

Empowering Women with Self defense : 20/10/2018



I Basic Details

Date	Faculty	Department/Committee	Co-ordinator name
20/10/2018	Arts	Education	Dr.Joan Lopes Dr. Reshma Rodrigues
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
9:30 am to 3:00 pm	St.Teresa's Institute of Education- Multipurpose Hall	F.Y.B.Ed and S.Y.B.Ed students of St.Teresa's institute of education D.Ed students of St.Teresa's junior college of education	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Dr. Sandhya Khedekar Mr. Kapil		Teaching and Non Teaching Staff of St Teresa's Institute of Education	Sana Shaikh Natasha Josline Sarah Carvalho

II Brief Information about the Activity (NAAC Criterion Number)

Topic/Subject of the Activity	Empowering women with self defense
Objectives for conducting Activity	<ul style="list-style-type: none">• To educate the students about the different types of violence against them.• To provide knowledge about different tips of self-protection to keep in mind in different situations.
Methodology	Explanation and Demonstration of self-defense techniques
Outcome	<ul style="list-style-type: none">• The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.• The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.