



## INTERNATIONAL WOMENS DAY

<b>Date</b> : 8-3-2021	<b>Venue:</b> Basement
<b>Time</b> : 9.00am to 10.00am	<b>Semester &amp; Section</b> : I Semester A, B & C
<b>No. of Participant:</b> 145	<b>Event Coordinator:</b> Prof. Anitha B.M.D'silva
<b>Karate Trainer</b>	<b>TARA KUMARI M. L.</b>

### Objectives

- To encourage students to take to take part in Self-defense activities organised at the Institute
- To empower women and enable them to defend against any type of physical assault.
- To build self-confidence so that they can contribute meaningfully to their own development. and capacity enhancement through Self-defense training.

### Agenda/Flow of the Event

- Welcome and Introduction of the trainer
- Brief Achievements of the karate trainer
- Self-defense katas
- Demonstration of self-defense techniques for the girls
- Practices session
- Vote of thanks

### Profile of the Resource person

- Senior instructor in the field of Martial Art, Marma kala & Karate on various levels like Schools, institutions and consultant for few MNC (Self Defence Classes for ladies).

#### PROFESSIONAL SUMMARY

- 20+ years of Martial Art and Self-defense Instructor
- Black Belt Senior Most Instructor of **School of Indian Karate(R)**
- Special Trainer (Self Defence Classes for ladies) in Ladies

#### Achievement & Awards

- 1997 Secured Gold Medal organised by AMA (Academy of Martial Arts)
- 1996-1998, I Place, organised by Sei-Budo Kai Martial Arts Fest
- 1996, placed First in All India Kenkokan Karate Do,
- 1997, placed First in Joshimon Shorin Kyu Karate Do Association.
- 1999, placed Second in XV(15th) AIKF (All India Karate Federation) National

Championships (Govt. of

- India)
  - 2003, First place in Japan Shorin-ryo Karate School,
  - 2005, Placed First in Shotokan Karate Do International Federation,
  - 2007, Placed First in Wado International Karate Do Federation,
- Referee for the Karate Championship which will be invited from the other Karate School Association.

### PHOTO GALERY

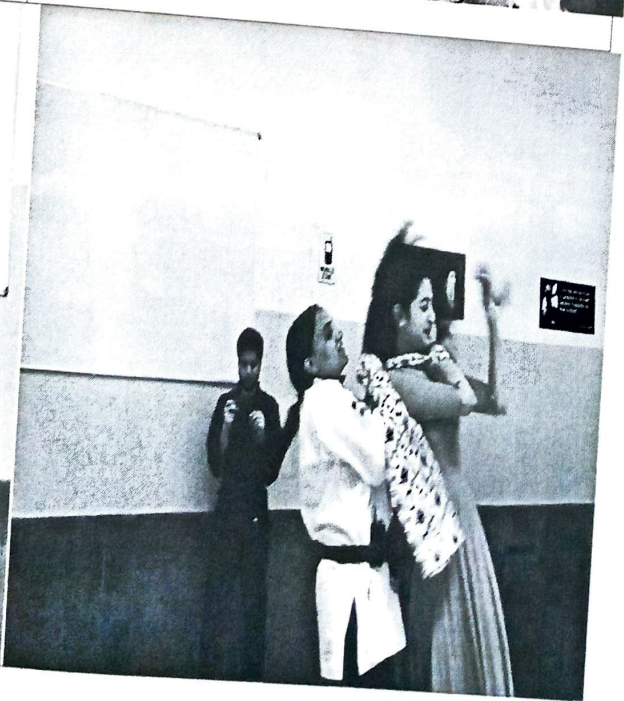
Prof. Anitha BM D'silva welcoming the audience



1<sup>st</sup> Semester girls



Prof. Anitha BM D'silva  
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Prof. Anitha BM D'silva





Students practicing some of the techniques

Students with 181 helpline poster

**Feedback/ Coordinators Comment:**

The self-defense programme will improve self-confidence in a woman/Girl. The training program will keep the person safe when they are away from their homes. It will reduce the dependency on others. The training program will get you a healthy and fit lifestyle due to exercise and physical moves. The girl students can handle dangerous and emergency situations that are caused by strangers. They will be physically educated in terms of self-defence and to reduce discrimination.

As a part of the self defence technique our 1<sup>st</sup> semester students both boys and Girls had great interaction with the trainers. They were able to understand the importance to be physically strong, practice certain techniques which may be important in their life. Some of the techniques shown to students include;

1. The Girl students should have high level of confidence in them.
2. The course helps in training the mental health of the woman,
3. The woman who can defend herself against a potential criminal will have a high level of self-confidence.
4. Safety through Self-defence
5. The friends and family should motivate the Girl student she is learning the course/ techniques.

**Outcome achieved/ attained:**

The demonstration and techniques imparted during the session made the students realize the importance of being physically strong.

- Sessions are being planned for the girl students every month 1 programme will be initiated.
- Girl students have gone ahead to enroll in Karate classes after the class hours.
- Few students have initiated to create awareness in their schools and colleges where they have studied.

  
Prof. Anita BM Dsilva  
Event Coordinators

  
Director