



PURBASTHALI COLLEGE

ESTD: 2009

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Report of the Training Programme

1. Name of the Program: Training Programme
2. Topic: "Empower her: A Comprehensive Self-defense Training Programme for Women"
3. Organizer: Women's Cell, Purbasthali College
4. Duration: 30 hours from January 23, 2023 -February 22, 2023
5. Number of participants: 34
6. Venue: Swami Vivekananda Seminar Hall
7. Name of resource person: Sensai Aakash Hazra, Chief Instructor, JKA India, West Bengal
8. Summary of the Event:

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" was designed to equip women with essential skills and knowledge to enhance their safety, confidence, and empowerment in various situations. Through a combination of practical self-defense techniques, awareness strategies, and empowerment exercises, the programme aimed to empower participants to assert their rights and protect themselves from potential threats.

9. Key Components:

Self-defense Techniques: The programme provided hands-on training in basic self-defense techniques tailored to real-life scenarios, including verbal assertiveness, physical strikes, blocks, and evasion maneuvers. Experienced instructors led demonstrations and supervised participants as they practiced these techniques in a safe and supportive environment.

Situational Awareness: Participants learned how to assess and respond to potentially dangerous situations through heightened situational awareness. Training sessions emphasized the importance of recognizing warning signs, trusting intuition, and de-escalating confrontations whenever possible.

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Women's Cell
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Empowerment Mindset: Workshops and discussions focused on fostering an empowerment mindset among participants, encouraging self-confidence, assertiveness, and resilience. Participants engaged in activities aimed at challenging limiting beliefs, building self-esteem, and setting boundaries in personal and professional relationships.

Risk Reduction Strategies: The programme addressed practical strategies for reducing the risk of violence and harassment in various settings, such as public spaces, workplaces, and social gatherings. Participants learned about safety precautions, assertive communication techniques, and the importance of creating support networks.

10. Outcomes and Impact:

- **Enhanced Self-confidence:** Participants reported feeling more confident and empowered to navigate challenging situations and assert their boundaries effectively.
- **Improved Safety Awareness:** Attendees gained a better understanding of potential threats and learned practical strategies for minimizing risks and protecting themselves from harm.
- **Sense of Community:** The training programme fostered a sense of solidarity and support among participants, who shared experiences, resources, and strategies for promoting safety and empowerment within their communities.
- **Long-term Empowerment:** Participants expressed a commitment to continuing their self-defense training and advocating for gender equality and women's rights in their personal and professional lives.

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" proved to be a valuable opportunity for women to acquire essential skills, build confidence, and connect with like-minded individuals.


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Fig. Class of the training programme on 01.02.2023

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VII. & P.O.-Parulia, Dt.-Burdwan



Purba Bardhaman, West Bengal, India
Unnamed Road, West Bengal 713513, India
Lat 23.462458°
Long 88.350863°
02/02/23 11:19 AM GMT +05:30

GPS Map Camera

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