

## SESSION ON SELF DEFENCE

Date: 24.09.2022

Resource person: Mr. Karhik S Kateel and Mrs. Shobhalatha

Self-defence techniques are most essential for the survival of any living being. To

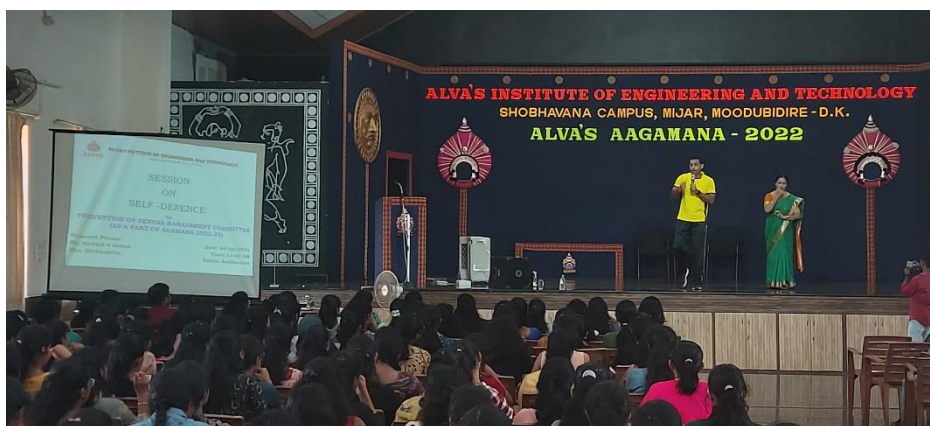


enlighten on this subject, the prevention of sexual harassment committee of AIET has organized a session on Self-defence for the first year students, as part of student induction program –

Alva's Aagamana – 2022, on 24<sup>th</sup> September, 2022 in the auditorium. Martial Arts Expert Mr. Karthik S Kateel was the resource person of the programme.

Dr. Sakshi S Kamath, Assistant Professor, Department of Chemistry, introduced the guest to the gathering. Dr. Ramaprasad A T, Head, Department of Physics, florally welcomed the guest Mr. Karthik S. Kateel and his mother Mrs Shobhalatha. Also, he explained to the students about the effective way to defend themselves using

psychological methods and self-defence techniques in case of a physical assault or rape attack. The training was applicable to everyone, easy to understand and simple to apply.



At the end of the session the resource person was honoured with the memento as token of appreciation. The session was appreciated by all the participants.

## **Report of Orientation Programme**

Date of Programme: 12.12.2022

Resource Person: Mrs. Kavitha B,  
Dept. of Mathematics,  
AIET, Moodbidri

An orientation programme on “Sexual Harassment – awareness and prevention” was organized for first year students by the Prevention of Sexual Harassment Committee on 12.12.2022 at 3.30 PM in Auditorium, AIET, Mijar. Mrs. Kavitha B from Department of Mathematics, AIET, Moodbidri was invited as resource person for the programme.

Programme started by invoking the blessings of God. Mrs. Sakshi Kamath, member of the committee welcomed the gathering and Mrs. Nisha Kumari introduced the resource person to the gathering. Dr. Prameela Kolake, Chairperson of Prevention of Sexual Harassment Committee, in her preliminary speech gave information about the existence and role of Prevention of Sexual Harassment Committee in the college. She assured harassment free and safe campus to the first-year students.

Resource person, gave some insight to the students about the different ways of



harassment, and how to keep ourself away from such social evil. She also spoke about the harassment cases in the

workplace, colleges, public places and precautions must be taken to avoid such situations. The programme was narrated by the student member Ms. Nayana, and the programme was concluded with the vote of thanks by Mrs. Vidya, a member of the Committee.