



RASHTREEYA SIKSHANA SAMITHI TRUST®
RV INSTITUTE OF MANAGEMENT



REPORT ON
SELF-DEFENCE AWARENESS & PRACTICE SESSIONS
PROGRAMME CONDUCTED FOR STUDENTS OF BATCH -2021-23

Date: 8th March'22	Venue: College Quadrangle
	Conducted By: General Management Department
Objective: To build awareness and offer training on key self-defense techniques this programme was conducted for students of batch 2021-23,	
Agenda/Flow of the Event: The programme began with brief introduction to Self-defense and the importance to know few key self-defense techniques. Students participated in the demo session followed by a practice session.	

ABOUT THE PROGRAMME

As part of women's day celebrations on March 8th, 2022 a Self-defense Awareness Programme was organized for students. This was a demonstration & a practice session which informed the students the importance of self-defense techniques. All students participated in the demo sessions where the professional team exhibited various body postures to be used to protect oneself from any attackers move from the front, back or to one's side. After the demo students paired up and practiced the self-defense technique on each other as they protected one-self from the others move. Students found these sessions to be very informative and useful.

Photo from the sessions:





Demonstration session during the Self Defense Awareness Program



Students Practice Session during the Self-defense Program

Sd/-



Dr.Purushottam Bung
Professor & Director -RVIM