

**G.T.N. ARTS COLLEGE (Autonomous), Dindigul - 5**

|Affiliated to Madurai Kamaraj University|

|Accredited with 'B' Grade by NAAC|



## **Self Defense Training Programme**

**For**

**Girl Students**

**Organized by**

**IQAC and Women Cell**

**On**

**22.10.21, 23.10.2021 & 25.10.2021**

**Venue: A. P. J. Abdul Kalam Auditorium**



**G.T.N. ARTS COLLEGE (AUTONOMOUS)  
DINDIGUL -5**

**Internal Quality Assurance Cell  
(In Pursuit of Holistic Excellence)**

**Circular**

**Date: 20.10.2021**

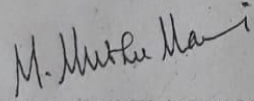
**IQAC/No.11/2021-2022**

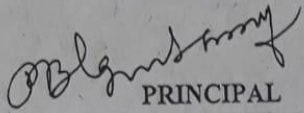
IQAC in association with the Women Cell has planned to conduct a one-day Self Defense Programme for all girl students of both Aided and SSP on 22-10-2021 (Friday), 23-10-2021 (Saturday) and 25-10-2021 (Monday) at 11:30am on all days.

Mr. P. E. Prasath Chakravarthi, Martial Arts & Yoga Instructor, Y2MA Academy, Dindigul will be the Trainer of this Programme.

HODs are asked to instruct the respective class faculty to accompany the students and assemble them in the Dr. A.P.J. Abdul Kalam Auditorium as per the schedule given below.

Date	Class
22-10-2021 (Friday)	I Year (Aided & SSP)
23-10-2021 (Saturday)	II Year (Aided & SSP)
25-10-2021 (Monday)	III Year (Aided & SSP)

  
IQAC-COORDINATOR  
(Dr. M. MUTHUMARI)

  
PRINCIPAL  
(Dr. P. BALAGURUSAMY)

Circular to: All HODs (Aided & SSP)

Copy to: A.D. & V.P. (SSP)

Submitted to: The Secretary and Correspondent



**G.T.N. ARTS COLLEGE (Autonomous)  
DINDIGUL**

| Affiliated to Madurai Kamaraj University |  
| NAAC Accredited with 'B' Grade |

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**&  
Women Cell**

**Organize  
"Self Defense Training Programme"  
For  
Girl Students**

Date: **22, 23 & 25/10/2021**

Time: **11:30 AM**

Prayer

Welcome Address : **Dr. M. MUTHUMARI**  
Coordinator- IQAC

Presidential Address : **Dr. P. BALAGURUSAMY**  
Principal

Felicitations : **Lion. Dr. K. RETHINAM**  
Secretary & Correspondent  
**Mr. DURAI RETHINAM**  
Director

Trainer : **Mr. P. E. Prasath Chakravarthi**  
Martial Arts & Yoga Instructor  
Y2MA Academy  
Dindigul

