

Training Report on Self Defense

Name of the Event: *Three Days Training on Self Defense*

Organized by: *History Department, Govt Hrangbana College*

Date: *9th-11th October 2019*

Venue: *Golden Hall, Govt Hrangbana College*

Trainer: *Vanlalthlamuanpuia, Black Belt in Karate*

No of participants: 150



- It is a well known fact that women are often victims of sexual violence, threats, abuse, random attacks by strangers etc. As a result, it is crucial that women know the basic skills needed to defend themselves in hostile and dangerous situations.
- With this realization, the History Department organized a Self Defense Training for their girl students. The primary objective of this program was to empower the girl students of the college with practical techniques and knowledge to protect themselves in challenging or potentially dangerous situations. The training aimed to enhance their physical abilities, boost confidence, and promote a sense of personal security.

- The training focused on introducing the participants to the fundamental concepts of self-defense. The trainer presented an overview of personal safety, emphasizing the importance of situational awareness and risk assessment. The students were made aware of common threats and how to identify potentially dangerous situations.
- Practical demonstrations and hands-on exercises were done. The instructor guided students through various techniques, including striking, blocking, and evasive tactics.
- Role-playing exercises helped students develop quick decision-making skills and increased their confidence in applying self-defense techniques.





- The training program successfully raised awareness among the girl students about potential threats, teaching them to identify and evaluate risks in various situations.



- The training proved to be a valuable experience for the participating students. The program equipped them with practical self-defense skills, enhanced their awareness of personal safety and significantly boosted their confidence levels. By promoting self-reliance and empowerment, it is hoped that the training fosters a safer and more secure environment for the participants.

