

## SELF DEFENSE TRAINING PROGRAM BY SHE TEAM

**Activity Name: Self Defense Program**

**Date: 20-03-2021**

**Organizing committee: Women Empowerment Cell**

**Instructor: Mr. B. Devender, SHE TEAM Coordinator**

SHE Teams is a division of the Telangana Police for enhanced safety and security of women. The Women Empowerment Cell of Government Degree College, Begumpet, Hyderabad organised a programme in collaboration with SHE team (**SAFETY, HEALTH AND ENVIRONMENT**) on Self Defense training mechanisms for girls on **20.03.2021** in the college premises. The programme was inaugurated and addressed by the Principal Dr. G. Sunitha who stated that this training will give self- confidence to the girl students.

### **The objectives of the programme**

1. To impart mechanisms of defense to protect themselves
2. To defend against undetermined situation of physical assault
3. To build self-confidence so that they can protect themselves to shape their own destiny and capacity enhancement through self-defense training.

Instances of harassment against girls are prevalent in our society, many of which go unreported eventually leading to heinous crimes against girls and women. There is a pressing need to tackle such complicated situations for girls to be able to save themselves from any deleterious outcome. By making them learn self-defense we can ensure a society brimming with powerful and strong women who can protect themselves.



Instructor from SHE team Mr.B. Devender is explaining the mechanisms of self defense to the students and the WEC convener Dr.P.S.Rajani and members of WEC Dr.D.Padmaja, Dr.K.Praneetha, Dr.A.Madhuri and Dr. K. Kamala are encouraging the girl students and taking the responsibility of the Programme.

## Outcomes

This training programme helps in

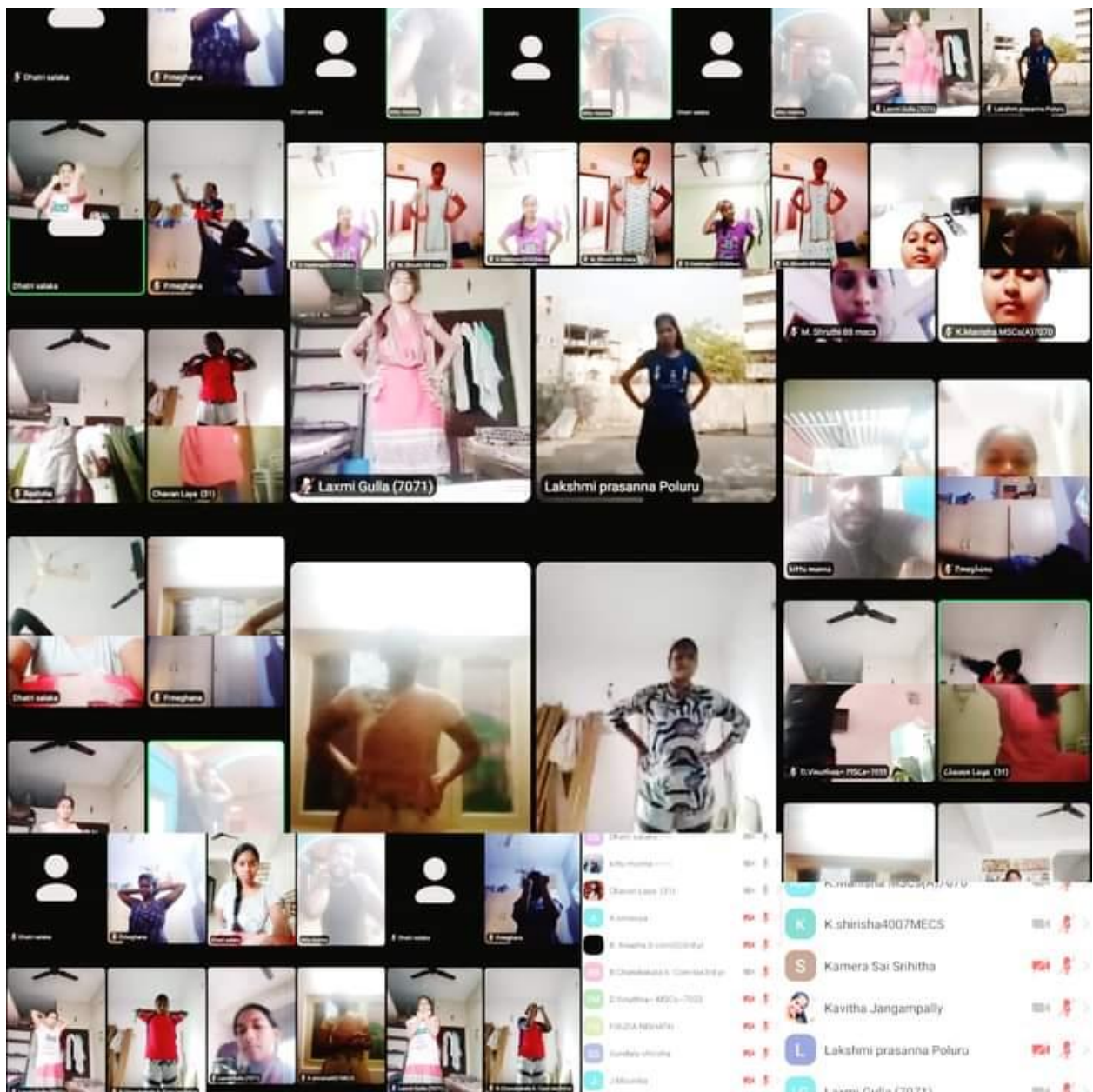
1. Building confidence
2. Developing self-discipline
3. Improving physical health and mentally strong to face unforeseen situation

One of the major impacts of this programme has been instilling a sense of fearlessness and enhancing mental strength among the girls. They feel more confident and secure having learnt techniques to defend and protect not only for themselves but also to protect others in times of undetermined situations when it is needed. This training programme has enhanced physical strength of girl's active participation in other activities in the college. A very positive thinking attitude is witnessed among the students when they started taking training in this programme.









Note : In view of the immediate lockdown due to Covid-19, we encouraged the students to attend online training classes.

**Total no. of students participated: 50**

**Instructor: Mr. B. Devender ,SHE TEAM Coordinator**