



**CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY (A)**

Kokapet(Village), Gandipet, Hyderabad, Telangana-500075. www.cbit.ac.in

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COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

44
years

A BRIEF REPORT ON SELF-DEFENSE SESSION

CIRCULAR

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Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. It is taught so that one can be prepared to protect themselves or their family if they are ever in immediate danger. It improves confidence in adults and helps them to level the playing field against an attacker who may be much larger than they are. Self-defence gives tools and skills one needs to confidently assess a dangerous situation and navigate effectively.

Chaitanya Suraksha is organising a self-defence session for **1st and 2nd-year female students**. The details of the session are as follows:

Instructor - Kirthika Sunder, 2nd year Biotechnology Student, National Level Taekwondo player.
Date - 28th June 2023
Time - 10:00 AM to 12:00 Noon
Venue - Assembly Hall (Above Canteen)

All the interested female students and faculty are requested to participate according to the said timings.

For any further details in this regard contact Dr. G. Vijaya Laxmi, Associate Prof., Dept. Biotechnology, Faculty Coordinator, Chaitanya Suraksha- Mobile: 9849664939 or Ms. Shreya, Student President-Mobile: 9640052570.

PRINCIPAL

To,
All the Advisors, Directors, Joint Associate & Asst.Directors, Heads of the Departments, In-charges of Sections, CoE Librarian, Head-HR, and PRO, for information and advice to arrange for the circulation of the information among all the staff and students under their control for necessary action at their end.

POSTER



CHAITANYA SURAKSHA



PRESENTS

SELF DEFENCE SESSION

JOIN US



28TH JUNE 2023



10AM TO 12 NOON



ASSEMBLY HALL
(ABOVE CANTEEN)

ALL FEMALE STUDENTS
ARE INVITED.



KIRTHIKHA SHANMUGA
SUNDER



BINDU VASINI : 9491875939

TEAKWONDO GOLD MEDALIST.
NATIONAL LEVEL PLAYER

ABOUT THE EVENT

Chaitanya Suraksha, organised a session on self-defence for women. The event took place on 28th 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 Sunder 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