



# Index

## INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India  
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref.No.:IIDS/ Misc.VAC /2024/ 28-A

Date: .22.02.2024

### CIRCULAR

Index Institute of Dental Sciences, Indore is organizing a value added course entitled "**SELF DEFENCE FOR WOMEN**" to make students aware and secure their future and life . Interested students and interns can attend the session and gain insights for the same. The value added course will be held on 25/02/2024 – 28 /02/24 ,at Auditorium IIDS.

Details are as per the brochure attached



S. Ganguly

Dean  
Index Institute of Dental Sciences,  
Indore

### Copy for information to:

- Registrar (Malwanchal University, Indore)
- All concerned authorities
- File

Prepared By: Dr. Chinmay Vyas.

  
Registrar  
Malwanchal University,  
Indore (M.P.)

**Campus :** Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

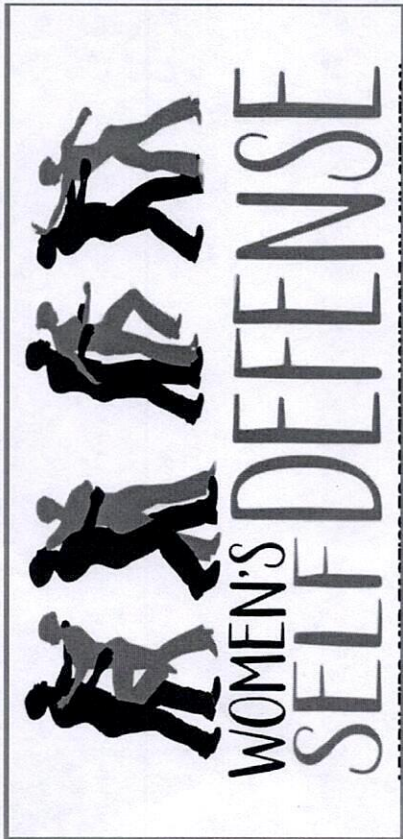
**Email :** dental@indexgroup.co.in, Website : www.indexgroup.co.in

**City Office :** 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008





**MALWANCHAL UNIVERSITY**  
**IQAC, MALWANCHAL UNIVERSITY & INDEX**  
**INSTITUTE OF DENTAL SCIENCES**



# SELF DEFENSE FOR WOMEN

## ABOUT

Self-defense programs are a powerful way to help women build confidence, develop awareness, and learn vital skills for self-protection encouraging women to reclaim control over their safety and well-being. As awareness of violence against women grows, self-defense training stands as a beacon of resilience, strength, and self-assurance.

## RESOURCE PERSON

Dr. Bhupendra Singh Rajput  
 25<sup>th</sup> Feb-28<sup>th</sup> Feb 2024  
 Venue - Index Institute Of Dental Science, Indore  
 Timing - 9:30 am onwards  
 Registration Free

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## COURSE OBJECTIVES

- Empowerment
- Situational Awareness
- Defense Skills
- Prevention and Conflict De-escalation

## MODULES

- Physical Defense Techniques
- Verbal Assertiveness Skills
- Situational Awareness Exercise
- Empowerment and Confidence-Building Activities

## REGISTRATION CONTACTS

Dr. Anu Vashisht 9561910483  
 Department of Conservative Dentistry  
 Mr. Shivam Sharma 91952770393  
 Student Section , Malwanchal University

## PROGRAM OUTCOMES

Women's self-defense programs are about more than just physical protection—they are about empowering women with the confidence, knowledge, and skills to navigate the world with assurance and strength. Expanding access to these programs, particularly in underserved areas, will create a safer and more empowered society.





# Index

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### REPORT

Date- 25/02/24- 28/02/24

Venue- IIDS Auditorium

Course Code: **IIDS/VAC/2024/03**

Number of attendees: 70

Subject-“Self Defence For Women”

Index Institute of Dental Sciences (IIDS), Indore, organized a comprehensive 3-day value-added course titled " Self Defence For Women " from February 25 to Feb 28 2024. The program was a resounding success, with notable sessions led by esteemed expert Dr. Bhupendra M.D.S. , who delivered insightful lectures.

