



Seshadripuram Educational Trust
Seshadripuram Degree College

(Affiliated to University of Mysore)
#25, Hebbal Ring Road, Mysuru

REPORT ON THE INAGURATION OF “SELF-DEFENCE COURSE”

With an intent to acquaint students with various moves of Self-Defence, Seshadripuram Degree College in association with the IQAC, Women Empowerment Cell- Garima, Internal Complaints Committee and Health Club - Team D inaugurated the self-defence course on Monday, 9th January 2023 at Seminar hall. At the event, Prof. Sowmya Erappa K, Principal, Seshadripuram Degree College Mysore, spoke at length and encouraged the students to take part in the Self-Defence Course. Mr. Dileep P, Proprietor of Health Club-D was invited to give training for students of Self-Defence. Furthermore, Ms. Prinyanka Chopra, the student Coordinator, gave a speech in this regard.

Objectives of the Session:

1. To create an awareness about the Self Defence.
2. To provide a training on Self Defence.

Highlights of the Session

1. Prof. Sowmya Erappa K, Principal, Seshadripuram Degree College Mysore, spoke at length and encouraged the students to take part in the Self-Defence Course.
2. The resource persons Mr. Dileep P, Proprietor of Health Club-D and Ms. Prinyanka Chopra, the student Coordinator gave a speech on the importance of Self Defence.

The programme was witnessed by Mrs. Sandhya Achari and Mrs. Chaithra V, Co-ordinators, Women Empowerment Cell, Dr. Manjula V and Mr. Vinay Coordinators of Internal Complaints Committee, staff, students and members of Health club -Team D.

Outcome of the Session

Students gained the insights on Self Defence. Students have shown the interest to join the Self-Defence Course. The decision was taken to conduct the Self-Defence Course to both boys and girls.

PRINCIPAL