

# **WORKSHOP ON SELF DEFENSE**

17/12/2018

**Organised by: Department of Commerce**

Collaboration: Nirbhaya Women Cell

On 17<sup>th</sup> December 2018, the Department of Commerce conducted a “ Workshop on Self Defense by Nirbhaya Women Cell”. The session was inaugurated by Smt.P.K.Sree Devi, Senior Civil Police Officer, Women Cell, Thrissur. Nirbhaya volunteers demonstrated various techniques of Self- Defense to develop confidence among students and enable them to handle threatening situations. A total of 100 students participated in the workshop. The programme enabled to mould the students as independent and confident individuals.

