



**Women Empowerment Cell and Gender sensitization cell in association with Ettram trust  
Report ThekkanKalari – Indian Martial Art, Self defence program for women dated  
27.10.2022**

The Women Empowerment Cell and Gender sensitization cell in association with Ettram trust jointly organized the Thekkan Kalari – Indian Martial Art, Self defence program for women on 27.10.2022. The resource person for the program was Mr. Santhosh Karikaalan, General secretary, Asan Martial Arts and Sports Academy International. The guest of honour was welcomed by Dr. Jennifer G Joseph, Professor and Head, Humanities and Sciences. Dr. S.P. Sangeetha, Vice Principal (Academics) and Convenor WEC addressed the gathering. Then the session was taken over by Mr. Santhosh Karikaalan and his team members who addressed all the girls in AV campus. He explained the importance of learning a self defence art by women in today's society. Initially a demonstration was given by his team girls followed by, showcasing their defensive art. Further moving on, all the girl students of AV campus were taught with warm up exercises and few basic training of Thekkan Kalari. All the girls took part with full enthusiasm and energy in learning the art. The session lasted for 2 hours. Almost 150 students took part in this program and gained benefits by learning the basic defence to protect themselves from bad situations. Finally the session was closed by getting feedback from the participants. The participants appreciated the efforts of organizing committee in promoting an essential art for women. The program came to an end by thanking the guest of honour, by Dr. R. Devika, Professor and Head, Department of Biotechnology and Co-Coordinator of WEC.



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AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY

Cordially invites you all for the

## Thekkan Kalari – Indian Martial Art Self Defence Program for Women

### Resource Person

**Mr. Santhosh Karikaalan**

General Secretary

Asan Martial Arts and Sports Academy International

📅 27<sup>th</sup> Oct 2022

🕒 Time : 01.30 p.m.

📍 Outdoor Auditorium



In the presence of

Dr. G. Selvakumar, Principal, AVIT

Dr. S. P. Sangeetha, VP (Academics), AVIT

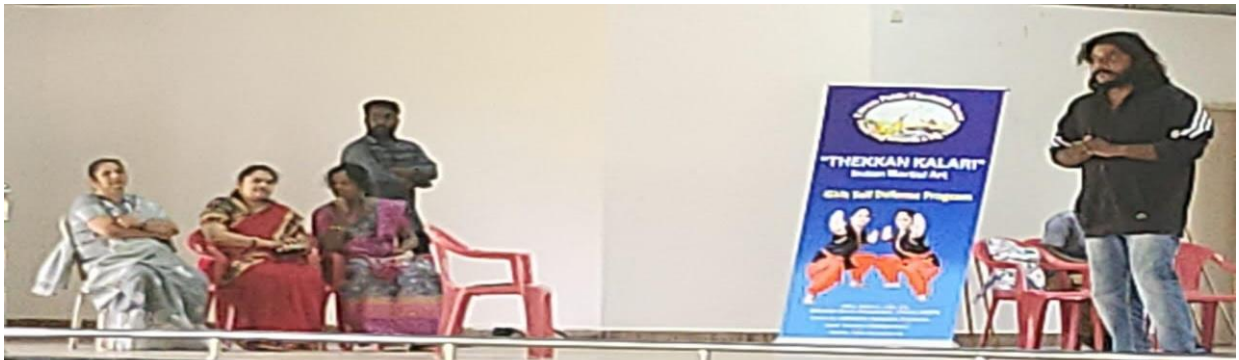
Event Coordinator

Dr. Jennifer G Joseph, Prof & Head,  
Humanities and Science Department

Dr. R. Devika, Prof & Head,  
Dept. of Biotechnology

Organized by : Women Empowerment Cell & Gender Sensitisation Cell, AV campus  
in association with Etram Trust





GPS Map Camera

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