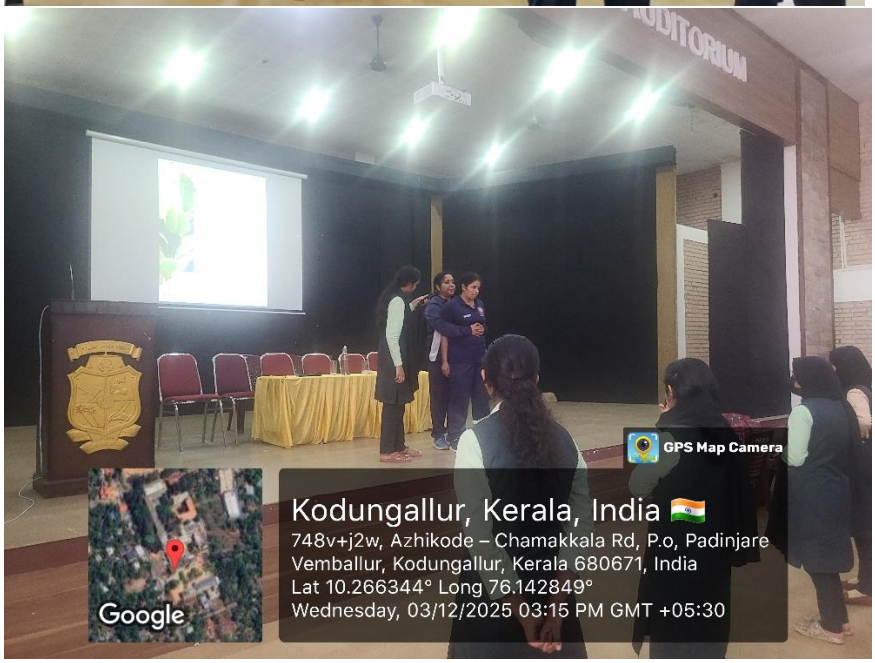
REPORT ON THE SELF-DEFENCE TRAINING PROGRAMME FOR FEMALE STUDENTS.





The PG & Research Department of English of MES Asmabi College, P. Vemballur, in collaboration with IQAC and the Women Development Cell (WDC), organized a Self-Defence Training Programme for Female Students as part of the observance of the International Day for the Elimination of Violence Against Women. The event took place on 3rd December 2025 at the college Auditorium from 1:30 pm to 3:30 pm.

The programme aimed to empower female students by equipping them with practical skills in self-defence, raising awareness about women's safety, and promoting confidence in

confronting challenging situations. Excellent trainers Smt. Sindu and Smt. Jiji trained students with skills of self-defence. The initiative reflected the college's commitment to fostering a safe and supportive campus environment for women.

The event was presided over by **Dr. Sanand C. Sadanandakumar, Principal**, **Head of the Department of English, Dr. Reena Mohamed**, IQAC Coordinator **Dr. Dhanya, WDC coordinators Dr. Jeemol and Ms. Christy** were also present. The programme was coordinated by **Ms. Shiji Ibrahim U**, who ensured the smooth conduct of the event and active participation from the students.

The training session included demonstrations of basic self-defence techniques, strategies for personal safety, and interactive activities that encouraged students to understand the importance of physical preparedness in situations of threat or violence. The resource persons guided the participants through hands-on practice and emphasized the value of mental alertness and presence of mind.

Overall, the programme was highly informative and beneficial for the students. It not only helped them acquire essential self-defence skills but also reinforced the significance of women's empowerment and safety. The initiative was well-received and contributed meaningfully to the global movement advocating the elimination of violence against women.