Vote of Thanks : **Dr. D. Srivenidevi**  
Coordinator- Women Cell

National Anthem

*All are cordially invited*

# IQAC and Women Cell jointly organize Self Defense Training Programme on

22, 23 & 25.10.2021

## PHOTOS

### Digital Flex



### Welcome Address: Dr. M. Muthumari, Coordinator - IQAC



**Presidential Address: Dr. P. Balagurusamy, Principal**



**Participants**



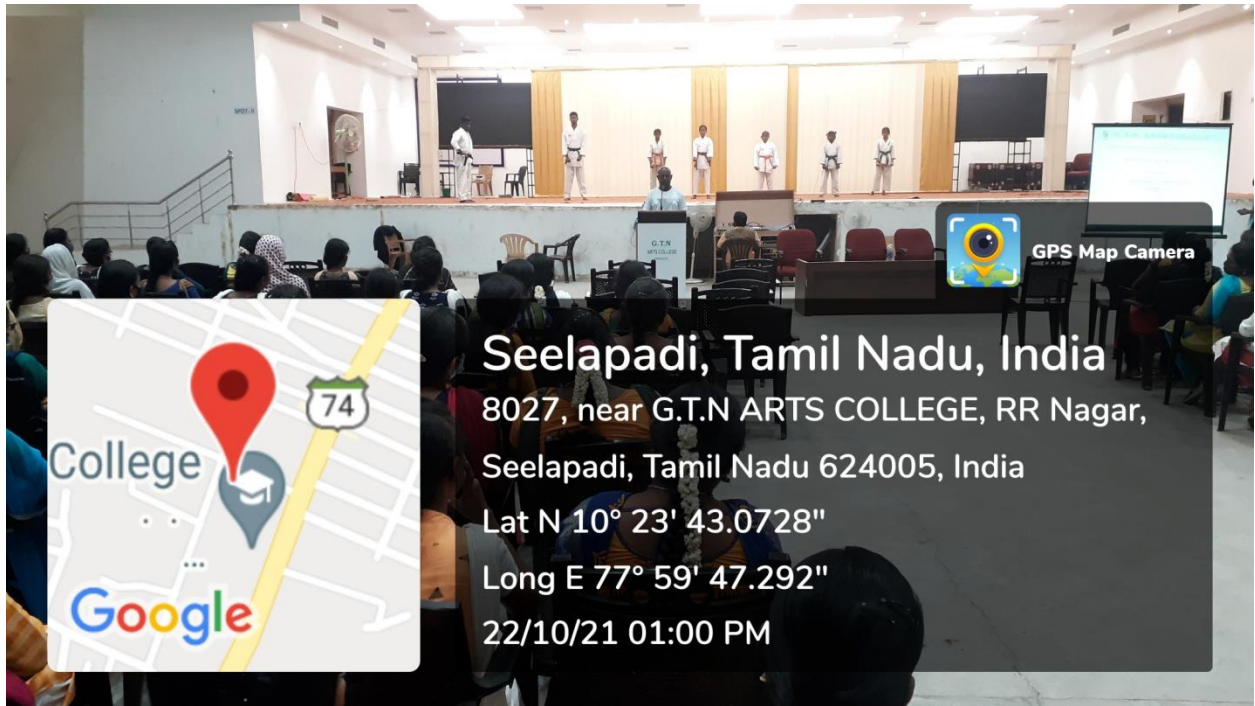
## Participants



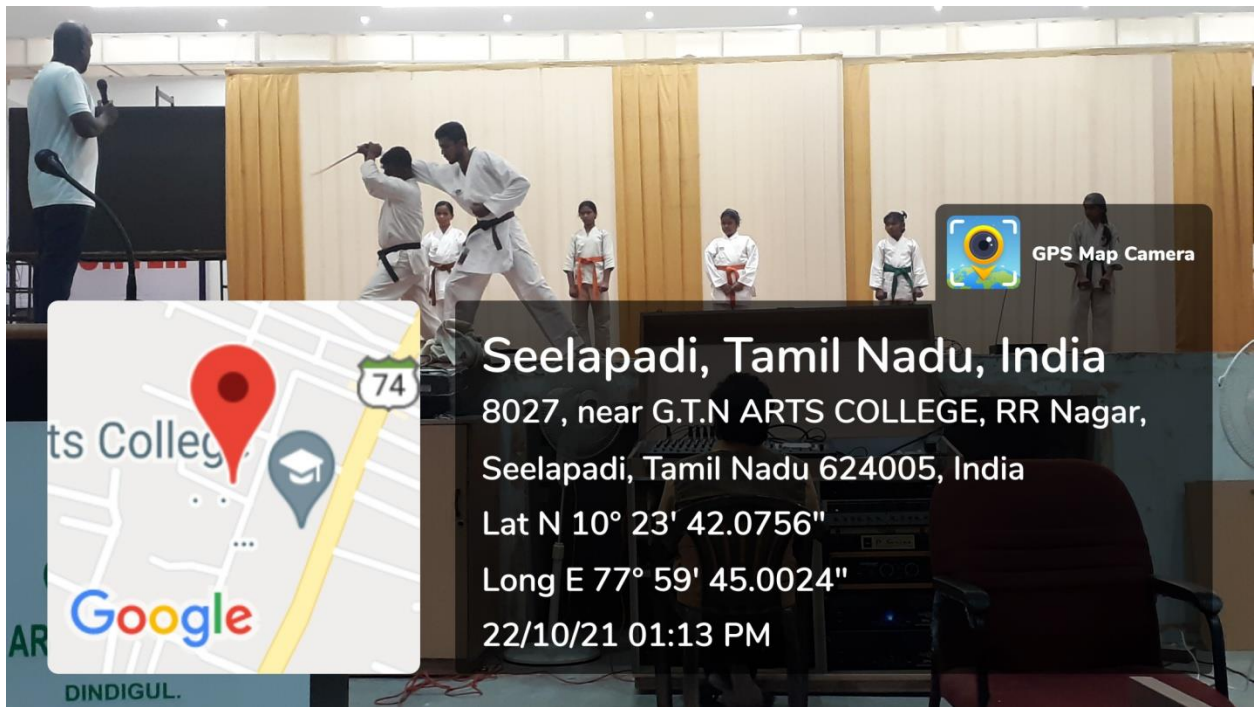
## Demonstration



Demonstration



Demonstration



## Individual Practice Session



## Interactive Session





## Feedback



## தற்காப்பு கலை பயிற்சி

திண்டுக்கல், அக்.27-  
திண்டுக்கல் ஜி.டி.என்.,  
கலைக் கல்லூரி அகத்தர  
மதிப்பீட்டு அமைப்பு,  
பெண்கள் அமைப்பு சார்  
பில் தற்காப்பு கலைப் ப  
யிற்சி அளிக்கப்பட்டது.

ஒருங்கிணைப்பாளர்  
முத்துமாரி வரவேற்றார்.  
முதல்வர் பாலகுருசாமி  
தற்காப்பு கலையின் முக்  
கியத்துவம் குறித்து விளக்  
கினார். தாளாளர் ரத்தினம்,  
இயக்குனர் துரை கலந்து  
கொண்டனர்.

பயிற்சியாளர் பிரசாத்  
சக்கரவர்த்தி மாணவிய  
ருக்கு தற்காப்பு கலை  
பயிற்சி அளித்தார். பெண்  
கள் அமைப்பின் ஒருங்கி  
ணைப்பாளர் ஸ்ரீவேணி  
தேவி நன்றி கூறினார்.

News Paper:  
Dinamalar,  
Tamil Daily

News Paper Report About Self Defense Programme  
for Girl Students. Organized by the IQAC  
and the Women Cell on 22, 23 and 25 October  
2021.

**G.T.N. ARTS COLLEGE (Autonomous), Dindigul - 5**  
|Affiliated to Madurai Kamaraj University|  
|Accredited with 'B' Grade by NAAC|

