



How to Defend yourself?

Self- Defense Training Program

26th -29th October 2018

Jointly Organized by

Women Empowerment Cell, College Internal Complaints Committee [CICC], CIT, Gubbi



&

Akhila Bharatiya Vidyarthi Parishad, Karnataka



**INTERNAL QUALITY ASSURANCE CELL (IQAC)
CHANNABASAVESHWARA INSTITUTE OF TECHNOLOGY
GUBBI, TUMKUR – 572 216, KARNATAKA**



How to Defend yourself?



Self-defense learning is a wise move for women of all ages. Self-defense brings not only safety but confidence.

The Women Empowerment cell [CICC], CIT, Gubbi and ABVP, Karnataka jointly organized a self-defense training program **“How to defend yourself?”** for female CIT students from 26th - 29th October 2018 at CIT Campus.

The above event was organized under “Mission Sahasi” program initiated by ABVP, Karnataka. The basic objectives of ‘Mission Sahasi’ are

- 1) To provide self-defense training to female students
- 2) To provide self-defense training to women
- 3) To promote physical and emotional wellbeing of women in the state
- 4) To impart leadership qualities amongst women community in Karnataka



The training program at CIT, Gubbi was conducted within the spirit of above objectives.