

**Report on Self- Defence Training for girl students (Jwala 3.0)
Conducted in Connection with International Women's Day Celebration
in Association with Kerala Police**

Naipunnya®
To reach the unreachable

Date: 15/3/25

Faculty in Charge: Dr. Fairouz Ashareff & Dr. Veena Vijaya



Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

Report on Self- Defence Training for girl students (Jwala 3.0)

Conducted in Connection with International Women's Day Celebration in Association with Kerala Police

Date : 11/03/25

Time : 11.00 A.M 12.45 P.M

Venue : MBA Seminar Hall

Organized by : Women Cell Ananya

To celebrate International Women's Day, a self-defense training program was held in association with the Kerala Police. The event aimed to teach women essential self-defense techniques, boost their confidence, and increase awareness about personal safety.

Objectives of the Programme

- Teach women basic self-defense techniques for their safety.
- Raise awareness about personal security and precautionary measures.
- Build confidence among women to face unexpected situations.
- Promote self-reliance and empowerment.

The programme started with a prayer song by Ms. Delmimol M.B from II Year B.Com F(B), followed by a welcome speech by Samah Sanofer. The principal, Rev. Fr. Dr. Paulachan K.J, gave the presidential address. The event was inaugurated by Sri Joy K.A,

Sub Inspector of Police, who stressed the importance of women's safety and self-reliance. Sri Sreelal ,A.D.N.O Janamaithri also addressed the gathering.

Police officers conducted the training session and demonstrated various self-defense techniques, including:

Basic strikes and blocks to counter physical attacks.

Methods to escape from grabs and holds.

Awareness of surroundings and preventive measures.

Legal rights and laws related to self-defense.

The session was interactive, with practical demonstrations and hands-on training. Participants had the opportunity to practice under expert guidance.

Around 100 girls from various second-year classes participated enthusiastically. They appreciated the initiative and felt more secure and confident after the training.

Participants gave positive feedback, praising the practical approach of the training. Many suggested conducting similar sessions regularly to maintain awareness and skill development.

The event ended with a vote of thanks by Ms Irine Manadakan from BCA. She expressed gratitude to the Kerala Police for their support and to all participants for their involvement. The programme successfully highlighted the importance of self-defense training in empowering women and ensuring their safety in society.

Prepared by

Dr. Fairouz Ashareff
(Women cell Coordinator)

Verified by

Dr Joy Joseph Puthussery
(Dean of studies)

Approved by

Rev Fr Dr. Paulachan K.J
(Principal)



SELF- DEFENSE TRAINING FOR GIRL STUDENTS (Jwala 3.0)

11/03/25

Time: 11.00 A.M

Programme Schedule

MC Note	: Nayana Gigi (II Year B.Com C)
Prayer Song	: Ms Delmimol M.B (II Year B.Com F(B)
Welcome Speech	: Samah Sanofer III BBA)
Presidential Address	: Rev.FrDr.PaulachanK.J. (Principal,NIMIT)
Inauguration and Lamp Lighting	: Sri Amruth Rangan (SHO,Koratty Police Station)
Talk by	:Smt. Soumya E.U(Sub Inspector of police)
Talk by:	: Sri Sreelal C.N(ADNO,Janamaitri Suraksha)
<i>Presenting the Memento</i>	
Vote of Thanks:	: Irine Manadakan (II BCA B)

Photographs





Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in






Naipunnnya
To reach the unreachable

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnnya.ac.in, mail@naipunnnya.ac.in



BROCHURE



SELF - DEFENSE TRAINING JWALA 3.0

In Association with Kerala Police
for
All II Year UG and PG Girl Students



Smt. Soumya E.U.
(Women Cell)
Sub Inspector of police
Thrissur Rural

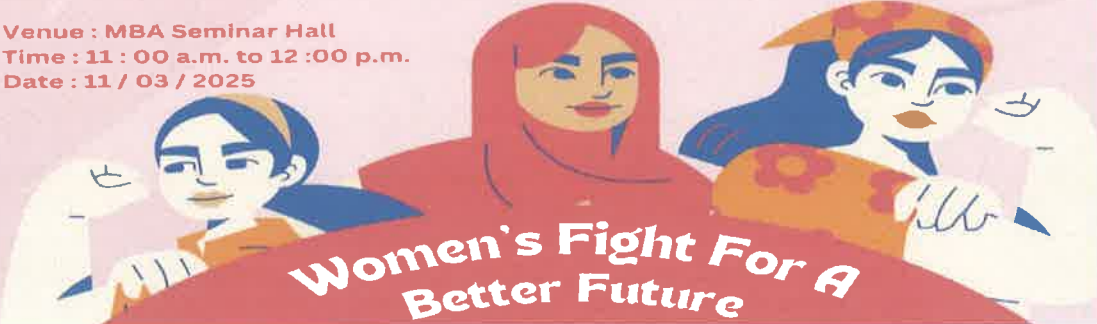


Sri Sreelal C.N.
ADNO, Janamaithri
Suraksha Project,
Thrissur Rural



Inauguration by :
Sri Amruth Rangan
SHO,
Koratty Police Station

Venue : MBA Seminar Hall
Time : 11 : 00 a.m. to 12 :00 p.m.
Date : 11 / 03 / 2025



**Women's Fight For A
Better Future**

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Koratty, Thrissur – 680308

Circular No.: NIMIT/CP-WC/06/24-25

05/3/25

CIRCULAR

To celebrate International Women's Day, the Women Cell - Ananya is organizing a Self-Defence Training Programme in collaboration with the Kerala Police -- Jwala 3.0 initiative. The session is exclusively for all Second Year Women Students.

