

# SELF DEFENCE TRAINING UNIT



**UDAYANATH AUTONOMOUS COLLEGE OF SCIENCE &  
TECHNOLOGY**

**ADASPUR, CUTTACK**

## **INTRODUCTION ABOUT SELF DEFENCE TRAINING UNIT**

Setting up a self-defense training unit in a college can be an excellent initiative to promote student safety and well-being. It provides individuals with the knowledge, skills, and confidence to protect themselves and others in a variety of situations. It is an essential skill that can empower individuals to protect themselves in dangerous situations. This service is offered by college for girls students only in collaboration with Department of Higher Education, Government of Odisha from 2018-2019. The professional trainer who is the master trainer trained the girls for 10 days in a session.

### **VISION**

1. Awareness: Developing situational awareness to recognize potential threats and avoid dangerous situations.
2. Techniques: Learning effective self-defense techniques, such as strikes, blocks, and escapes, to neutralize threats.
3. Physical Conditioning: Building physical fitness and strength to improve reaction time and endurance.
4. Mental Preparation: Cultivating a mindset that is prepared to respond to threats, including stress management and focus techniques.
5. Scenario Training: Practicing self-defense techniques in realistic scenarios to build muscle memory and confidence.
6. Weapons Defense: Learning to defend against armed attackers, including guns, knives, and other weapons.
7. Ground Survival: Techniques for defending oneself while on the ground, including escapes and submissions.
8. Multiple Attacker Defense: Strategies for defending against multiple attackers, including evasion and targeting vulnerable areas.
9. Legal Considerations: Understanding the legal aspects of self-defense, including the use of reasonable force and avoiding liability.

10. Continuous Learning: Regularly updating and refining self-defense skills to stay effective and adaptable.

## **OBJECTIVE**

The primary objectives of self-defense training in colleges are:

1. Personal Safety: Empower students with skills to protect themselves from physical harm or assault.
2. Confidence Building: Instill confidence and self-assurance, enabling students to feel more secure on campus.
3. Risk Reduction: Educate students on threat assessment, boundary setting, and conflict avoidance techniques.
4. Physical and Mental Wellbeing: Promote physical fitness, stress management, and mental wellbeing through self-defense training.
5. Community Building: Foster a sense of community and camaraderie among students, promoting a supportive and safe campus environment.
6. Empowerment: Equip students with skills to assertively communicate boundaries and defend themselves, promoting personal empowerment.
7. Crime Prevention: Reduce the incidence of campus crime, such as sexual assault and physical violence.
8. Holistic Development: Develop students' physical, mental, and emotional abilities, enhancing overall personal growth.
9. Campus Safety Awareness: Educate students on campus safety resources, protocols, and emergency response procedures.
10. Lifelong Skill Development: Provide students with self-defense skills that can benefit them throughout their lives, beyond their college years.

By offering self-defense training in colleges, institutions can demonstrate their commitment to students' safety, wellbeing, and empowerment, creating a more secure and supportive campus community.

## ACTIVITIES PHOTOS







A handwritten signature in black ink, appearing to read "Anshu", is written over a horizontal line.

SELF DEFENCE TRAINING OFFICER