

## Self-Defence Workshop

The AICUF unit of Loreto College, in collaboration with Bhumi Foundation, organized a two-day Self-Defence Workshop on **28th–29th July 2025** at the Loreto College campus. The initiative aligned with NAAC's Criterion V—Student Support and Progression—and focused on skill development, legal literacy, and empowerment. Students from both Loreto and St. Xavier's College participated, creating a collaborative learning environment.

**Day 1** emphasized **physical awareness and preparedness**. After the welcome address by Vice President Stephanie Lakra, trainer **Mr. Amrit Bhattacharjee**—a legal associate, martial artist, and activist—conducted sessions combining theory and practice. These included an orientation on emergency resources and helplines, warm-up and conditioning drills, and scenario-based demonstrations of self-defence techniques. Participants practiced escape drills, building both confidence and awareness. The day concluded with thanks by Treasurer Xara Menezes.

**Day 2** focused on **legal literacy and social issues**. Report writer Naomi Pinto set the reflective tone, while Bhumi representative Akhshita Gupta was felicitated. Mr. Bhattacharjee led a session on domestic violence, legal rights, and recognizing abuse, reiterating support systems and helpline numbers. A recap reinforced Day 1 techniques, stressing internal strength and mutual support. The workshop closed with an interactive Q&A, enabling participants to clarify doubts and share safety concerns.

In the **closing session**, AICUF President Kiara Jade Hatton expressed gratitude to all contributors, highlighting teamwork, mentorship, and the role of volunteers. Special recognition was given to Social Media Manager Monalisa Kujur for documentation. Dr. Sr. Nirmala further encouraged students to reflect on their learnings.

All participants will receive certificates jointly issued by Loreto AICUF and Bhumi Foundation. The workshop successfully combined **practical skills, legal awareness, and social sensitivity**, serving as a model for NAAC documentation and reinforcing student empowerment.