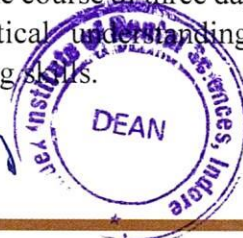
The programme was scheduled for 16 hours from 25/02/24- 28/02/24. These modules were discussed during the free hours of the students. The registration was done free for all students. The total duration of course was 16 hours.

The resource person was Dr. Bhupendra. Different modules were covered in detail with simultaneous student interaction.

From February 25, 2024, to February 28, 2024, the **Women’s Self-Defense Program** was held at the Index Institute of Dental Sciences (IIDS), Indore. This 16-hour value-added course, designed for students, faculty, and interns, aimed at empowering women through education and practical training in self-defense techniques. The course was offered free of charge, ensuring that all interested participants had access to valuable knowledge and skills, regardless of their financial backgrounds.

The program was conducted during the free hours of the students, maximizing participation without conflicting with regular academic schedules. Dr. Bhupendra, an expert in self-defense training, served as the resource person for the course. His sessions were interactive, engaging participants and encouraging open discussions about personal safety, awareness, and empowerment. Over the course of three days, various modules were covered in depth, combining both theoretical understanding and practical training exercises to equip participants with life-saving skills.

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## Day 1: Introduction to Women's Self-Defense

The first day focused on introducing the core concepts of women's self-defense programs, with an emphasis on the importance of empowerment, situational awareness, and practical defense skills. Dr. Bhupendra explained how self-defense is not just about learning physical techniques but also about developing mental readiness and confidence.

### The Purpose of Women's Self-Defense Programs

The primary mission of self-defense programs is to empower women by providing them with the confidence and skills to protect themselves in dangerous situations. Dr. Bhupendra highlighted several key objectives:

**Empowerment:** The program aims to instill self-confidence, enabling women to believe in their ability to defend themselves.

**Situational Awareness:** One of the most important aspects of self-defense is being aware of one's surroundings and recognizing potential threats before they escalate.

**Practical Defense Skills:** The program teaches simple yet effective techniques for self-defense, focusing on moves that can be easily applied in real-world scenarios.

**Prevention and Conflict De-escalation:** The emphasis is not only on physical defense but also on strategies for avoiding or de-escalating potentially dangerous situations without resorting to violence.

### Core Elements of a Women's Self-Defense Program

Dr. Bhupendra outlined the essential components of a well-rounded self-defense training program:

**Physical Defense Techniques:** These include basic techniques such as strikes, holds, and escapes designed to help women defend themselves in a variety of scenarios.

**Verbal Assertiveness Skills:** Being able to set boundaries and use one's voice effectively is a critical aspect of preventing confrontations.

**Situational Awareness Exercises:** Participants were trained on how to stay alert and identify potential risks, as well as how to plan escape routes in case of danger.

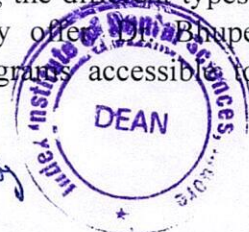
**Empowerment and Confidence-Building Activities:** Exercises focused on boosting self-esteem and reinforcing the idea that women have the right to feel safe and confident in any situation.

**Understanding Legal Rights:** The program also covered the legal aspects of self-defense, ensuring that women were aware of their rights when defending themselves in a threatening situation.

## Day 2: Types of Programs, Benefits, and Challenges

The second day was dedicated to exploring the different types of self-defense programs available and the numerous benefits they offer. Dr. Bhupendra also discussed the challenges involved in making these programs accessible to all women, as well as strategies to overcome these obstacles.

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## **Types of Self-Defense Programs Available**

Dr. Bhupendra introduced various self-defense programs, each catering to different needs and preferences:

**Martial Arts-Based Programs:** These include well-established systems such as Karate, Taekwondo, and Jiu-Jitsu, which focus on physical techniques and discipline.

