

Talk on self defence

On Aug 10th 2018, women empowerment cell had organized a session on "self defence" for girl students. Talk was given by Gowthami of final B.com 'A' sec .

Rev.Fr issac Rathnakar was seated as a chief guest. Sanam appanna of II B com 'A' delivered the words of welcome.

Miss Gowthami took over the Dias and began her session by stating 'Learning to find off an attacks can not only help women to have peace of mind while walking alone, but also increase confidence, independence and a general sense of achievement.

She showed different defence moves which every woman should know. She recommended the students to be fit enough to run fast and keep a check when walking on the road to avoid chain snatching from behind. She informed the students not to wear high healed footwear when they had to walk for a long distance and in unknown territories.

She further insisted the students to carry defensive weapons like sprays, keys, umbrellas etc. positive step of buying a self defence product such as a pepper spray or stun gun improves awareness and adds to image of confidence.

She also briefed the importance of having presence of mind. All girl students were the p[art of this session. All the lady staff members were present. Devika of I B com delivered the vote of thanks.



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