.

## **Objectives**

To enable the women and girls participants to:

1. Gain knowledge and skills necessary to protect themselves and enhance their personal safety.
2. Learn self-defense techniques and strategies to increase their confidence and ability to respond effectively in threatening situations.
3. Exhibit self-confidence and assertiveness, enabling them to assert their rights and navigate challenging situations with resilience.

## **Methodology**

The program employed a hands-on methodology, featuring training sessions conducted by professional self-defense instructors and martial arts experts. Participants learned practical self-defense techniques and situational awareness.

## **Evaluation**

Demonstration by participants, practical self-defense techniques including strikes, kicks, blocks, and defensive maneuvers in controlled environments.

## **Expected Outcome**

1. Women and girls will feel empowered and equipped with self-defense skills, enhancing their personal safety and sense of security.
2. Participants will acquire practical self-defense techniques and strategies, enabling them to respond effectively to threatening situations and protect themselves.
3. The training programme will contribute to a safer community, where women and girls are equipped with the knowledge and skills to protect themselves, leading to a reduction in incidents of harassment and violence.

## **Event Highlights**

In a remarkable event held on International Girls Day, the School of Education, in collaboration with the Centre of Excellence for SDGs, organized a self-defence training program that left a lasting impact on all who attended. The program commenced with Mr. Shihan Wasim Raja, the skilled trainer, emphasizing the critical importance of self-defence in today's world. He highlighted the need for personal safety and building self-confidence, setting the tone for the day.

The session began with a vigorous warm-up exercise, creating a sense of unity and readiness among the participants. The energy was palpable as girls students and female faculty members actively engaged in the exercise. The core of the event consisted of the practical self-defence techniques, where Mr. Shihan Wasim Raja demonstrated and coached the participants on various strategies to protect themselves. The room was filled with enthusiasm and determination as attendees learned valuable skills to enhance their safety. One of the most notable aspects of this event was the full attendance of all faculty members, demonstrating their commitment to personal safety and empowerment. Their participation was not only encouraging but also set a positive example for the students.

The event concluded with heartfelt remarks from the School Coordinator, Prof. P C Jena, who extended a warm vote of thanks to the trainers and participants. It was a day of learning, empowerment, and unity, leaving a profound impact on the community and fostering a safer and more confident environment for all.

### **Conclusion**

The Self-Defence Training for Women event was a resounding success, with participants gaining essential self-defence skills, a renewed sense of confidence, and a stronger sense of community. The enthusiastic involvement of all faculty members underscored the institution's commitment to personal safety and empowerment. Mr. Shihan Wasim Raja's expertise and the engaging warm-up exercises set a positive and energetic tone for the day. The event exemplified the significance of equipping women with self-defence skills, especially in today's world. It was a day of empowerment and unity, leaving an indelible mark on all attendees, and contributing to a safer and more secure campus environment.

### **GLIMPSES OF THE WORKSHOP**



**Photo 1: Energizing Warm-Up: Participants Begin with Exercise**



**Photo 2: Building Confidence: Girls Engage in Warm-Up Activities**



**Photo 3: Focused Training: Learning Essential Self-Defence Techniques**



**Photo 4: Practical Demonstrations: Mastering Self-Defence Skills**



**Photo 5: A Strong Commitment to Empowerment**