

Self Defense for Women Program:

Dayananda Sagar College of Arts, Science and Commerce organized Self Defense for Women on 22nd March 2022 under IQAC, Women Dignity Cell (SHAKTHI) and ISR Cell(DISHAA).The faculty coordinators were Prof.Ashwini Basavaraju and Prof.Shalini Kumari Rawani.

The trainer for the Program was Mr.Sushanth S K (Brown Belt Holder). The trainer highlighted the reasons for self defense training program such as improve self-confidence in a women, reduce the dependency on others, healthy and fit lifestyle due to exercise and physical moves, handle dangerous and emergency situations caused by strangers. The participants were trained with different moves and trainer gave some tips and tricks for self defense for women. There were about 20 girl students and 20 women staff from DSCASC who participated in the program.

