

## REPORT ON ONE DAY SELF DEFENSE COURSE

The GSC and WEC organized a one day self defense course on 19/9/2018 for all the girl students. Dr. Jennifer G Joseph, Coordinator of GSC &WEC gave the welcome address. Dr. R. Shanmugavalli, Director, FA&S, gave the presidential address and motivated the students to take full advantage of the course. Sensei B. Vajayabaskar, Kofukan Shito- Ryu, Karate School was the resource person for the day. He taught the participants various techniques to defend themselves in adverse situations. Hands on training were also given during the program.

