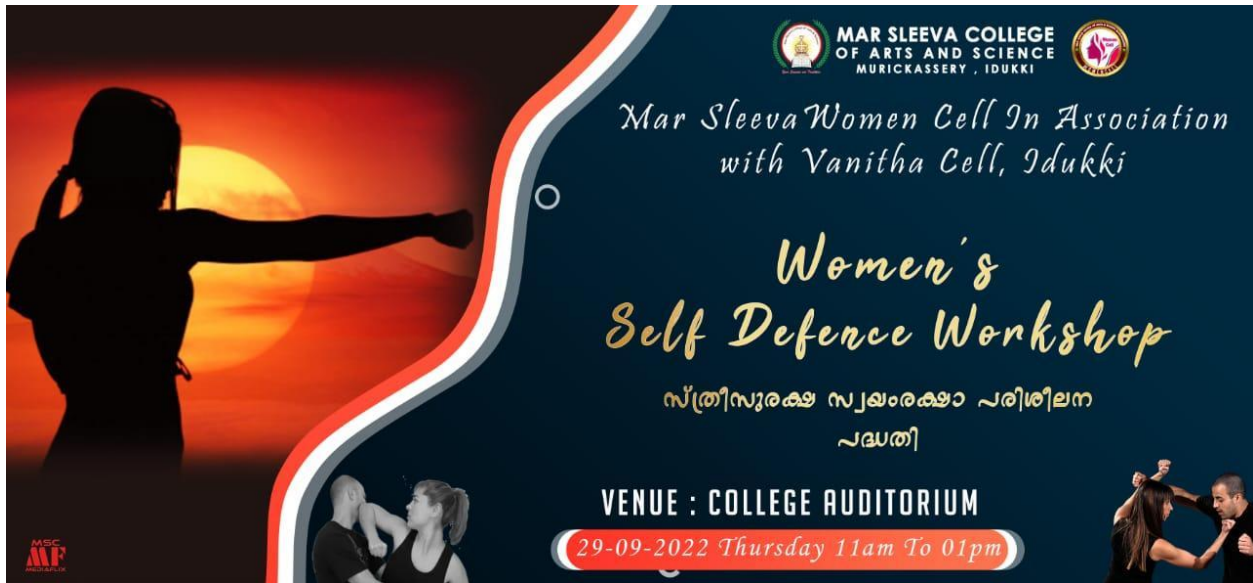


MAR SLEEVA COLLEGE OF ARTS AND SCIENCE, MURIKASSERY

WOMEN CELL

SELF DEFENCE TRAINING

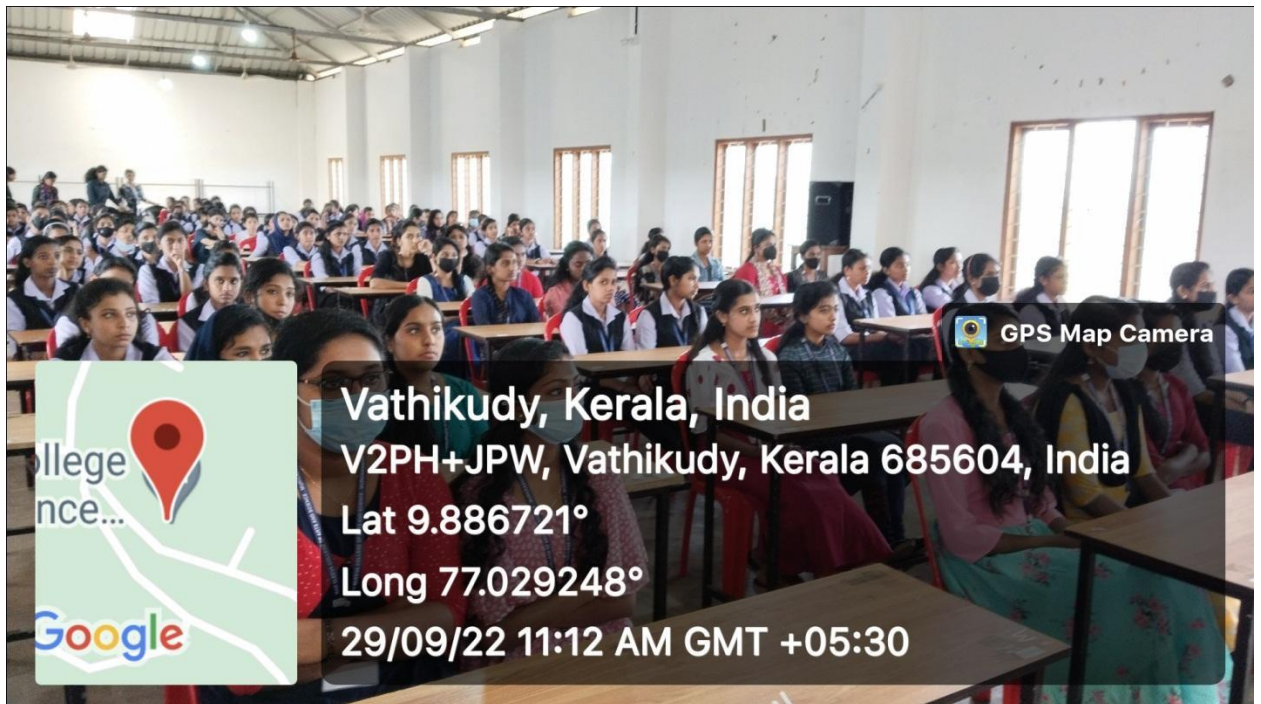


Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. Self defence not only allows women to tangibly defend themselves against physical attacks, it also sparks various benefits to them in everyday life.

The Women Cell ,Mar Sleeva College of Arts and Science , Murickassery organised a self defense training programme for girls under the auspices of AFRO NGO Organization and Idukki District Vanitha Cell. The programme was on 29 September 2022 at 11 am in the college auditorium. Mrs. Remya George, Women Cell Faculty Coordinator, Mar Sleeva College of Arts and Science welcomed the gathering and Dr. Joshy Varghese , Principal Mar Sleeva College of Arts and Science inaugurated the formal function followed by the training session. Bindu TG (ASI), Sofia KS (SOPHIV) and Jishamol N V (CPO) Idukki District Vanitha

Cell officers led the class for the students. The session came to an end with a vote of thanks by Ann Elsa Chacko, Student Representative, Women Cell.

SCEENSHOTS





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Lat 9.886677°
Long 77.029278°
29/09/22 11:15 AM GMT +05:30



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