

SELF DEFENCE



Empowerment Session for Female Staff



TIME & DATE:

11:00 AM Onwards
September 30, 2026

RESOURCE PERSON:

Dr. Pawan Kumar Mehta
(Director, TPG)

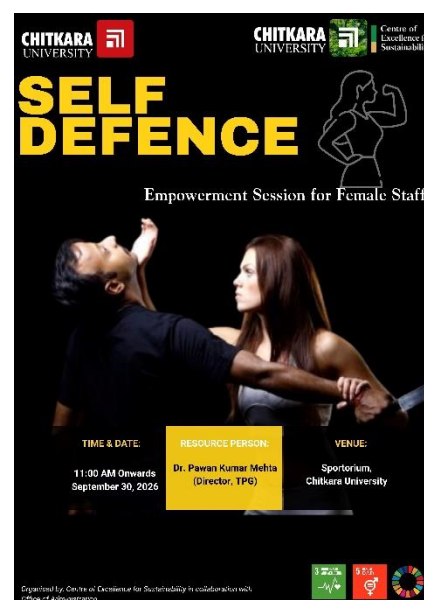
VENUE:

Sportorium,
Chitkara University

Event Name	Self Defence – Empowerment Session for Female Staff
Date	30 September 2026
Time	11:00 am onwards
Venue	Sportorium, Chitkara University
Resource Person	Dr. Pawan Kumar Mehta (Director, TPG)
Organised By	Centre of Excellence for Sustainability in collaboration with Office of Administration
SDGs	3 – Good Health and Well-Being; 5 – Gender Equality

OBJECTIVES

- To promote awareness and understanding of basic self-defence practices among female staff members.
- To support personal safety, confidence and preparedness through a focused empowerment session.
- To encourage participants to develop greater awareness of situations that may require self-protection.
- To promote women's empowerment and well-being through practical self-defence awareness.
- To contribute towards **SDG 3** – Good Health and Well-Being and **SDG 5** – Gender Equality.



DESCRIPTION

The Self Defence – Empowerment Session for **Female Staff** was organised by the **Centre of Excellence for Sustainability** in collaboration with the **Office of Administration** at Chitkara University. The session was held on **30 September 2026** at **11:00 am** at the Sportorium. **Dr. Pawan Kumar Mehta (Director, TPG)** served as the resource person. A total of **90 female staff members** attended the session, which focused on self-defence and women's empowerment, providing a platform to build awareness related to personal safety and preparedness. The session included demonstrations of basic self-defence techniques, such as throat-choke defence, punching defence, basic foot techniques, hand-blocking movements, maintaining balance, and simple escape techniques. These practical demonstrations helped

staff members understand basic self-protection methods and the importance of remaining alert and aware of their surroundings.

OUTCOMES

- To promote greater awareness of personal safety and self-defence among female staff members.
- To support women's empowerment through a dedicated self-defence session.
- To encourage participants to develop confidence and preparedness in matters related to personal safety.
- To strengthen the university's commitment to well-being, empowerment and gender equality.
- Encouraged participants to remain more alert and aware of their surroundings.

CONCLUSION

The Self Defence – Empowerment Session for Female Staff provided a focused platform for promoting personal safety, well-being and women's empowerment. Organised by the Centre of Excellence for Sustainability in collaboration with the Office of Administration, the session highlighted the importance of self-defence awareness and preparedness.

