

Self-Defence Workshop Conducted at IIT Bhubaneswar: March 8, 2026 (7-9 pm, Basketball Court)

The Women's Welfare Committee (WWC), IIT Bhubaneswar, in collaboration with Souls for Solace – The Social Welfare Society of Student's Gymkhana, successfully organized a Self-Defence Workshop on 8 March 2026 at the Basketball Court to mark the occasion of International Women's Day.



The workshop was conducted by trained Taekwondo instructors who introduced participants to practical self-defence techniques, basic combat stances, and strategies to respond effectively in threatening situations. The session began with warm-up exercises followed by demonstrations of defensive movements, striking techniques, and situational awareness practices.



Participants were actively engaged in hands-on training, where they practiced various self-defence maneuvers under the guidance of the instructors. The workshop witnessed

enthusiastic participation from women students, residents, residents' children, faculty, and staff members of the institute.

The session aimed to promote confidence, awareness, and preparedness among women by equipping them with essential self-defence skills. The interactive nature of the workshop allowed participants to learn practical techniques that can be applied in real-life situations.



The event concluded with a group interaction and photographs with the instructors, marking a successful and empowering initiative towards promoting safety and self-reliance within the IIT Bhubaneswar community.