

**Shri Ramdeobaba College of Engineering and  
Management, Nagpur (Session 2022-2023)**

**In association with**

**Women Empowerment Cell**

**Presents**

**Self Defense Training session**

**Date: 23/11/2022**

**No. of participants: 500**

**Objective: Self defense and martial arts training session.**

**Venue: Football ground, Shri Ramdeobaba College of  
Engineering and Management.**

**Report :**

Rotaract Club of RCOEM in association with Women Empowerment cell, RCOEM organized a self defense training session as Self-defense is a topic that many people may not think about until they are faced with a situation where it becomes necessary. Self-defense lessons can

help pupils gain self-confidence. They can learn self-discipline, enhance their physical condition, and become more aware of their surroundings. Students can benefit from self-defense, especially if they are walking alone after courses at night. That is the most vulnerable period for pupils to be attacked.

The importance of self-defense should not be underestimated. It can help students feel safer in their own communities and stop them being a victim of crime. Self-defense is also important for women to maintain their independence. Statistics show that one in four women will be sexually assaulted during her life-time. This means that almost every female will be victims of sexual assault at some point. Self-defense skills can help women protect themselves from attack. The session started at 7 AM on 23 November 2022. It was organized at the football ground of RCOEM so that more and more participants could get the benefits of this thriving session. The session was conducted by a Martial arts Trainer who specializes in taekwondo as well. All the participants and women staff of the College and faculty members too participated for the session. The trainer first explained and showed steps to follow for certain situations to defend ourselves physically and all the participants followed and practiced the same. The session was concluded by vote of thanks given by Dr.Sunita Dhote Ma'am.

Dr Sunita Dhote

Teacher InCharge, Rotaract club,

Chairperson Women Empowerment Cell

Yatharth Jain

Rotaract club, RCOEM President