**Report on**  
**Self Defense Training Programme**  
**For**  
**Girl Students**

**On 22, 23 & 25.10.2021**

IQAC in association with the Women's Cell conducted a three days Self Defense Programme for all girl students of both Aided and SSP from 22.10.21, 23.10.21 and 25.10.21 **Dr. M. Muthumari** IQAC -Coordinator welcomed the audience. **Ln. Dr. K. Rethinam**, Secretary & Correspondent, Mr. Durai Rethinam, Director felicitated the gathering. Dr. P. Balagurusamy, Principal gave the Presidential address and said that Self-Defense training is necessary as it can improve situational awareness and good practices for personal safety.

**Mr. P. E. Prasath Chakravarthi**, Martial Arts & Yoga Instructor, Y2MA Academy, Dindigul gave self defense training demo for the girls. The training was conducted to enhance the self defense confidence of the girl students to act with courage in adverse situations. Girl students were taught simple ways of self defense without using weapons and how to tackle situations on times of teasing. Methods of defense were instilled in their minds. Safety of girl children is the need of the day and hence the training would be seen as a boon for girls who travel from their home for various purposes.

About 1182 students participated and got benefitted by the programme. Women's Cell Coordinator **Dr. D. Srivenidevi**, Assistant Professor of History proposed vote of thanks and the programme ended with National Anthem.

*Submitted to the Principal*

*M. Muthumari*  
Coordinator - IBAC

*P. Balagurusamy*  
25/10/21  
**PRINCIPAL**  
**(Dr. P. BALAGURUSAMY)**