

SELF- DEFENCE TRAINING FOR GIRLS (2017-18)

Brief report of the self-defence training programme conducted in the college from 15.03.18-28.03.18

The first phase of the self- defence training programme for girls was held in two parts. A total number of 130 students had participated. The payment of the remaining balance of the second part to the 10 girls were paid. The second phase of the self defence training programme was conducted from 15.03.18 to 28.03.18 on all working days during this period from 6.30AM to 7.30AM and 7.30 AM to 8.30 Am . A total number of 100 students participated in the training. The innaguration of the event was held on 15.03.18 by the Principal of Gunupur college, Shri Mohan Chandra Sahu The girls were taught a number of techniques starting with daily routine exercises like pushups, squats, abs crunch, neck exercises etc. Then the girls were taught various moves like backward move, forward move right side, move left side move, step throw foot work etc. Other techniques learnt to safeguard self from any assaulter were slap, head butt, stamp kick, etc. The chief guests invited to the valedictory programme held on 24.03.18 was, Additional Sub collector Mrs. Puspanjali choudhary. The master trainers of the second phase of the training were kabita Nayak and Sapna Bidika.. The guest highly appreciated the conduct of the programme and motivated the students to be self-confident, self reliant and counter any unwanted situation fearlessly. The girl students have also appreciated the initiative taken by the government for imparting such training programmes for their 'own' benefit and have shown a positive approach to participate in such programmes in future


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