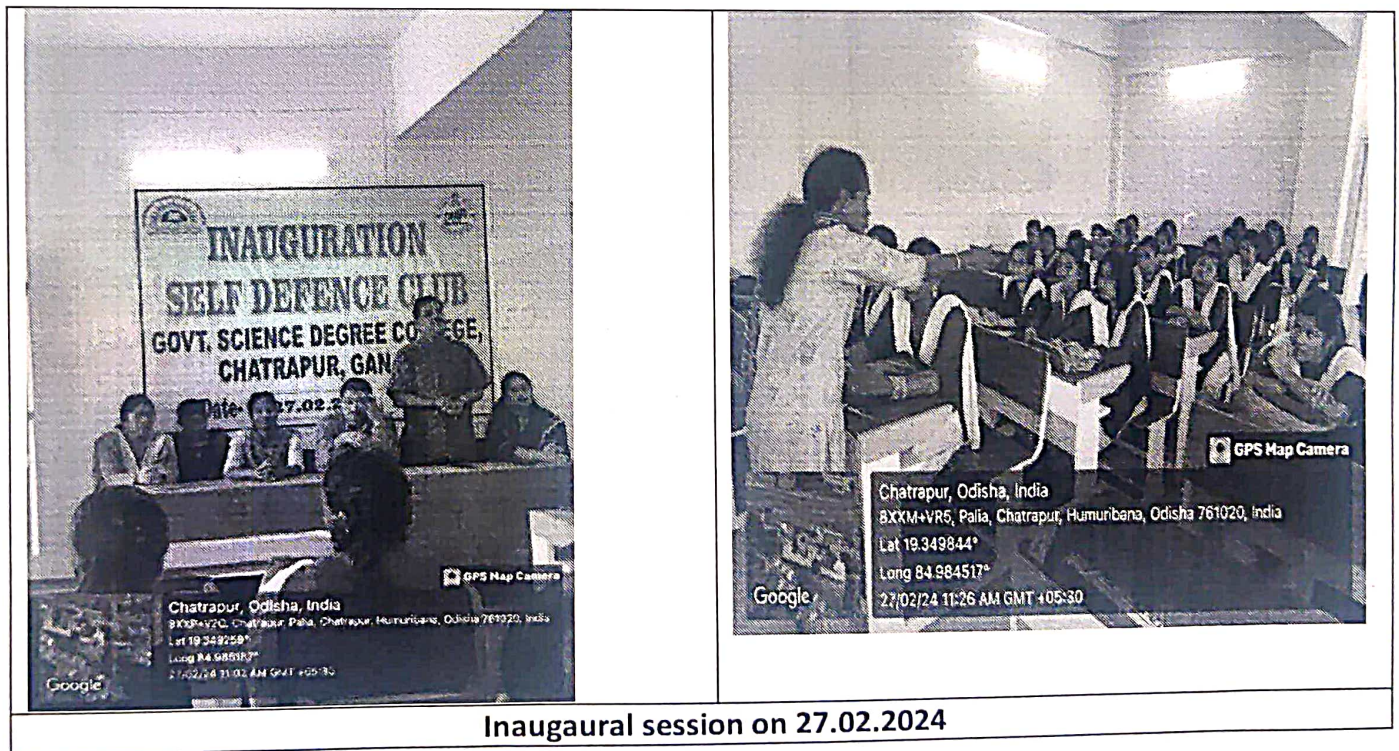


REPORT OF SELF-DEFENCE TRAINING PROGRAMME UNDER SELFDEFENCE CLUB (2023-2024)

Self-defence is an essential life skill that assist girls to be more vigilant with their surrounding and be prepared for the unexpected at any time. The Self Defence Club for girl students was formed on 24.02.24. The training program was organised and inaugurated on the Date 27.02.24. The program was inaugurated by Dr Pramod Kumar Tripathy (Principal cum chairman of the club) along with Dr Ajaya Kumar Tripathy (Administrative officer). Self defence club coordinator Dr Shuchismita Behera presented a brief introduction of the program. Dr Pramod Kumar Tripathy described the need of such program and Dr Ajaya Kumar Tripathy highlighted the key points why such kinds of trainings are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day-to-day basis. Two trainers Ms Sunita Patro (P.E.T collectorate, Ganjam) & Ms Sangeeta Sethy (Self-defence trainer) emphasized on the concept of self-defence and basic skills associated with it. The meeting was ended with vote of thanks by Dr Arati Panda. About 70 girl students attended the meeting and it was followed by a short training program.