**Situational Workshops:** These workshops are designed to simulate real-life scenarios, helping participants learn how to react in high-pressure situations.

**Personal Safety Courses:** These courses are more focused on awareness, prevention, and the use of everyday tools or items for self-defense.

**School and Workplace Programs:** These programs are tailored to create safe environments in educational institutions and workplaces by offering self-defense training to students and staff.

## **Benefits of Self-Defense Programs for Women**

Self-defense training provides numerous physical, mental, and emotional benefits. Dr. Bhupendra emphasized the following advantages:

**Confidence Boost:** Women who are trained in self-defense are more confident in their ability to protect themselves, which often translates into a stronger sense of self-esteem.

**Enhanced Physical Fitness:** Self-defense techniques help improve physical strength, agility, and reflexes, contributing to better overall health.

**Mental Resilience:** The training teaches women how to stay calm under pressure, make quick decisions, and act decisively in stressful situations.

**Reduced Anxiety and Fear:** One of the most significant benefits of self-defense training is the reduction in fear of personal harm, as women feel more prepared to handle dangerous situations.

## **Challenges and Key Considerations**

While the benefits of self-defense programs are clear, there are several challenges that must be addressed to make them more effective and accessible:

**Accessibility:** Cost and availability of training can limit access, especially for women in underserved areas. Dr. Bhupendra suggested that offering subsidized or free classes in such areas could help bridge this gap.

**Inclusivity:** Self-defense programs must be inclusive, catering to women of all ages, fitness levels, and physical abilities. Flexibility in training methods is essential to ensure everyone can participate.

**Emotional Sensitivity:** Programs should be mindful of the emotional challenges that some women, particularly survivors of trauma or abuse, may face during training.

**Real-Life Effectiveness:** Dr. Bhupendra emphasized the importance of practical, realistic training that prepares women for unpredictable, real-world situations.

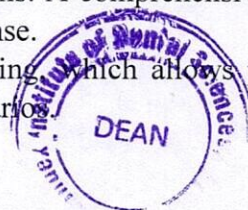
## **Noteworthy Self-Defense Programs for Women**

Dr. Bhupendra also introduced some of the most recognized self-defense programs, including:

**RAD (Rape Aggression Defense) Systems:** A comprehensive program focused on awareness, prevention, and hands-on defense.

**IMPACT:** Known for its full-force training, which allows participants to practice techniques in realistic, high-pressure scenarios.

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**Krav Maga:** A martial art that is known for its simplicity, efficiency, and effectiveness in real-world self-defense situations.

**Day 3: Felicitations and Conclusion**

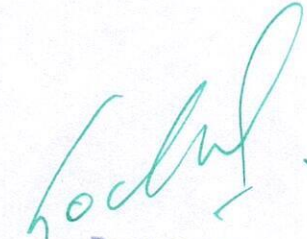
The final day of the course included a felicitation ceremony, where Dr. Bhupendra was honored for his contributions to promoting self-defense awareness and empowering women. Dr. Suparna G Saha, a prominent figure in the field, presented the felicitation to Dr. Bhupendra, recognizing his dedication to making self-defense education accessible to all women.

**Conclusion**

In conclusion, the Women's Self-Defense Program at IIDS proved to be an invaluable experience for all participants. Dr. Bhupendra's detailed lectures and interactive sessions not only equipped women with practical skills for self-protection but also instilled a sense of empowerment and confidence.

The program underscored that self-defense is not just about learning physical techniques—it is about building resilience, mental strength, and the ability to navigate the world with assurance. Expanding access to these programs, particularly in underserved communities, is crucial to creating a safer, more empowered society. By raising awareness and providing women with the tools to protect themselves, we can work towards a future where every woman feels confident, secure, and capable of facing any challenge.

❖ Attendees-

  
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Matwanchal University  
Indore (M.P.)



