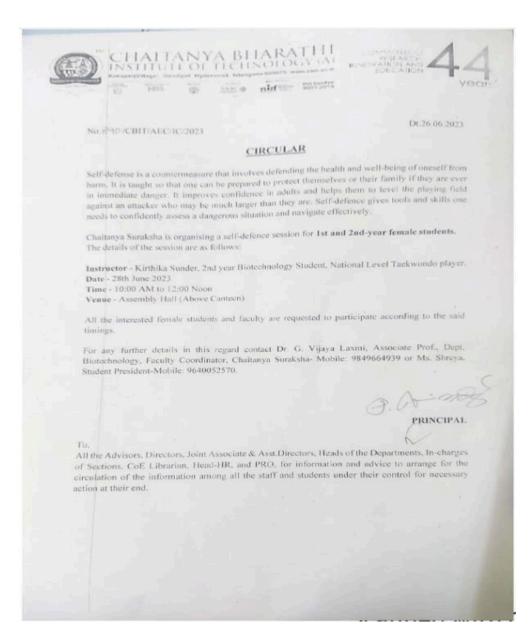




# A BRIEF REPORT ON SELF-DEFENSE SESSION

# **CIRCULAR**



### POSTER



#### ABOUT THE EVENT

Chaitanya Suraksha, organised a session on self-defence for women. The event took place on 28<sup>th</sup> June, 2023, in the CBIT campus. This session was taken by Krithika Shanmuga Sunder, a gold medallist of Teakwondo at national level. The objective of the session was to prepare the young women protect themselves in desperate situations and to create a Stronger Community. The session focused on teaching self- defense techniques. The session started with a brief introduction by the organizers, featuring the importance of self-defense for women. DR.P.Ravinder Reddy, principal-CBIT have praised Krithika Sundar for her achievements and gave a speech delivering the importance of self-defense. Krithika Sunder took over and stated the significance of self- defense and highlighting the point, to harm the attacker in any possible course of action and to be cautious of our surroundings. The drill of techniques began. The instructor krithika showed two techniques. One being the attacker holding the hand of the victim and the other being the attacker dragging by grasping the back of the victim. The techniques were practiced by the participants actively. The session even included an interactive Q&A where, the participants were able to ask different self-defense techniques for different menacing situations. The instructors answered it by showing them the various ways. She interacted with participants who had doubts about how to perform the self-defense techniques effectively in a correct way, which was also demonstrated. This event by Chaitanya Suraksha, was a success, with over 100 young women attending the session. The session succeeded in showing self-defense and boosting the confidence among the young women. The event was informative and helpful, this gives the strength to women to face the future without fear. Such events should be incorporated in the lives of young women which will empower them.

# PICTURES OF THE EVENT



Krithika interacting with the participants



Participants listening in self-defense session



Krithika demonstrating the self-defense techniques



Participants learning the self-defense techniques



Participants practicing self-defense techniques



Krithika demonstrating self-technique with the participants