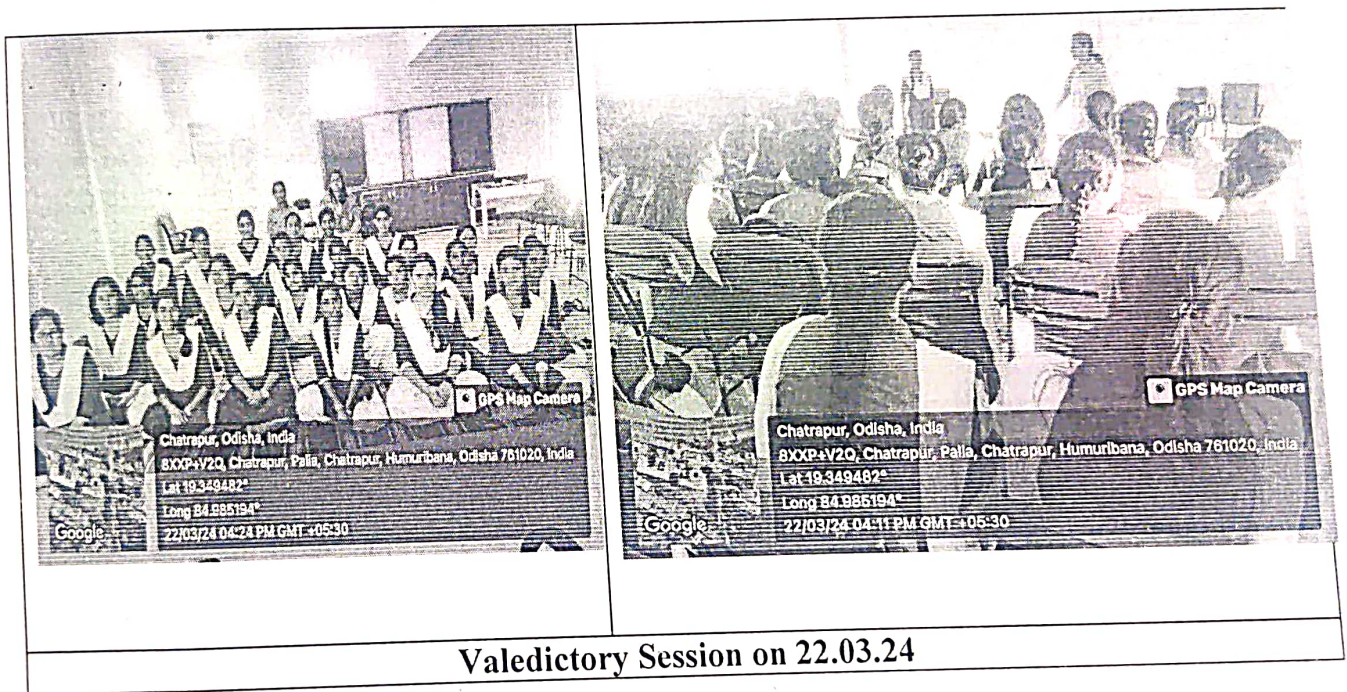


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The programme was continued for twenty days with skills like Slow exercise, Basics of self-defence skills like Single slap, double slap, Front kick, stump kick, Back, side and front Hammer, Front elbow, side elbow, back elbow, Adoption of good posture, Aerobic, Meditation related to well-being of body and mind, One punch and two punch self-defence skill, Asanas of belly like Mandukasana, matsyasana, Dhanuasana, Eka pada mayurasana, Namaskarasana, Ekapadasana, Parbathasana, Padahastasana, Trikonasana, Mahaveer asana, Surya namaskar, anaerobics, Uthanapadasana etc.

The program was ended with informal valedictory session on the Date 22/03/2024 in view of implementation of model election code of conduct. In the session there was a final training and exam to check the skills students learned followed by distribution of certificates to 60 successful students.

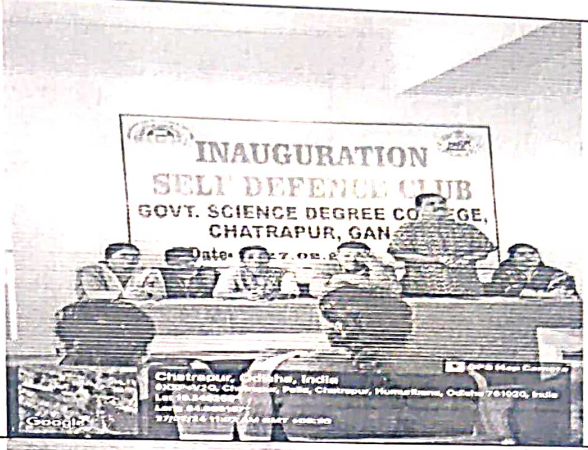
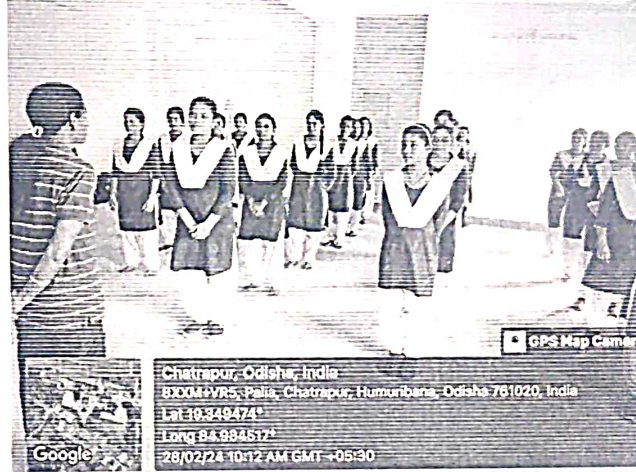



