

Self - defence Programme

Self-defence can train one to counter a form of harassment or assault. It includes being able to defend oneself against everyday abusive situations, as well. While martial arts generate greater awareness on how to prevent, protect, and counterattack. In both cases, training can boost one's confidence levels. It also helps the body fight disease, stay flexible, strong and active. Martial arts provide stress relief and ways to release pent up energy. On realising its importance, the department of English organized a two days Self-defence training programme (Mix Martial Art) on 5th & 6th May, 2022 for the students of the college.



