



Dempo Charities Trust's
DHEMPE COLLEGE OF ARTS & SCIENCE
Miramar, Panaji-Goa

Self Defense

Course objectives

1. The student can identify individual and social concerns and needs regarding self-defense and has the mean to address those concern and needs.
2. The students personal awareness of his/her surroundings in the immediate, short and long terms can be heightened.
3. The student can develops strategies for staying safe at all times

Course contents

Unit I: Introduction to the concepts of Self Defence and Martial arts

Unit II: Techniques for eliminating dangers from daily living: Far range Combat

Unit III: Techniques for eliminating dangers from daily living: Close Combat

Unit IV: Grappling Techniques

Course outcome

1. The students will be able to develop correct practice habits and a regular/daily training routine.
2. The students will have an increase in sense of personal relaxation, balance and confidence.
4. The student will be able to develops strategies for staying safe at all times.

Certificate Course in Self Defence

2pm - 5pm

17th to 21st Nov

Sr.No.	Name of the Participant	11/11/19	12/11/19	13/11/19	14/11/19	15/11/19	16/11/19	18/11/19	19/11/19	20/11/19	21/11/19
1	Amreen	A	Amreen	A	Amreen	Amreen	Amreen	Amreen	Amreen	Amreen	Amreen
2	Sandra Pereira	Sandra	Sandra & Pereira	S. Pereira	S. Pereira	Sandra	S. Pereira	A	A	S. Pereira	S. Pereira
3	Saraj Usgaonkar	Saraj	Saraj	Saraj	Saraj	A	Saraj	Saraj	Saraj	Saraj	Saraj
4	Maijua Amthkar	Maijua	Maijua	Maijua	Maijua	Maijua	Maijua	Maijua	Maijua	Maijua	Maijua
5	Noah Daniel	Noah	Noah	Noah	Noah	Noah	Noah	Noah	Noah	Noah	Noah
6	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman	Laxman
7	Abraham Daniel	AUB	AUB	AUB	AUB	AUB	AUB	AUB	AUB	AUB	AUB
8	Albert RODRIGUES	Albert	Albert	Albert	Albert	Albert	Albert	Albert	Albert	Albert	Albert
9	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha
10	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri
11	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana	Sangana
12	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel	Jewel
13	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad	Rishad
14	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa	Palesa
15	Samidha Chari	A	Shani	A	Shani	Shani	Shani	Shani	Shani	Shani	Shani
16											
17											
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19											
20											

S. Pereira
Sandra Pereira



**Dempo Charities Trust's
Dhempe College of Arts and Science
Panaji, Goa**

DEPARTMENT OF PHILOSOPHY

Report of Skill Development Course on 'Self- Defense'

DCT'S Dhempe College of Arts & Science, Department of Philosophy, under the leadership of Asst. Prof. Ms. Sendra Pereira, organized a 30 Hours Skill Development Course on Self-Defense from 11th to 21st November, 2019 from 2pm to 5pm in the College premises. The course instructor/ trainer were Mr. Arjun Kadam, who has completed his Masters in Philosophy and who is a trained Judo coach and has a Black Belt in Judo, NISC. 11 participants took benefits of this course.

The skills learnt by the students are as follows:

1. Warm-up exercises and stretching
2. Strengthening exercises (sit-ups and push-ups)
3. Basic postures

Techniques for eliminating dangers from daily living

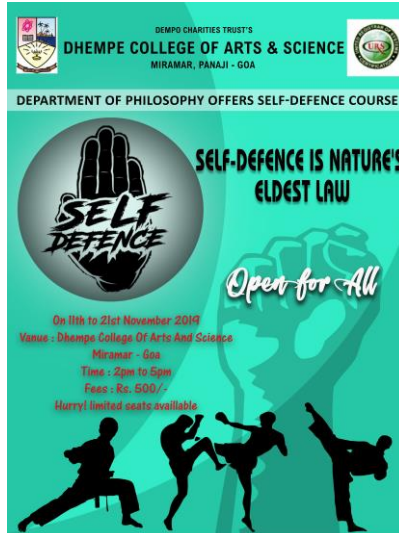
1. Far range combat (striking, blocking, kicking punching and escaping)
2. Close combat (throwing, falling, escaping)

Grappling techniques

1. Ducking, weaving, bobbing, feinting (chocks), parrying, evading and joint locks

The benefits of pursuing this course are as follows:

1. The student develops correct practice habits.
2. The student develops a regular/daily personal training routine.
3. The student can be in the 'ready position' and be prepared to execute physical defense techniques for a front attack.
4. The student develops strategies for staying safe at all times.
5. The student's personal awareness of his/her surroundings in the immediate, short and long terms are heightened.
6. The student has an increased sense of personal relaxation, balance and confidence.
7. The student can identify individual and social concerns and needs regarding self-defense, and has the means to address those concerns and needs.



Coordinator : Ms. Sendra Florencia Pereira (9545814468)
Course instructor/trainer : Arjun Kadam black belt in judo, NISC.



Ms. Sendra Pereira
Course Coordinator