

## A Report on Self Defence Program

The Womens' Safety and Grievances Redressal Committee organized Self-Defense program for the women staff of VVCE on 24<sup>th</sup> August 2019 from 11.00 am to 1.00 pm in CSE Seminar Hall. The Guest Trainer was Mr. Mohan Shivaji Rao, a Kung fu master and his team from IMA Inspiration, Mysuru. The session started with the orientation and discussion on safety precautions at road, home, working place and other public places. The trainer taught many self-defense tricks and techniques to develop self-confidence.



The participants were informed about how the various tools like hand bags, key chains and duppatta could be used as a safety tool. All the participants were made to practice the techniques with other participant. The importance of safety and self-defense was also discussed in detail so that the participants could guide their students, friends and family members. There were total of 58 participants. The response for training was good.



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