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Summary of the program

Sl no	Days	Event/Topic	Trainer	No of Participant	Photo
1	27.02.24	Inaugural ceremony and basic theory	Ms Sunita Patro (As alumna) & Ms Sangeeta Sethy	51	
2	28.02.24	Slow exercise	Ms Sunita Patro	58	
3	29.02.24	Basics of self-defence skills	Ms Sangeeta Sethy	55	

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4	01.03.24	Adoption of good posture	Ms Sangeeta Sethy	60	
5	02.03.24	Aerobic	Ms Sunita Patro	61	
6	04.03.24	Move slowly and chest press	Ms Sunita Patro	60	
7	06.03.24	Waist movement	Ms Sunita Patro	60	
8	07.03.24	Shoulder stretch	Ms Sunita Patro	59	

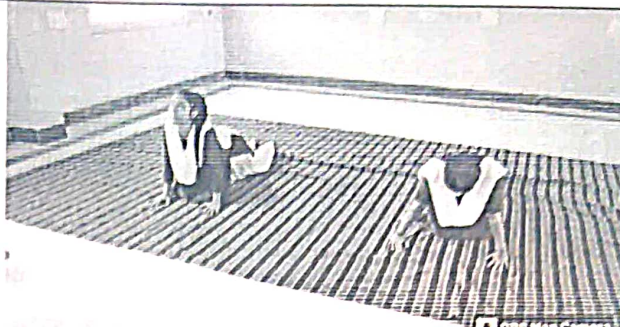


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9	11.03.24(FN)	Meditation related to well being of body and mind.	Ms Sunita Patro	60	
10	11.03.24(AN)	One punch and two punch self-defence skill	Ms Sangeeta Sethy	60	
11	12.03.24	Asanas of Belly. Mandukasana, matsyasana, Dhanuasana	Ms Sunita Patro	60	
12	13.03.24	Eka pada mayurasana, Namaskarashana, Ekapadasana, Parbhasana, Padahastashana, Trikonashana, Mahaveerashana	Ms Sunita Patro	60	



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13	14.03.24	Surya namaskar	Ms Sunita Patro	59	 <p>Chatrapur, Odisha, India 8XXM+VR6, Palla, Chatrapur, Humunibana, Odisha 761020, India Lat 19.349844° Long 84.984153° 14/03/24 08:50 AM GMT +05:30</p>
14	15.03.24	Revision of Surya namaskar, anaerobics, Uthanapadas ana	Ms Sunita Patro	60	 <p>Chatrapur, Odisha, India 8XXM+VR6, Palla, Chatrapur, Humunibana, Odisha 761020, India Lat 19.349841° Long 84.984181° 15/03/24 08:58 AM GMT +05:30</p>
15	16.03.24	Single slap, double slap	Ms Sunita Patro	60	 <p>Chatrapur, Odisha, India 8XXM+VR6, Palla, Chatrapur, Humunibana, Odisha 761020, India Lat 19.348821° Long 84.984176° 16/03/24 09:04 AM GMT +05:30</p>

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16	18.03.24	Front kick, stump kick, Back, side and front Hammer	Ms Sunita Patro	60	 <p data-bbox="1021 728 1476 884">Chatrapur, Odisha, India 8XXP+V20, Chatrapur, Palla, Chatrapur, Humur Lat 19.349429° Long 84.985301° 18/08/24 08:33 AM GMT +05:30</p>
17	19.03.24	Front elbow, side elbow, back elbow	Ms Sunita Patro	59	 <p data-bbox="973 1400 1476 1534">Chatrapur, Odisha, India 8XXP+V20, Chatrapur, Palla, Chatrapur, Humurbana, Odisha 76 Lat 19.349467° Long 84.985324° 19/03/24 09:02 AM GMT +05:30</p>

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20.03.24	Exercise through dance	Ms Sangeeta Sethy	60	 <p>Chatrapur, Odisha, India 800M+VR6, Palla, Chatrapur, Humuribana, Odisha 761020, India Lat 19.349649° Long 84.984567° 20/03/24 09:34 AM GMT +05:30</p>	
19	21.03.24	Revision of self defence skills	Ms Sunita Patro	58	 <p>Chatrapur, Odisha, India 800P+V2Q, Chatrapur, Palla, Chatrapur, Humuribana, Odisha 761020, India Lat 19.34943° Long 84.985266° 21/03/24 09:09 AM GMT +05:30</p>
20	22.03.24	Final training and exam	Ms Sunita Patro	59	 <p>Chatrapur, Odisha, India 800P+V2Q, Chatrapur, Palla, Chatrapur, Humuribana, Odisha 761020, India Lat 19.349482° Long 84.985194° 22/03/24 03:34 PM GMT +05:30</p>

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