

## **Self Defence Training Programme :**

- Self defence training programme for the session 2023-24 began on **12.04.2024**.
- It continued with two sessions on each working day.
- 50 girls were divided into two groups.
- The target beneficiary was the UG 1<sup>st</sup> year girls.
- Master Trainer Lija Pradhan and PET of this College Sunita Behera were the trainers.
- Students were 10 exercises each from Self-Defence skills, Flexible, Aerobic and Anaerobic exercises
- Miss Lija Pradhan trained self defence skills and Miss Sunita Behera trained aerobic and anaerobic exercises.
- Participants received certificates at the end of the programme.

### **Action Photographs**

**Date-12.04.2023**

**Nodal Officer-Lekha Das**

**Associate Coordinator-Dr Smita Rani Naik & Lija Pradhan**





Self Defence Training Program  
B. J. B Autonomous College  
12.04.2024 12:21  
20.25372, 85.84398  
7R3V+HC4, BJB Nagar, Bhubaneswar 751014

**Date-13.04.2024**



Self Defence Training Program  
B. J. B Autonomous College  
13.04.2024 07:56  
20.25633, 85.83957  
7R4R+52G, Kalpana Square, BJB Nagar, Bhubaneswar 751021





Self Defence Training Program  
B.J.B Autonomous College  
13.04.2024 07:53  
20.25352, 85.84248  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014





Self Defence Training Program  
B.J.B Autonomous College  
13.04.2024 07:37  
20.25352, 85.84248  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014

**Date-15.04.2023**

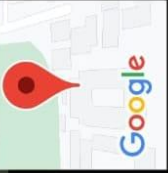


moderate rain  
28.0 °C

15 Apr 2024 07:31 AM







7R3R+FRP, BJB Nagar,  
Bhubaneswar, Odisha  
751014, India

haze  
30.0 °C

15 Apr 2024 07:51 AM



**Date-18.04.2024**





**19.04.2024**



Self Defence Training Program  
B.J.B Autonomous College  
19.04.2024 08:07  
20.25378, 85.84246  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014

**20.04.2023**



Self Defence Training Program  
B.J.B Autonomous College  
20.04.2024 08:16  
20.25386, 85.84272  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014



Self Defence Training Program  
B.J.B Autonomous College  
20.04.2024 08:16  
20.25386, 85.84272  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014



Self Defence Training Program  
B.J.B Autonomous College  
20.04.2024 08:16  
20.25386, 85.84272  
7R3R+FRP, BJB Nagar, Bhubaneswar 751014



**Date-22.04.2023**



**Date-23.04.2023**





Self Defence Training  
B. J. B Autonomous College  
23.04.2024 08:23



Self Defence Training  
B. J. B Autonomous College  
23.04.2024 08:23



Date-24.04.2023









Valediction Self Defence  
B.J.B Autonomous College  
04/24/24 12:33:39  
20.252438°, 85.841894°  
38.31 m  
0.98 m  
-2.75° (30.72°)  
Capture by Survey Cam  
BJB Nagar, Bhubaneswar, 751014,  
OR, India



Valedictory of Self Defence Tr  
B.J.B Autonomous College  
24.04.2024 12:44