

Programme Report -Self Defence Programme

Jointly organised

Women Development Cell & NSS unit of NCST

Date-26.9.23

Venue-seminar Hall of Najath College of Science and Technology
Karuvarakundu



The poster for the 'DAY 3 SELF DEFENCE WORKSHOP' features a central illustration of two women practicing self-defense techniques. To the right are the logos for the National Service Scheme (NSS) and the Women Empowerment Cell (WEC) of NCST. The text 'कल के लिए' (For Tomorrow) is written in Hindi above 'SELF DEFENCE WORKSHOP'. The date '26 September 2023 | Tuesday' is prominently displayed. Below the date are portraits of the two trainers: Dr. Yoonus Karuvarakundu, an international certified fitness trainer and kickboxing coach, and Dr. Winner Shareef, a world-record holder and international trainer in mind, stress, and self-defense. The bottom of the poster includes the name of the organizing institution, 'NAJATH COLLEGE OF SCIENCE & TECHNOLOGY'.

DAY 3

कल के लिए

SELF DEFENCE WORKSHOP

26 September 2023 | Tuesday

Dr. Yoonus Karuvarakundu
International certified fitness trainer and
International coach and referee of kickboxing

Dr. Winner Shareef
World record holder and International Trainer
of mind, stress and self defence

NAJATH COLLEGE OF SCIENCE & TECHNOLOGY

The Women Development Cell and the NSS unit of Najath College of Science and Technology jointly organised a self defence programme aimed to prepare women for threatening situation by maximising their personal security, safety, and awareness.

Objective of the programme:

Safety Awareness: Teach women to recognize potential threats and develop a heightened sense of situational awareness. This includes understanding common tactics used by attackers and how to avoid risky situations.

Self-Confidence: Boost participants' self-confidence and self-esteem, enabling them to assert themselves in difficult situations and make quick decisions if necessary.

Physical Skills: Provide women with basic self-defence techniques and physical skills to fend off or escape from an attacker. This can include techniques for striking, blocking, and breaking free from holds.

Mental and Emotional Resilience: Address the psychological aspects of self-defence, teaching women how to manage fear, panic, and stress in high-pressure situations.

Empowerment and Independence: Ultimately, the primary goal is to empower women to feel more independent, capable, and less vulnerable in their daily lives.

PROGRAMME SCHEDULE

Najath College of Science and Technology Karuvarakundu

Self Defence Program

Organized by WEC of NCST and NSS unit of NCST.

26 SEPTEMBER 2023

TUESDAY 11 AM. @ Seminar hall

Program schedule

Registration:

Prayer:

Welcome Speech : Ms Fida Nasrin (NSS General Secretary)

Presidential address : Ms Rahmath Sheena PS (WEC Co Ordinator)

Program Inauguration : Dr Jaleel (Principal of NCST)

Resource person: Dr Yoonus Sir Karuvarakundu

Recourse person: Dr Winner Shereef

Felicitation : Mr Sainul Abid (HOD department of Commerce)

Mr Saleem MA (HOD department of Physics)

Mr Kiran VS (HOD department of Chemistry)

Ms. Shahana Thasni (HOD dept of English)

Ms Nishana (HOD department of Sociology)

Vote of thanks: Ms Hiba (WEC member)

Organized jointly by Women Development Cell& NSS unit of Najath College of Science and Technology.

The event commenced with a welcome by Ms Fida Nasrin, the General Secretary of NSS Unit. She addressed the benefits of Self Defence Programme to women, particularly it improves the confidence level of women.

Dr Abdul Jaleel, the Principal of Najath College of Science and Technology, inaugurated the programme, he expressed pride in this program and emphasized the need to learn self-defence now more than ever. Self-defence will allow women to develop confidence, it will allow them to empower themselves, and it will allow them to find safety in difficult situations.



Dr Yoonus Karuvarakundu (International certified physical trainer and international coach and referee for kickboxing) one of the resource persons of the programme, Presented very informative and helpful class. He described and presented many self-defence techniques; the students practised it all with great enthusiasm.





The second section of this program was handled by Dr Winner Sharif. He emphasised the presence of mind we need to have in threatening situation. The students were made aware of the achievements that can be conquered with courage.



Various department heads offered their felicitations, they praised the initiative of this program for conducting such an informative program to empower the girl students at this college.

Ms Hiba, the student representative of WDC B Com cooperation, delivered the vote of thanks she expressed gratitude to all the resource persons and to the co coordinators and to the active and engaged participants.