

Training Programme on Lathi Kahti (10 days program from 23-5-2022)



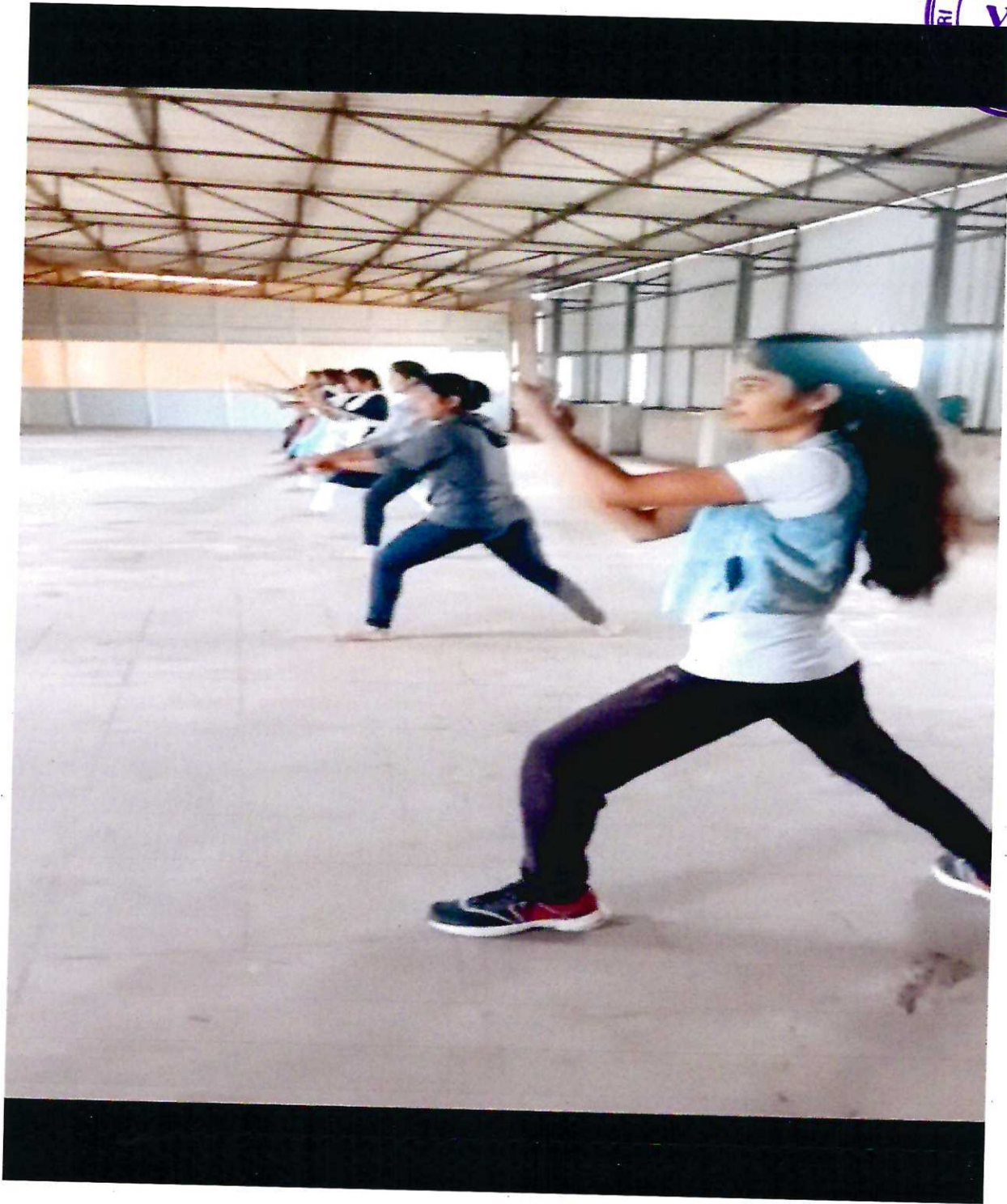
The training of LathiKahti is traditional training given to the girl students for their own defense. This training will build the confidence among the girls. For making the life safety from the unexpected attack by anybody. If this is impossible or unsafe, it promotes finishing a fight as quickly and aggressively as possible. Attacks are aimed at the most vulnerable parts of the body, and training is not limited to techniques that avoid severe injury; some even permanently injure. Self-defense helps girls to protect themselves and their family. This is the most important reason for girls to learn self-defense, because it is the difference between life and death. The coaching covered self-defense fighting techniques followed between life and death. The coaching covered self-defense fighting techniques followed by some basic background regarding self-defense, diet and exercise for healthy living. The session includes learning of techniques and its application through practical demonstration as well as practicing it with other participating girls.

I am thankful to Principal Dr. V.A.Mane for their continuous support and guidance to make the all the programme successful and also to advocate Mrs. MadhuriKajave for her involvement in the committee in spite of her busy schedule and all the committee members for their valuable support throughout the year.

Sandy

Dr. S.H.Ambawade

In charge of ICC



Lathi kathi training programme