



**NEW HORIZON
COLLEGE - KASTURINAGAR**

Affiliated to Bangalore North University, Approved by Government of Karnataka
Included under section 2 (f) of the UGC Act, 1956



ANTI RAGGING CELL

Organises

SELF DEFENCE TRAINING SESSION

for

**II SEMESTER B.COM, BBA & BCA
STUDENTS**



Session by

*Kashyapa Brahma. K. G
Founder & CEO "Hurra"*



09TH July 2021 @ 2.00 pm

For Further Information contact:

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NEW HORIZON COLLEGE - KASTURINAGAR

REPORT ON SELF DEFENCE

Date: 09th July 2021

Mode and Link: Cisco WebEx

<https://meetingsapac12.webex.com/meet/prathima.isbr>

Conducted By: Anti – Ragging Committee

Participated By: B.Com, BBA, BCA Students

Time: 2.00 pm onwards

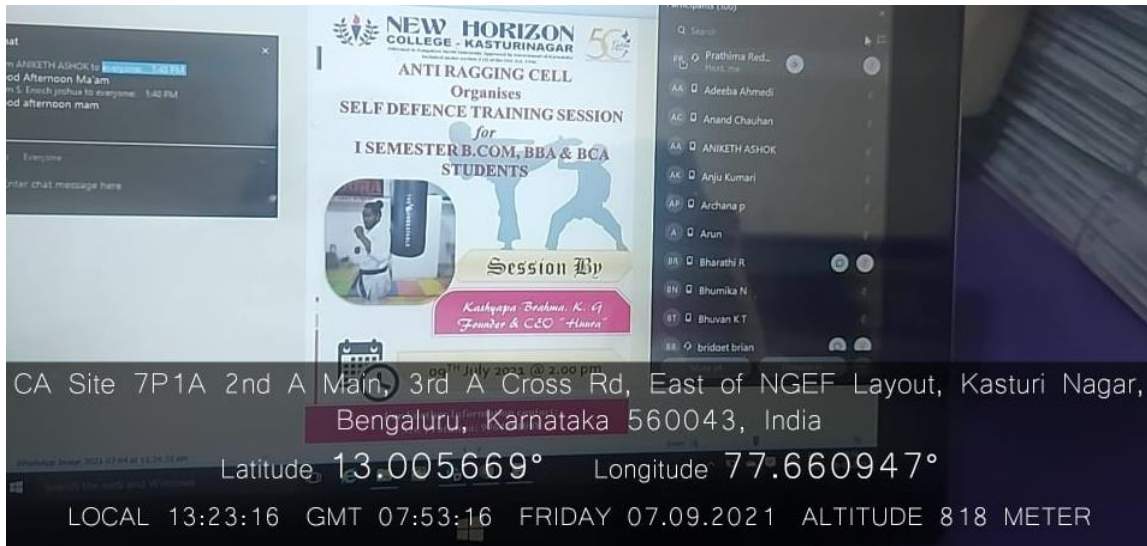
OBJECTIVE:

To provide platform to the students to build confidence, develop self – discipline and warrior spirit.

