

Karate Sandee

Date: 26th September 2025

Time: 11:00 pm to 12:30 pm

Venue: IPS Ground

Introduction:

In the present era, the safety, confidence, and empowerment of girls have become a major concern in society. With increasing challenges in everyday life, it is essential for girls to be mentally strong, physically fit, and capable of protecting themselves in any situation. Self-defense is no longer an optional skill but a basic life skill that every girl should possess to face real-world challenges with confidence and courage.

Understanding this important need, ASM IPS College took a proactive step toward women empowerment by organizing a Karate Self-Defense Training Program exclusively for girl students. This initiative reflects the institution's commitment to the overall development of students beyond academics, focusing on their safety, self-reliance, and personal growth.

The Karate Sandee Program was inaugurated on 26 September 2025 and was conducted every Saturday for a duration of three months. The program was thoughtfully designed to provide systematic training in self-defense techniques while also promoting physical fitness, discipline, and mental alertness among girl students.

A unique and inspiring aspect of this program was that the training sessions were conducted by a Black Belt holder in Karate, who is also an ex-student of ASM IPS College. Her presence served as a strong source of motivation, proving that dedication, discipline, and determination can lead students toward excellence. Her journey inspired the participants to believe in themselves and strive for both personal safety and self-development.

Through this program, the college aimed to create a safe learning environment where girls could develop strength, confidence, and awareness. The initiative not only trained students in martial

arts but also encouraged them to become fearless, confident, and responsible individuals ready to face life's challenges.

Objective:

- To make girl students aware of self-defense techniques.
- To build confidence and courage among girls.
- To improve physical fitness, flexibility, and stamina.
- To teach students how to react calmly in dangerous situations.
- To promote discipline, focus, and mental strength.
- To empower girls to protect themselves independently.

Report:

ASM IPS College organized a Karate Sande Program (Karate Training Session) for girl students as a step toward women empowerment and safety awareness. The program officially started on 26/09/2025 and continued every Saturday for a duration of three months. The training sessions were conducted by a Black Belt holder in Karate, who is an alumna of ASM IPS College. Her journey from being a student of the college to becoming a professional martial arts trainer served as great motivation for the participants.

During the sessions, students were trained in:

- Basic karate stances and postures
- Blocking and striking techniques
- Self-defense methods for real-life situations
- Escaping from holds and grabs
- Balance, coordination, and reflex improvement
- Discipline and mental alertness

The trainer also explained how self-defense is not about fighting but about awareness, confidence, and smart reaction. Warm-up exercises, stretching, and fitness drills were included in every session to improve strength and flexibility. The students actively participated with great enthusiasm. Over time, visible improvement was seen in their body language, confidence level, and physical endurance. The sessions also created awareness about the importance of





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Outcomes:

- Girls gained basic and practical self-defense skills.
- Increase in confidence and self-belief among participants.
- Improvement in physical fitness and mental alertness.
- Students learned discipline, focus, and quick decision-making.
- Awareness about personal safety increased significantly.
- The program empowered girls to feel more secure and independent.