The program is designed to equip students with essential self-defence techniques, raise awareness about personal safety, and build self-confidence.

Details of the Programme:

Date: 11/03/2025

Time: 11:00 A.M. to 12:45 P.M.

Venue: MBA Seminar Hall

Organized by: Women Cell – Ananya

All concerned students are requested to attend the programme without fail.



Principal



PARTICIPANT'S LIST

Name of the event: Self Defense Training
Date: 11/03/25
Class: All girls students (IInd year and Per students)

Sl. No.	Name	Signature
1.	Anna Benny	
2.	Nithya Eyob	
3.	Mena Elan John	
4.	Maria Gugo	
5.	Athina P. Shaji	
6.	LINA POLLOSE	
7.	RIA LAZAR	
8.	Pooja Vinod	
9.	Sreelakshmi K A	
10.	Aganatha B Raj	
11.	Shreya Cleatus	
12.	Aradhya NS	
13.	Mithana Tera	
14.	Mithakshya TS	
15.	Anitha Mibin	
16.	Anna Rose	
17.	Arthana Raney	
18.	Nanda Divya	
19.	Meenu Suthresha	
20.	Safa Daula	
21.	Theritha Suresh	
22.	Aishwarya Jay Pyramuth	
23.	Arha Jyo	
24.	Anamika P	
25.	ATHIRA R	
26.	AVANI SHIRAN	
27.	Maria Rose Babu	
28.	Alena Arko	
29.	Heharon Ulas	

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.
Phone +91 9605001987, 04802730340, 2730341, 2733573
www.naipunnya.ac.in, mail@naipunnya.ac.in



Naipunnya Institute of Management & Information Technology		
Affiliated to the University of Calicut, ISO 9001-2015 Certified Accredited by NAAC with A++ grade		
30.	Pengada C.V.	...
31.	Anga Jose David	...
32.	Antonia Mathew	...
33.	Arjun K.S.	...
34.	Arundhati J.R.	...
35.	Arundhati J.R.	...
36.	Arundhati J.R.	...
37.	Arundhati J.R.	...
38.	Arundhati J.R.	...
39.	Arundhati J.R.	...
40.	Arundhati J.R.	...
41.	Arundhati J.R.	...
42.	Arundhati J.R.	...
43.	Arundhati J.R.	...
44.	Arundhati J.R.	...
45.	Arundhati J.R.	...
46.	Arundhati J.R.	...
47.	Arundhati J.R.	...
48.	Arundhati J.R.	...
49.	Arundhati J.R.	...
50.	Arundhati J.R.	...
51.	Arundhati J.R.	...
52.	Arundhati J.R.	...
53.	Arundhati J.R.	...
54.	Arundhati J.R.	...
55.	Arundhati J.R.	...
56.	Arundhati J.R.	...
57.	Arundhati J.R.	...
58.	Arundhati J.R.	...
59.	Arundhati J.R.	...
60.	Arundhati J.R.	...
61.	Arundhati J.R.	...
62.	Arundhati J.R.	...
63.	Arundhati J.R.	...
64.	Arundhati J.R.	...
65.	Arundhati J.R.	...
66.	Arundhati J.R.	...
67.	Arundhati J.R.	...
68.	Arundhati J.R.	...
69.	Arundhati J.R.	...
70.	Arundhati J.R.	...
71.	Arundhati J.R.	...

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.
Phone +91 9605001987, 04802730340, 2730341, 2733573
www.naipunnya.ac.in, mail@naipunnya.ac.in

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.
Phone +91 9605001987, 04802730340, 2730341, 2733573



Naipunnnya
To reach the unreachable

Naipunnnya Institute of Management & Information Technology
Affiliated to the University of Calicut, ISO 9001-2015 Certified
Accredited by NAAC with A++ grade

72.	Arjunan K C	
73.	Arjunan K C	
74.	Arjunan K C	
75.	Arjunan K C	
76.	Arjunan K C	
77.	Arjunan K C	
78.	Arjunan K C	
79.	Arjunan K C	
80.	Arjunan K C	
81.	Arjunan K C	
82.	Arjunan K C	
83.	Arjunan K C	
84.	Arjunan K C	
85.	Arjunan K C	
86.	Arjunan K C	
87.	Arjunan K C	
88.	Arjunan K C	
89.	Arjunan K C	
90.	Arjunan K C	
91.	Arjunan K C	
92.		
93.		
94.		
95.		
96.		
97.		
98.		
99.		
100.		
101.		
102.		
103.		
104.		
105.		
106.		
107.		
108.		
109.		
110.		
111.		
112.		
113.		

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.
Phone +91 9605001987, 04802730340, 2730341, 2733573
www.naipunnnya.ac.in, mail@naipunnnya.ac.in

