**Women Empowerment and Self Defence**

An awareness class on Women Empowerment and Self Defence was organized on 7th February 2020. Smt. Lizymol Xavier HOD Physics inaugurated the function. Jijo Joy jubilee convenor welcomed the gathering and Prof. Kochuthresiamma Joseph presided the meeting. Black Belt Shotokan Karate (II Dan) Sri. P. V. Jayalal took a demonstration class on self defence for the girl students. Mariya Varghese of III B.Sc. proposed vote of Thanks.