



Report: Resilient Defense: Strengthening Personal Safety

Date:23-03-2024

Place: Amphitheatre Infront of HS Building Harohalli Campus

Time: 9.30am – 11.00 am

Number of student participants: 63

Number of staff participants:07

Total number of participants: 70

On March 23rd, the College of Physiotherapy at Dayananda Sagar University organized a session titled "Resilient Defense: Strengthening Personal Safety" for all students and staff. This initiative was spearheaded by Dr. Ramyashree, an esteemed alumna of the College of Physiotherapy at Dayananda Sagar University. The session aimed to equip attendees with essential self-defense techniques, enhancing their ability to ensure personal safety in various situations. Dr. Ramyashree led the demonstration, showcasing a series of practical self-defense maneuvers. Through live demonstrations and active participation, attendees gained valuable insights into protecting themselves against potential threats. Throughout the session, Dr. Ramyashree emphasized the importance of resilience and preparedness in the face of adversity. By imparting knowledge on self-defense techniques, she empowered students and staff to feel more confident and capable of handling challenging situations effectively. The event served as a platform for fostering a culture of safety and self-reliance within the university community. Attendees expressed gratitude for the opportunity to learn practical skills that could potentially safeguard their well-being in various environments. Overall, the "Resilient Defense: Strengthening Personal Safety" session proved to be a valuable and empowering experience for all participants, highlighting the significance of personal safety education in academic institution



Program coordinator

Principal