Women's Club Activity 2026-27
Self – Defense Workshop

Date of Event: 18/09/2026

Faculty In-charge: Ms. Rejitha K Ravi

Ms. Alakananda

REPORT

The Women Cell of Naipunnya Institute of Management and Information Technology (NIMIT) organized a Women's Self-Defense Workshop on 18 September 2026 at the Navarang Auditorium. The session was exclusively organized for the female students of NIMIT with the objective of creating awareness about personal safety, cybercrime, violence against women, and practical self-defense techniques.

The programme focused on helping students understand the different challenges and risks faced by women in their daily lives and encouraging them to respond to such situations with greater awareness and confidence.

The session was handled by police officers Ms. Shajamol, Senior Civil Police Officer, and Ms. Sindhu T. K, Assistant Sub Inspector**.** Ms. Gigi V. V, Assistant Sub Inspector**,** who was also listed as a resource person, was absent from the programme.

Ms. Shajamol created awareness among the students about the various forms of violence and cybercrimes faced by women in the present day**.** She discussed common online risks and explained how women can take precautions while using social media, mobile phones, and other digital platforms.

She emphasized the importance of being careful while sharing personal information, photographs, passwords, and other sensitive details online. The students were also made aware of the need to recognize suspicious online interactions and take timely action when they encounter cyber-related problems.

The session also addressed other safety concerns faced by women and highlighted the importance of being alert about their surroundings and seeking appropriate support when required.

The second part of the programme was conducted by Ms. Sindhu T. K, Assistant Sub Inspector, who introduced the students to practical aspects of self-defense.

She explained how different parts of the body can be used effectively for self-protection in an emergency situation. The students were also introduced to the use of commonly available objects as protective tools**,** emphasizing the importance of using them only when necessary for personal safety.

The demonstration-oriented session helped the students understand basic defensive responses and the importance of maintaining awareness and presence of mind during potentially dangerous situations.

Minutes prepared by:	Verified by:	Approved by:
Ms. Alakananda Assistant Professor	Dr.Joy Joseph Puthussery Dean of Studies & IQAC Coordinator	Rev. Fr. Dr. Paulachan Principal

Naipunnya®
To reach the unreachable

No: NIMIT/WC/01/26-27 **Date:10/09/2026**

Circular

Naipunnya Institute of Management and Information Technology (NIMIT), in association with the Women Cell, is organizing a Self-Defense Awareness Session on 18 September 2026 from 2:00 p.m. to 3:30 p.m. at Navarang Auditorium.

The session aims to create awareness among women about personal safety, cybercrime, violence against women, and basic self-defense techniques**.**

All female students and faculty members are cordially invited to participate in the session and benefit from this informative and practical programme.

Rev. Fr. Dr Paulachan KJ

(Principal)

Naipunnya®
To reach the unreachable

BROCHURE


EMPOWER YOURSELF. BE UNSTOPPABLE.
WOMEN'S SELF-DEFENSE
Naipunnya
To reach the unreachable
WORKSHOP ON BUILDING WOMEN'S RESILIENCE AGAINST VIOLENCE, CYBERCRIME AND SUBSTANCE ABUSE
SELF-DEFENSE TARGET
Resource Persons:
Ms. Shajamol
Senior Civil Police Officer
Ms. Sindhu T. K.
Assistant Sub Inspector
Ms. Gigi V. V.
Assistant Sub Inspector
Date : Friday, 18th September 2026
Time : 2.00 p.m. to 3.30 p.m.
Venue : Navrang Auditorium
Coordinators
Ms. Rejitha K Ravi, Ms. Alakananda
Organized by: Women Cell
NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
(AUTONOMOUS)
(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

PROGRAMME SCHEDULE

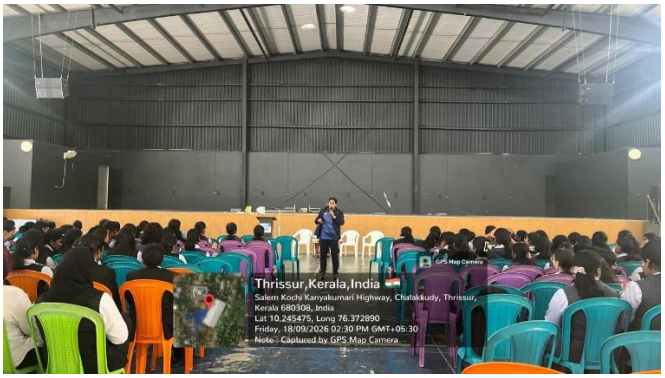
Date: 18/09/2026 **Time: 2:00 p.m. - 3:30 p.m.** **Venue: Navarang Auditorium**

Prayer Song	: Ms. Devanandha (I BBA)
Welcome Addresss	: Ms. Rejitha K Ravi Assistant Professor, NIMIT Women Cell Coordinator
Presidential Address	: Rev.Fr. Dr. Paulachan K.J Principal & Executive Director, NIMIT
Expert Talk	: Ms.Shajamol (Senior Civil Police Officer) : Ms.Sindhu T K (Assistant Sub Inspector) : Ms.Gigi V.V (Assistant Sub Inspector)
Interaction / Q&A	
Vote of Thanks	: Ms. Anngrace Paul (II BSc CS)

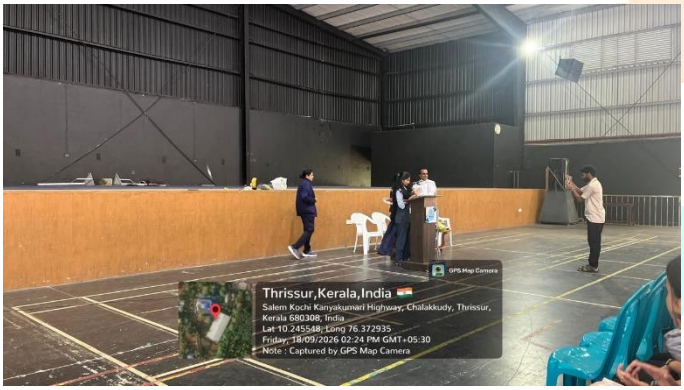
****

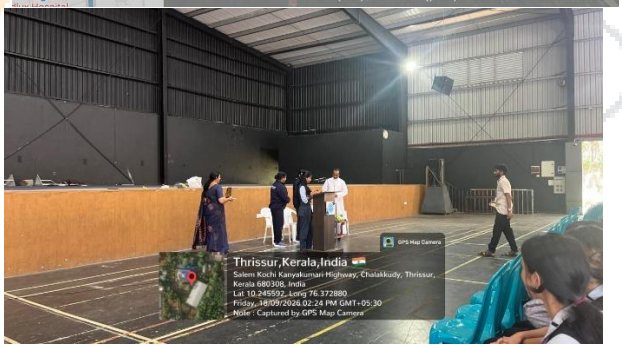
Naipunnya ®
To reach the unreachable

PHOTOGRAPHS









To reach the unreachable