



# Meghnad Saha Institute of Technology

Near NRI Complex, Ruby Hospital, Nazirabad Kolkata – 700150

**NAME OF THE EVEN: FIGHT BACK**

**NAME OF ORGANISING DEPT./DEPTTs. / Professional Society / CLUB  
/INDIVIDUAL / COMMITTEE: Rotaract Club Of MSIT**

**DATE OF THE EVENT: 30.10.17 to 3.11.2017**

**TIME OF THE EVENT: 3.30 p.m.**

**DOMAIN OF THE EVENT: PROFESSIONAL DEVELOPMENT**

**TARGET AUDIENCE: Female Students**

**SPEAKER'S DETAIL:**

**THE MAIN OBJECTIVE OF THE EVENT: :** In today's world, when rape, molestation, acid-attack, eve-teasing, kidnapping and murder are the most common forms of crime against women in India, most women are unable to stand up against these heinous crime and just let the matter go.

In this regard, RCMSIT came up with a week-long Women Self-defence workshop, Fight Back from 30th October to 3rd November.

The basic defence was taught in this workshop to girls by the students of Meghnad Saha Institute of Technology who knows martial art. Our members volunteered in the workshop. Many girls came to attend this workshop. They were taught light punch, light kick, locking and various other self-defence techniques and strategies that can be adopted under different adverse circumstances. This workshop also made girls aware that they should never let go of any harassment, speak up for themselves and fight back.

This workshop was a great success and we hope to come up with many such useful workshops with the help of our hardworking members.

**OUTCOME OF THE PROGRAMME –Girls were enabled to take care of themselves via SELF DEFENCE.**

**PHOTOGRAPHS:**





