



Self Defence Training

Empowerment Session on Women Equality Day

Enhancing the confidence, safety,
and strength of women through
self-defense session.

RESOURCE PERSON

Dr. Pawan Kumar Mehta
(Director, TPG)



26 Aug 2025



11:00 AM - 12:00 PM



Explore Stars

Organised by: Centre of Excellence for
Sustainability
In Collaboration with: Office of Administration



Event Name	Self Defence Training
Date	26 August 2024
Venue	Explore Stars
Organizer	Centre of Excellence for Sustainability in collaboration with the Office of Administration.
Resource Person	Dr. Pawan Kumar Mehta, (Director, TPG)
Total number of students attended	29
SDGs Covered	3 & 5
Duration	2 hours

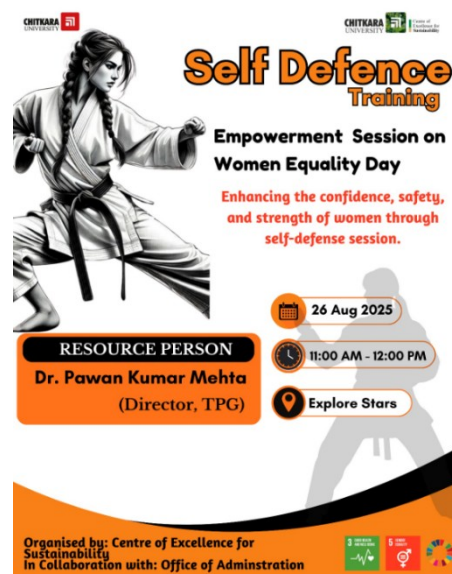
Objective

To empower women by enhancing their confidence, safety, and physical strength through self-defence training, promoting equality and personal security on the occasion of Women Equality Day.

Description

The Self-Defence Training session was organized by the Centre of Excellence for Sustainability, Chitkara University, in collaboration with the Office of Administration. Conducted by **Dr. Pawan Kumar Mehta (Director, TPG)**, this empowerment session aimed to provide supporting staff women of Chitkara University with essential self-defence skills to help them protect themselves in challenging situations. The training focused on practical techniques, awareness, and strategies for self-protection, emphasizing the importance of mental and physical preparedness as a step toward gender equality and safety.

Self-defence is not only about physical strength but also about developing confidence, presence of mind, and the ability to stay calm under pressure. It empowers individuals to recognize and avoid potential threats while promoting a sense of independence and self-assurance. By learning how to defend themselves, participants also contribute to building a safer and more supportive community where respect and equality thrive.



Outcomes

- Increased confidence and self-assurance among women participants.
- Improved awareness of safety and self-defence techniques.
- Promotion of gender equality and empowerment through skill-based learning.

Conclusion

The Self-Defence Training session successfully empowered women by equipping them with essential self-defence skills and confidence. The event not only enhanced participants' sense of security but also reinforced Chitkara University's commitment to promoting gender equality and personal empowerment through capacity-building initiatives.

