

Report of Workshop on “SELF DEFENCE THROUGH MARTIAL ARTS”



As a part of Induction Program in association with Women's cell and CICC of ATME College of engineering has organized a Workshop on **“SELF DEFENCE THROUGH MARTIAL ARTS”** on 17-03-2025 at 2:00 Pm in Civil Auditorium 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), 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 56 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 are not only an act by it's a way of life conveyed by our guest.

The ceremony was graced by the presence of distinguished faculty members and dignitaries. The master of ceremonies for the program was Prof. Priyanka N. B., Assistant Professor, Department of Mathematics.

Prof. Chaitra, Assistant Professors, Department of Chemistry, delivered the welcome speech, setting the tone for the event.

The guest's biography was read out by Prof. Bhanu Priya J. Assistant Professors, Department of Mathematics, providing insight into their accomplishments.

The event was attended by Dr. Srinivasa K., Dean of Student Affairs, and Dr. Bhagyashree S. R., Chairperson of the Women's Cell, CICC, Prof. & Dean-Research, ATMECE.

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Programs accredited by NBA, New Delhi – **UG:** CV, ECE, EEE and ME (Validity up to June 2025), **UG:** CSE (Validity up to June 2026)

The coordinators of the event, Prof. Priyanka N. B. Assistant Professors, Department of Mathematics, Prof. Bhanu Priya J, Assistant Professors, Department of Mathematics, ensured the smooth execution of the program.



The workshop concluded with a vote of thanks, marking the end of a successful and enriching event.