

On October 9th 2017, the second programme of this year was conducted by Mr. Jose Antony, Self-defence trainer and our students actively participated in that programme. The third programme of this year was a discussion on Attitude towards Menstruation and Menstrual Taboos was conducted on 27th February 2018 at seminar hall. Dr. Babylakshmi, Deputy Medical Officer, Communicative Diseases inaugurated the discussion, Dr. Vineetha, Consultant Gynaecologist, General Hospital, Trissur, delivered talk on Menstrual Problems in Campus. That talk provided opportunities to students belong to all gender to attend and we received good response from all students. Dr. Uma Maheswari, retired Additional health officer also delivered a talk. In the Afternoon Session, a Self- Defence Practical class was conducted by Harikrishnan. A. Martial Arts Trainer.

**CHRIST COLLEGE (AUTONOMOUS)  
IRINJALAKUDA**

**WOMEN'S DEVELOPMENT CELL  
ORGANIZES A SELF DEFENSE CLASS  
BY**



**MR. JOSE ANTONY,  
SELF DEFENSE TRAINER**

**TIME : 1:30PM**

**VENUE : SEMINAR HALL**

**DATE : 9TH OCTOBER, 2017**

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