



ST. FRANCIS
COLLEGE | BENGALURU

Permanently Affiliated to Dr. Manmohan Singh Bengaluru City University
Accredited 'B++' Grade by NAAC | Approved by AICTE

5 GENDER
EQUALITY



An IQAC Initiative

SELF-DEFENCE TRAINING



**STRONG TODAY
STRONG ALWAYS**

IN ASSOCIATION WITH BANGALORE CITY POLICE

LEARN. PRACTICE. PROTECT.



LEARN PRACTICAL
SELF-DEFENCE
TECHNIQUES



IMPROVE
AWARENESS &
CONFIDENCE



BE EMPOWERED
TO HANDLE
CHALLENGES



YOUR SAFETY
IS IN YOUR
HANDS



DATE:

**28/08/2026,
FRIDAY**



TIMINGS:

**1.30 PM TO
3.30 PM**



VENUE:

**INDOOR
SPORTS ROOM**



CERTIFICATES

WILL BE PROVIDED TO ALL THE PARTICIPANTS.



Coordinator
Ms. Sneha Aditi

Principal
Dr. R N Subba Rao

Director
Rev. Bro. Dr. Titus Anto



EMPOWER YOURSELF.
BE STRONG. BE SAFE.
BE YOU!