

A brief report on empowerment through Self-defence for girls' students

Rationale

Empowering girl students to fight back against crime has been the call of the day. In this modern era, violence against girl students has been very common in every street of both rural and urban setting. Small kids, girls and even women members are feeling insecure the moment they are out of their homes for any purpose for that matters. It is very important for every girl and woman to get prepared mentally and physically well equipped with required skills and techniques to defend oneself from any kind of antisocial element prevailing in the society today. The paradox of self-defence is that the more prepared you are, the less likely you are to need it.

The main objectives of the programme was

- To enable them to defend against any type of physical assault.
- To build self confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training.
- To equip the girls with self-skills, so that they can avert any kind of awkward situation at the first instances.
- To spread a message to the violence-maker that girls are being ready for counter- and awareness is being developed among the girls in this regard.
- To empower the girl students in all aspects

With this emerging needs and objectives in mind, CUTM organized 20 days of Self Defence training for all its B.Tech first years' students at the campus with the facilitation of renowned Utkal Karate School, Bhubaneswar from 13th August to 20 September – 2018.

All the 23 days of sessions were fully occupied with practical demonstration and practices facilitated by 3 well known and experienced martial art instructors. These types of initiative for girl students have really helped the girls to relieve stress, get and stay in shape, and learnt all valuable self- defence skills and techniques at the same time.

During the valedictory session, some of the girls frankly opined that these tools have greatly increased the personal protection options to combat crime. It has built the confidence of every student participated in the training that they can freely move to their destination day in and day out. They feel that they are also less likely to become a target of crime. They recognize improvement in Karate Technique and they indicate progress.

Here are five benefits associated with taking women's self-defence classes:

Self-defence helps you to stay safe.

Ideally, you hope that you can avoid the kind of trouble that would require you to defend yourself. But we never know when we might be attacked. Understanding self-defense enables you to defend yourself and your family when it matters, and to reduce the risk of serious harm. However, self-

defense isn't about teaching you how to engage in a fight with your attacker. Instead, it teaches you how to disable your attacker quickly and then take advantage of the situation to get away safely.

Self-defence improves your self-confidence.

Once you've mastered the key skills and techniques required for effective self-defense, you'll have a higher sense of self-worth from this achievement that will improve your confidence and self-esteem. Self-defense teaches you to have a greater awareness of your surroundings, so you feel empowered to defend yourself in any situation. That awareness can extend into other areas of your life. For instance, you may feel more confident and capable when dealing with any difficult circumstance, whether at home or at work.

Self-defence can increase your social awareness.

Martial arts teaches the importance of respecting differences and showing respect and tolerance for others. These things can help you to interact socially with people in a whole new way. You'll also get to meet different kinds of people of all ages in a self-defense class for women. Interacting with a diverse group of people who have a shared common goal is a great way to make new friends.

Learning self-defence may increase your discipline and focus.

It requires motivation and dedication to learn self-defense. You'll also learn the importance of control. The controlled movements of martial arts combined with self-awareness of the situation you're in and the need to think before acting can improve your overall self-discipline because these behaviors likely will filter into other areas of your life.

You'll feel fitter and healthier.

Self-defense classes count as exercise, so they can improve your physical fitness and overall health and wellbeing. For instance, exercising on a regular basis improves your muscle tone. Cardiovascular exercise can strengthen the heart, which could give you more energy during the day, help you sleep better at night and lower your blood pressure and cholesterol levels.

Regular exercise can benefit your mental wellbeing too. It provides an outlet to relieve stress and can improve your motivation. After learning self-defense you may find it easier to manage difficult situations that would previously have made you anxious.

We can offer you all these benefits and more when you join one of our self-defense classes. There's a class near you in Homewood, IL and Dyer, IN. To find out more get in touch with us today.

Jaya Krishna Behera
Assistant Professor – DM
Centurion University
Bhubaneswar