

School of Computing & Information Technology

in association with National Service Scheme (NSS), 39 KAR BN NCC Wing, &
Department of Physical Education, REVA University, Bengaluru

Organises a

Self - Defence Program for Female Students (Rakshane)

Target audience: Girls

Date: 03rd September, 2024 | **Time:** 09:30 AM to 11:30 AM

Venue: Saugandhika, REVA University

Importance of Self Defence

1. The rising number of crimes against girls in the country, it is important to provide self-defence training to them in schools and colleges to ensure their safety and security.
2. Self-defence training is a life skill that can help female students defend themselves against physical threats and avoid becoming victims of violence or harassment.
3. Through self-defence training, girls are instructed to develop psychological, intellectual, and physical strength to effectively safeguard themselves during challenging situations.
4. Self-defence training techniques enhance self confidence among girls, promoting their education and facilitating transitions to secondary and higher secondary levels.



Registration Link & QR Code

<https://forms.gle/wUri3fDn6tiWJghbA>

Trainers

Mr. Madan Gowda N.

Kru(Master) Thunder Martial Arts

Mr. Mahesh S.

(REVA Alumnus) Batch:
2021; Program: B.Tech - Civil
(Trainer) Thunder Martial Arts

Organised by

Dr. Lithin Kumble

Associate Professor & HOD, C&IT

Prof. Mounusha S.

Asst Prof & Sports Coordinator, C&IT

in association with

Dr. M. Mune Gowda

(NCC Officer)

Dr. Deepak C. S.

(Director of Physical Education department)

Prof. Madhu B. P.

(Asst Prof & NSS Coordinator)

