



SELF DEFENCE CLUB

2023-2024



**SHAILABALA WOMEN'S AUTONOMOUS COLLEGE
CUTTACK**

SHAILABALA WOMEN'S AUTONOMOUS COLLEGE,CUTTACK

SELF DEFENCE CLUB -2023-2024

A REPORT

Self- defence is an essential life-skill that assists girls to be more vigilant about surroundings and be prepared for the unexpected at anytime keeping in view various instances of harassment against girls and women prevalent in our society. To empower girl student to install self confidence and physical skill. To enable them to defend themselves against assault and for them all-round development. The Department of Higher Education, Government of Odisha has planned to develop self – defence club in all colleges. The goal of the programme is to empower the Girls, to Develop gender Equality in Society and to enhance the physical and mental strength of the Girls in this Society. As per the letter no. 2010/HE.Dt.16.01.2024 of Department of Higher Education Odisha, Self Defence clubs for Girl students have been established in nearly 200 colleges of the State initially. In order to fulfil the aspirations of the Government and to strengthen the girl students of the college to handle and protect themselves effectively against odd faced.

A self-defence club has been established with the principal of the college, Prof. Gayatri Biswal, Nodal Officer/co-ordinator Smt. Mamatarani Sahoo, P.E.T. Swarnalata Bal, Girl student representatives from Arts Priyanka Behera, from commerce Jagruti Sahoo, from science ManseeSamal, Alumni of the college Allena Das.

The self-defence training programme in this college conducted successfully under the able guidance and supervision of the principal madam and members of the self-defence club from 06.03.2024 to 03.04.2024, in which 50 students of +3 1st year Arts/Commerce/Science stream of our college have been participated and successfully completed the programme. Master Trainer Tapaswini Dash imparted Self defence training to the participants.

Our aim is to make the programme 100% successful.

In Self-Defence there are

NO RULE

If you are in danger, in trouble, or
in any way threatened, you do
anything and everything

You can to get away

And get to safety.



**(INDEPENDENCE REQUIRES THE ABILITY TO
FEND FOR YOURSELF)**

SELF DEFENCE CLUB

Year of Implementation

2023-2024

By the Department of Higher

Education, Government of

Odisha

GOALS

- ❖ **To empower the girls.**
- ❖ **To develop gender equality in society.**
- ❖ **To enhance the physical and mental-strength of girls.**

OBJECTIVES

- ❖ **To learn the skills for their self-protection.**
- ❖ **To develop courage by building self-confidence**
- ❖ **To response swiftly against physical assault.**
- ❖ **To protect herself during time of physical assault and danger.**

MISSION

- ❖ Protection: Fundamental purpose of self-defence training is to provide protection against crime or abuse.
- ❖ Boosting social skills: Self-defence training focuses on fostering respect for oneself and others.
- ❖ Empowering girls: Instances of harassment against girls are increasing day by day.
- ❖ Boosting self-confidence: Self-defence classes, regardless of gender and age, help build confidence among students.
- ❖ Improving Physical and Mental Health: Self-defence programs themselves serve as a great way to exercise.
- ❖ Dealing with bullies: Bullying in schools has been a serious issue for years. Children face bullying from people around them, peers in school, and social circles.
- ❖ Learning values and principles: Various self-defence training programs cultivate values and principles such as hard work, dedication, and perseverance. Martial arts and other self-defence techniques teach students values like courage, discipline, integrity, humility, and honour
- ❖ Learning discipline and responsibility: One of the important lessons that self-defence training imparts to students is discipline and responsibility. It teaches students to be disciplined and take responsibility for their actions, fostering a sense of accountability.

THREE THINGS REQUIRED FOR SELF-DEFENCE

- ❖ COURAGE
- ❖ FITNESS
- ❖ COMBAT TECHNIQUES



SELF-DEFENCE CLUB

MEMBERS

1	PRINCIPAL OF THE COLLEGE	PROF.(DR.) GAYATRI BISWAL
2	THE NODAL OFFICER/COORDINATOR	SMT. MAMATARANI SAHOO
3	P.ET	SMT. SWARNALATA BAL
4	GIRL STUDENT'S REPRESENTATTIVES FROM ARTS	PRIYANKA BEHERA, BA-23- 430
5	COMMERCE	JAGRUTI SAHOO, DC-23-121
6	SCIENCE	MANSEE SAMAL, BS(P)-23-358
7	ALUMNI	ALLENA DAS

MIND TO MUSCLES:



MOVE SLOWLY

MUSCLE TO MIND :



SQUATS



LEG EXTENSION

AEROBIC EXERCISE



ANAEROBIC EXERCISE



FLEXIBILITY EXERCISE:





**YOU ARE A WEAPON
STAY SHARP AND
SEEK BALANCE**

SELF-DEFENCE SKILL:



ROUND KICK



FRONT KICK



OSS



SHOUT AT THE ATTACKER



FIGHTING STAND



HAMMER STRIKE



HAMMER FIST PUNCH



HEEL PALM STRIKE



MMER PUNCH STRIKE



ELBOW STRIKE



GROIN KICK



ESCAPE FROM ONE HAND TRAPPED



ESCAPE FROM BOTH HANDS TRAPPED



ESCAPE FROM A BEAR HUG ATTACK



ESCAPE FROM SIDE HEADLOCK

ACT PERFORMED BY THE PARTICIPANTS





IF YOU HAVE NO CONFIDENCE IN SELF, YOU ARE TWICE DEFEATED IN THE RACE OF LIFE.





MONITORING OF THE PROGRAMME BY THE ACCOUNTS BURSAR



**IT'S NOT THE WOMEN IN FIGHT,
IT'S THE FIGHT IN THE WOMEN**

CERTIFICATE DISTRIBUTION PROGRAMME OF SELF DEFENCE CLUB



**MONITORING OF SELF DEFENCE TRAINING PROGRAMME
BY THE PRINCIPAL, ACADEMIC BURSAR AND CO-ORDINATOR
SELF DEFENCE CLUB**