HITESH NAVARE
INSIYAH CHAKERA
IRUM FATIMA KHAN
ISHAN KANUNGO
JAISWAL KASHISH KAMLESH
KHUSH SHARMA
KUNAL ADHIKARI
LALIT KUSHWAH
MAHIMA BILODIYA
MARIA NAZIR
MEENAL HARAL
NAMRATA ADHIKARI
NAVANSHI YADAV
NEHA KARIYA
NIKITA CHOURASIA
NILESH SILVADIYA
NISHANT YADAV
NITIKA SUMAN
PRACHEE KUSHWAH
PRADYUMN SISODIYA
PRERNA MAKHIJA
PRIYA TIWARI
RASHIDA KOTWALA
RIYA GOPAL DANGI

S. Ganguly



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 Marwanchal University  
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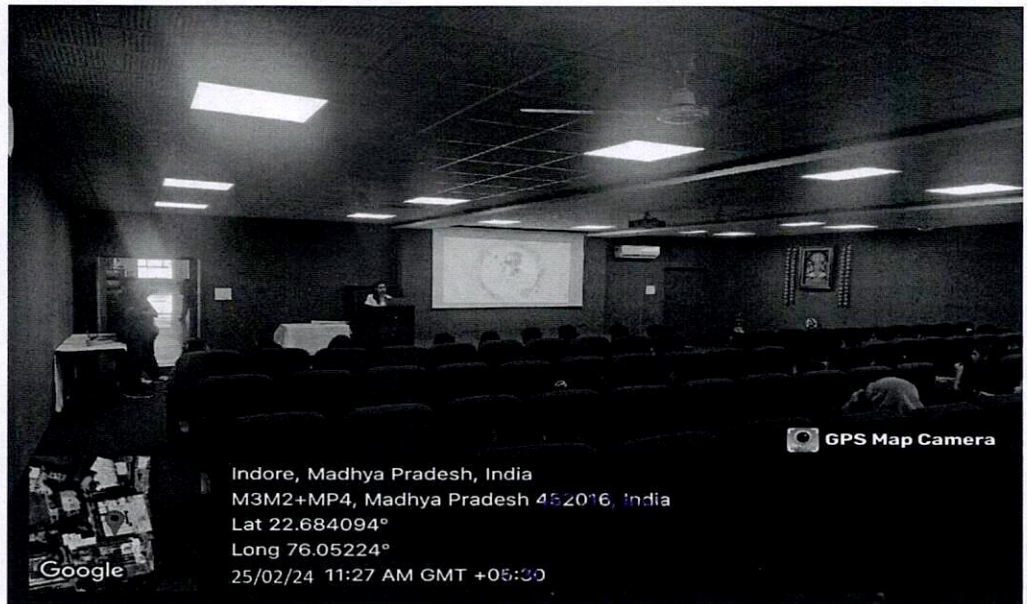
AARTI GOURE
AASHISH KUMAR
ADITI YADAV
ADITYA PRADHAN
ADITYA YADAV
AISHNA KANOJIYA
AKANKSHA VERMA
ANUBHAV BHARTI
ANUSHKA SONI
AYUSHI CHOUHAN
BADGUJAR HIMANSHU VISHWASRAO
CHITREKHA
DHARMENDRA BHANBAR
FATEMA UJJAINWALA
GOUTAM RATHORE
GURNEET KAUR KHANUJA
HARISH YADAV
HIMANSHI PATEL
HIMIKA PATEL
JEEWAN KUMAR
JYOTI WASKEL
KOMAL YADAV
KOSHIKA PATIDAR
LABHANSHI JAIN
LOKESH SINGH RAJPUT
LUCKY MALVIYA
MAHENDRA SINGH PANWAR
MALAIKA ZAREEN QURESHI
MANISHA KUKREJA
MARIYA LOKHANDWALA
MEGHA PRAJAPATI
MEGHA SONI

S. Gaaguly

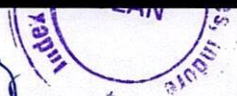


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