



ST. ANTONY'S COLLEGE PERUVANTHANAM

Affiliated to MG University, Accredited by Govt of Kerala
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SHE WARRIORS

SHE WARRIORS is a self-defence training programme organized by ESPOIR, the women's Cell of St. Antony's College Peruvanthanam. It provides self-defence classes to female students, and can take many forms, such as martial arts classes, personal training sessions, and workshops. Self-defence training can improve physical fitness, mental resilience, and overall well-being

Objectives.

- To equip female students with self-defence skills and boost their self-esteem.
- To teach effective self-defence techniques and concepts applicable to a wide range of scenarios.
- To encourage female students' physical health, flexibility, and mental discipline.
- To educate female pupils about various safety concerns and measures.
- To foster a spirit of teamwork and mutual respect among female pupils through group practise.

The Context

SHE WARRIORS is a self-defence training programme that aims to instill confidence and preparedness among female students. It is part of the college's commitment to empowering its female students physically and mentally, as well as fostering a supportive social environment. Self-defence training provides participants with self-defence techniques that can be useful in risky situations, as well as physical fitness and overall health. It also builds confidence and self-esteem by helping participants master new skills and techniques.

The Practice

ESPOIR, the Women Empowerment Cell of the college, commenced self-defence training classes for female students on 14th February 2022. The classes are held once a week, with each session lasting an hour, led by trained students. Girls from different departments attend the classes, which cover a syllabus that includes basic exercises, kicks, punches, self-defence attacks, knife attacks, and stick rotations and attacks. Each class begins with a brief warm-up session, including stretching and jogging, and the trainer then demonstrates various techniques, which the students practice individually or in pairs. The instructor emphasizes correct posture and breathing techniques as essential elements for executing the moves effectively.

Evidence of Success

- The self-defence training classes for the girl students in the college have been successful in attracting a significant number of students.
- The number of students participating in the classes has increased over time, from 10 in the first batch to 25 in the 2023 session.
- The programme has successfully completed two batches, indicating a sustained interest in the classes and their benefits among the students.
- Attending the self-defence training classes has encouraged the participants to be more active.
- The positive feedback and progress of the participants demonstrate the effectiveness of the training in enhancing their self-defence skills, physical fitness, and confidence.

Problems Encountered and Resources Required

- Many of the girl students are not aware of the benefit of knowing self-defence technique
- Lack of specific room in which to hold such courses.
- The course is short duration and students hectic schedules make it difficult to locate a convenient time for classes.
- The proportion of participating female students are low.
- There is also a scarcity of trained students to lead training sessions.

Relocating the classes to a more appropriate time and raising awareness among female students about the advantages of self-defence.