

Program on Free-Hand Self-Defence



In today's world, danger can be right around the corner. As criminals become more brazen and wily, it is not enough to rely on our government or our local police force to keep us protected 24 hours a day. Thus, it is extremely important for everybody to know some basic self-defence methods and strategies to defend one in such unwanted situation. To spread the awareness for learning those basic self defence strategies among young students, WIE Affinity Group, IEEE Kolkata had organized a program on March 19, 2013, Tuesday titled "**Free-Hand Self-Defence**" at Indian Statistical Institute, Kolkata from 4:00 pm to 6:00 pm. The program began with an introductory lecture on "Workplace Hazards" by Professor Jayasree Dattagupta, Ex-Chairperson of Sexual Harassment Committee, Indian Statistical Institute, Kolkata. A set of very interesting demonstrations on Judo, Aikudo, Yoga, free-hand exercises followed the next one and half hour by four personnel from **Swami Vivakananda State Police Academy, Barrackpore**. About 50 students, faculties, researchers from Indian Statistical Institute, University of Calcutta participated very actively in the demonstration. Small mementos were presented as a token of appreciation to Prof. Dattagupta and the four personnel from Swami Vivakananda State Police Academy, Barrackpore