

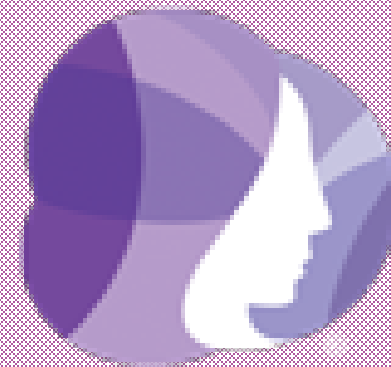


WOMEN'S CLUB, ST.JOHN'S COLLEGE, ANCHAL

in collaboration with

**The Kerala State Women's Development Corporation Ltd.
Department of Women and child Development, Govt. of Kerala**

is organizing a training session on



Date: 15/06/2023. Time 1.30-3.30pm Venue: College Auditorium

Session handled by: Sensei Ratheesh R Elampal & Sempai Aparna Keshav

All Girl students and lady staff are cordially invited



ST. JOHN'S COLLEGE, ANCHAL

SELF DEFENCE TRAINING PROGRAM

Women's club in collaboration with KSWDC organised a training programme on self-defence for selected 100 girl students. The training session was handled by Karate training master Ratheesh Elampal with the assistance of two of his students who are studying in Kottarakkara college. The training session was a fruitful one where the trainer demonstrated methods of defence against attackers and attacks happening in unexpected conditions. Students learned several methods of self-defence and they were showing interest in learning more and more techniques. Principal Fr. Shoji Varghese, Women cell coordinator Dr, Kavitha C H. along with lady teachers of the college were present for the program.