

GOVT. E. V. P. G. COLLEGE, KORBA (CG)

GIRL'S SAFETY AND SECURITY

Course Description:

Fitness and self-defense activities designed to develop skill and knowledge about street defense for women.

Objectives of Course:

At the completion of this course students will demonstrate the skills and/or knowledge of:

Elements of Mind-setting

Drugs used to facilitate rape

How to Describe an Assailant

Basic release techniques from various types of grabs (chocks, wrist grabs, etc).

Basic offensive techniques using various parts of the body (hands, feet, knees, etc.).

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IQAC Co-ordinator,
Govt. E.V.P.G. College,
KORBA (C. G.)

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PRINCIPAL,
GOVT. ENGINEER VISHWESARRAIYA
P. G. COLLEGE, KORBA (C. G.)

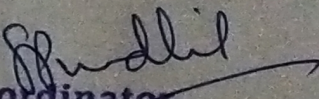


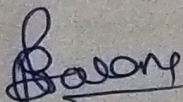
GIRL'S SAFETY AND SECURITY WING

COURSE CONTENT

- ❖ Awareness on Abuses and Violence
- ❖ The Evil and Its Psychology - Case Study
- ❖ Safety at ATM, Mall etc.,
- ❖ Girl Child Safety (Abuses in schools/ by Domestic Help / by Neighbour).
- ❖ Cyber Crime - A threat to Women.
- ❖ Social Website and e-mail handling.
- ❖ Safety Awareness on Different Contingencies (Public Transport Safety, Street Sense, Kitchen Safety, Safe Shopping, Home Security Etc.,)
- ❖ Self Defence - (Psychological Tactics - as Weapons, use of Body Parts as Weapons/ Target Recognize and Run Drill, Ditch the offender, Drill shouting/ Alarming. Many useful Demonstration by trained instructors.)
- ❖ Personal safety Kit, its usage and tips

@ 10/11


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