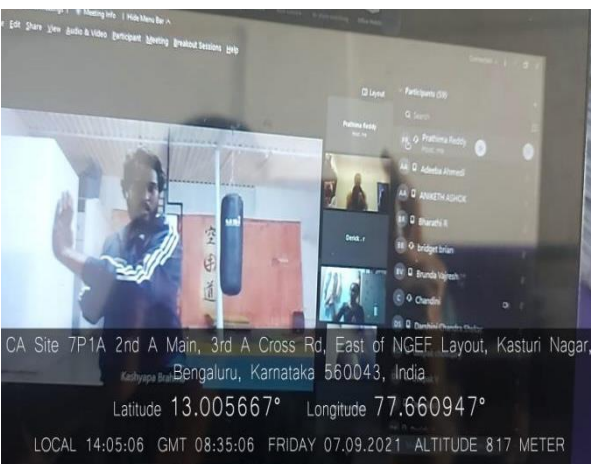
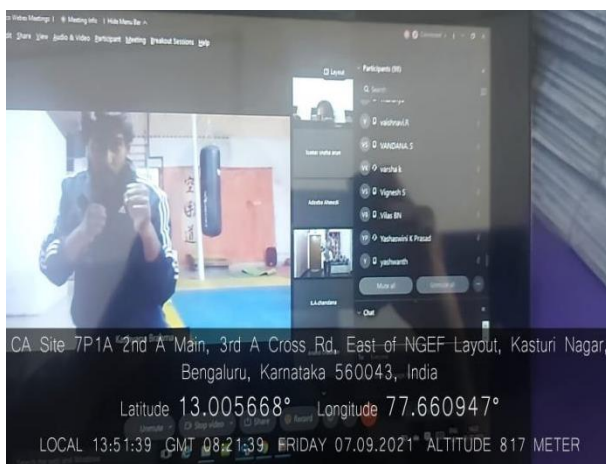
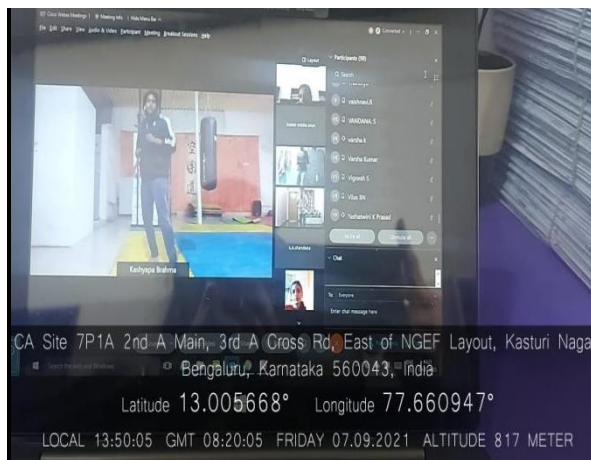
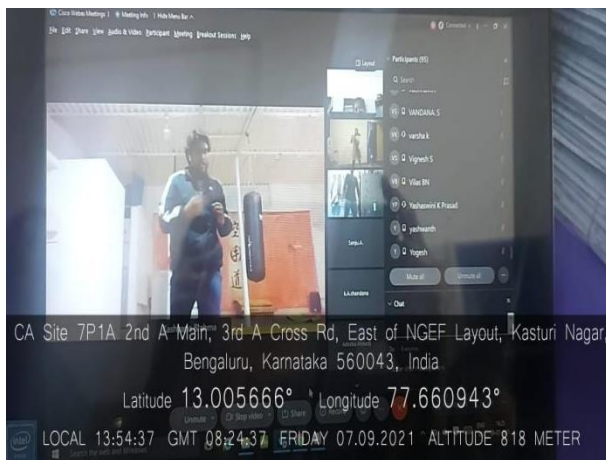
Highlights of the event:

With an aim to build confidence among the students of New Horizon College Kasturinagar Anti – Ragging Committee organized a self defence program on 09th July, 2021. The main objective of organizing this event is to improve student's physical conditioning, self-respect, and to develop a warrior spirit and positive influence on their lives. **The Event was organized for BCOM, BBA and BCA department students with the theme 'Self Defence'.**

The faculty coordinators were Ms. Prathima.K and Ms. Nandini.N. Student coordinators were Mr. Sanju and Ms. Kumar Sneha.



Introduction of the event by Student Ms. Kumar Sneha



Live session by the resource person

Learning outcome:

The resource person Mr. Kashyapa Bhrama, Martial Arts Trainer highlighted the importance of self defence each individual to face and overcome any kind of physical abuse confidently.

1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including home.

2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.

3) The students have the chance to see the live demo of the self defence techniques as demonstrated by the trainer and the companion cadets. The workshop concluded with a note that these kind of workshops will be continued in the times to come.

How satisfied were you with the event?

83 responses

