



Chettinad

College of Engineering & Technology

Approved by AICTE-New Delhi and Affiliated to Anna University-Chennai.



**Report on “Prevention of Abuse &
Self Defence Workshop” - 23.11.2022**

Preparation of the Event

In the face of the increasing cases of sexual harassment and violence against women, it is incumbent upon Higher Education Institutions to institute a thoroughgoing support and education mechanism.

In connection with this, the Women Empowerment Cell (WEC) of Chettinad College of Engineering & Technology have started to prepare "Prevention of Abuse & Self-Defence Workshop" to bolster student's self-confidence to face any untoward situation. The approval for the workshop was sought almost ten days in advance. The circular was circulated among all faculty members and students for their information.

Sample of Invitation, Banner & Agenda

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CLUB INSTITUTE OF MANAGEMENT STUDIES
INSTITUTION'S INNOVATION COUNCIL
(Ministry of HRD Initiative)
ARAM
FOUNDATION CHARITABLE TRUST
(Ministry of Welfare, Government of India)

Guest of Honor

SENSEI. N. KARTHIKEYAN
Founder & Chairman,
Zen Karate School of India,
Coimbatore.

**WORKSHOP ON
PREVENTION
OF ABUSE &
SELF-DEFENCE**

Chief Guest

Mrs. LATHA SUNDARAM
Founder & Managing Trustee,
Aram Foundation Charitable Trust,
Coimbatore.

**Exclusively for ChettinadTech Women Students
by
Women Empowerment Cell**

November 23, 2022 @ 10.00 AM
Venue : ChettinadTech Campus.

NH-67, Karur - Trichy Highway,
Puliyur CF, Karur - 639114.

www.chettinadtech.ac.in

Banner



Prevention of Abuse & Self Defence Workshop @ Chettinad Tech

Introduction:

“Self-defence is not just a set of techniques; it's a state of mind that begins with the belief that you are worth defending” -Rorion Gracie

Self-defence not only allows students to tangibly defend themselves against physical attacks, it also sparks various benefits to them in everyday life. Important values and principles can be learned, such as hard work, dedication, and perseverance, as well as the importance of maintaining personal relationships. It is felt that WEC can strengthen the girl students for their self-protection and women empowerment through a workshop. In this regard, Women Empowerment Cell (WEC) of Chettinad College of Engineering & Technology organized “Prevention of Abuse & Self-Defence Workshop” for ChettinadTech Women students on 23.11.2022 to create awareness on abuse and to teach the basic techniques of self defence for self-protection in collaboration with Aram Foundation Charitable Trust, Coimbatore.

Objective

- To educate the girl students about the different types of violence against them.
- To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- To show case and give demo on different self defence techniques.

Details of the Programme

Chief Guests

Mrs. Latha Sundaram

Founder & Managing Trustee of Aram Foundation Charitable Trust, Coimbatore

Sensei N.Karthikeyan

Founder & Chairman-Zen Karate School of India

Date & Time : 23.11.2022 - 10.00 AM

Venue : C Block Seminar Hall, CNCET, Karur.

The Women Empowerment Cell (WEC) of Chettinad College of Engineering & Technology organized 'Prevention of Abuse & Self-Defence Workshop' for women students on 23.11.2022. The keynote speaker of the session was Mrs. Latha Sundaram, Founder & Managing Trustee of Aram Foundation Charitable Trust, Coimbatore. The deliberations on "abuse & sexual harassment of women" were very informative and enlightening. She highlighted the laws and guidelines to protect women.

A self-defence training session for girl students was conducted by Sensei N.Karthikeyan, Founder & Chairman-Zen Karate School of India, an Asian Karate Judge and Referee Commission member of the Tamilnadu Sports Karate-Do Association who is also a 7th Dan Black belt holder from the Japanese Karate Association.

He was assisted by Ms. Sandhiya Kandhasamy, a black dan 1 belt national champion, who instructed the female students. They received training in self-defense methods and information on how common objects like handbags, hairpins, and shawls may be utilized as safety tools. To help the participants teach their students, friends, and family members the importance of safety and self-defense was thoroughly covered. The programme was attended by more than 250 students.

The programme began with a welcome address given by Ms. R.Swetha of Final ECE. It was followed by the guest talk and vote of thanks. Students found the workshop informative, relevant and engaging. The chief mentor of the women empowerment cell Prof. Dr. A.Padmapriya and Mentor Prof. Dr. J. Kavitha along with the members of WEC coordinated the programme.

Some of the self-defence techniques taught were,

- Groin kick
- Heel palm strike
- Elbow strike
- Hammer strike
- Alternative elbow strikes
- Escape from a 'bear hug attack'

- Escape with hands trapped
- Escape from side headlock
- Round-house Kick
- Knee Kick

Outcome

This had bolstered their self-confidence to face any untoward situation. They are taught more than basic techniques that would help them react to do that little to escape from untoward situations. They became more vigil and alert about opportunistic and systematic abuse.

Snapshots of the events









Programme Coordinator

Principal