



Date: 28-01-2020

Report on Fire Disaster Management
and
Self-Defense Skills for Girls

A guest talk cum training programme on 'Self- Defense Skills for Girls' was organized by the Woman Development and Anti-sexual Harassment and Redressal Cell in coordination with Youth Red Cross Wing of the College on 28 January 2020 exclusively for girls students and lady faculty members.



Mr. Umesh Babu, Proprietor and Martial Arts Trainer, Zen Academy Davanagere was the Resource person for the training. Dr. K Sailatha, Principal, Dr. G M Sudarshan, HOD of BBA and B.Com., Dr. Nagaraja S R, Coordinator PG Department of Commerce, Mrs. Sharadha G, Coordinator of Woman Development and Anti-sexual Harassment and Redressal Cell, Mr. Praveen B, Youth Red Cross Programme Officer were other Dignities presented on the occasion.



In his address he talked about the most common forms of crime against women in India. He also added that it is more advisable for a woman to engage herself in self-defense rather than depending on mere law and enactment to safe guard her. The participants learnt about the hand blade neck strike, finger thrust on face, front kick from ankle, knee kick on growing and outer thigh, basic punch and wrist lock.



K. S. Srilatha
Principal

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Youth Red Cross Wing
Self Defense Skills
Girls
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