

Report of Workshop on “SELF DEFENCE THROUGH MARTIAL ARTS”



Women’s cell in association with CICC of ATME College of engineering has organized a Workshop on “**SELF DEFENCE THROUGH MARTIAL ARTS**” on 29-6-2022 at drawing room in civil block at ATME College of engineering. The workshop was conducted for first year students. **Bharathi Anand**, Chairman of Women’s Sports Commission, Akila Karnataka Sports Karate Association (AKSKA), and Mysore was the guest for the workshop. Martial arts are a combination of several of combat used in self-defence and is deeply rooted in many countries cultures. Women, who are always referred to as the weaker sex when it comes to physical strength, are considered easier targets and are victims of crimes like sexual assault and domestic violence.

In a society where crime against women has increased unexpectedly in the past few years, it has become an absolute necessity for women to be able to protect themselves from undesirable situations. Self-defence is all about preparing oneself physically and mentally to face any adverse situation. But many times, people are confused about the kind of self-defence technique they should learn.



Figure 1: students performing martial arts during the workshop

The program was started by the invocation and praying almighty, later the guest was introduced to the gathering and the workshop began.

There were 82 participants who actively took part in the hands on session presented by the guest. In the workshop how to protect our self when some attacks happen and how to save others were taught and martial arts is not only an act by it's a way of life conveyed by our guest.

Dr. Bhagyashree S R, Chairperson Women Cell, CICC, Prof & Dean-Research, ATMECE, HoD's of various department, Co-ordinators of the event Mrs. Bhanu Priya J, Assistant Professor, Dept. of Mathematics and Ms. Navya N, Assistant Professor, Dept. ECE and other members of the committee were present during the event. The workshop ended with Vote of thanks.



Figure 2: students performing martial arts during the workshop