

Women Self Defense

Event Details:

EVENT	Women Self Defense
DATE	20/08/2025
NUMBEROF CADETS	11
NUMBEROFBENEFICIARIES	Public

National Cadet Corps (NCC) and the Event on Women Self Defense at Bishop Ajarayya Balikonnatha School

The National Cadet Corps (NCC) conducted a Women Self-Defense awareness program at Bishop Ajarayya Balikonnatha School, aiming to empower girl students with essential safety skills and confidence. During the event, NCC cadets demonstrated practical self-defense techniques, highlighting how to stay alert, respond to threatening situations, and protect oneself effectively. The session also emphasized mental strength, discipline, and awareness as key components of personal safety. Teachers and cadets jointly encouraged students to practice these techniques regularly and build self-confidence. Overall, the program successfully promoted empowerment, safety education, and the spirit of preparedness among young girls.

Women Self Defense at Bishop Ajarayya Balikonnatha School

A Women Self-Defense program was organized at Bishop Ajarayya Balikonnatha School

to empower girl students with essential safety skills and confidence. The session focused on teaching practical and easy-to-apply defense techniques that can help girls protect themselves during unexpected or risky situations. Trainers emphasized the importance of awareness, quick thinking, and mental strength, along with physical readiness. Students actively participated in demonstrations and learned how to respond calmly and effectively under pressure. The program also highlighted the value of self-

confidence, discipline, and personal safety in everyday life. Overall, the event inspired the students to stay strong, alert, and prepared, promoting a sense of empowerment and

independence among young girls.

Significance of Women Self Defense event

The Women Self-Defense event is significant because it empowers girls with practical skills to protect themselves and stay confident in challenging situations. It teaches awareness, quick decision-making, and effective response techniques. Beyond physical defense, the program builds mental strength, self-respect, and independence. By promoting safety education and preparedness, the event helps create a more confident and empowered group of young women ready to face real-life situations responsibly.

Impact on Students and Society

The Women Self-Defense event creates a strong impact on both students and society. Students gain confidence, awareness, and practical skills to protect themselves, helping them feel safer and more independent. It encourages discipline, quick thinking, and self-respect. For society, such programs promote gender safety, empowerment, and a culture that values women's security. Overall, the event contributes to building a more confident generation and a safer, more responsible community.

NCC's Role in Women Self Defense

The NCC plays a vital role in promoting Women Self-Defense by training students in discipline, awareness, and practical protection techniques. Through demonstrations and guided practice, NCC cadets help girls learn how to respond confidently in risky situations. Their structured approach builds mental strength, alertness, and readiness. By encouraging empowerment and safety education, the NCC contributes to creating a secure environment and nurturing strong, prepared young women who can protect themselves effectively.

CONCLUSION

The Women Self-Defense event at Bishop Ajarayya Balikonnatha School stands as a powerful initiative aimed at equipping young girls with essential skills for personal safety and confidence. In an increasingly uncertain world, such programs provide students with not only physical techniques but also the mental readiness required to assess and respond to challenging situations. By creating an environment of awareness and empowerment, the event encourages girls to recognize their own strength and take proactive steps in safeguarding themselves. It also reinforces the idea that self-defense is a crucial life skill, not just an optional activity.

Beyond individual empowerment, the event contributes significantly to building a more responsible and conscious society. When young women are trained to protect themselves, it sends a strong message about equality, safety, and the importance of nurturing confident citizens. The program highlights the societal responsibility of ensuring that every girl grows up without fear and with the knowledge needed to face real-world challenges.

Additionally, the involvement of teachers, trainers, and institutions strengthens community bonds and promotes collective awareness about women's safety. By fostering open discussions and providing practical demonstrations, the event becomes a catalyst for social change.

The role of the National Cadet Corps (NCC) in promoting such initiatives further amplifies the impact. With its emphasis on discipline, alertness, and leadership, the NCC adds structure and credibility to the program. Their participation ensures that students receive well-guided, practical training that is both effective and inspiring.

Ultimately, the Women Self-Defense event serves as a meaningful step toward creating a society where young girls are confident, secure, and empowered. It not only benefits the students directly involved but also influences families, communities, and future generations by reinforcing the values of courage, awareness, and independence.

EVENTPHOTOS:







...null, Andhra Pradesh, India

ListofParticipants:

S.no	Name of Cadet	College ID
1	GANTA RAJESWARI	2200031053
2	BHARGHAVI	2400031858
3	MONA	2400030230
4	SATHWIKA	2400090101
5	DEEKSHITHA	2400030331
6	POOJITHA	2400031433
7	GURSHITHA	2400031452
8	JOSHNA	2400010067
9	VARSHA	2300080209
10	LALITHA	2400030167
11	KEVALYA	2400032066