

REQUEST LETTER

From

Indira Gandhi College of Arts and Science

Nellikuzhi

To

ADDITIONAL SP

ERNAKULAM

Sub: *Request letter to conduct Self Defence Training Program on 22/27/28 Jan 2026.*

Respected Sir/Madam,

IGCAS is a well-reputed, NAAC-accredited self-financing Arts and Science college located in Kothamangalam. The Women Cell of our college has been functioning actively for several years, working towards the empowerment and well-being of our students. At present, around 2000 students are studying in our institution.

As part of the observance of National Girl Child Day, we are planning to organize a self-defense training program for our girl students. This initiative aims to enhance their confidence, personal safety, and awareness.

We seek your permission to conduct Self Defence Training program on 22/27/28 Jan 2026, Wednesday at 10:00 AM. I request you to grant the permission for conducting the same.

Yours faithfully,

Co-Ordinator's



Approved

PRINCIPAL
Indira Gandhi College of Arts and Science
Kothamangalam

CIRCULAR

This is to inform that Women cell of IGCAS planned to conduct a self Defence training program on 28/01/2026 .All of you can join for the same.

Women Cell :

Minu Aleyas

Elza Paulose Indira Gandhi college of arts and science

Nellikuzhi

A handwritten signature in green ink, appearing to read 'Minu Aleyas', is written over a horizontal line.

INDIRA GANDHI COLLEGE OF ARTS AND SCIENCE, NELLIKUZHI KOTHAMANGALAM

GENDER EQUITY CELL IN ASSOCIATION WITH IQAC

SELF DEFENCE TRAINING PROGRAM

PROGRAM CHART

DATE : 28/01/2026

PRAYER	: ROSE EMILY MARTIN (S4 BSc CYBER FORENSIC)
WELCOME SPEECH	: ELZA PAULOSE (HOD , DEPT OF BIOSCIENCE)
INAUGURATION	: DR VIJI K RAMAKRISHNAN (PRINCIPAL)
FELICITATION	: SHAMEENA K MUHAMMED (HOD , ECONOMICS)
	: AMNA NIZAR (BSc PSYCHOLOGY 3 RD YEAR)
VOTE OF THANKS	: SAVITHA PAUL (HOD ,DEPARTMENT OF HINDI)

Sessions By

1) *Ambiliy M M*

Senior Civil Police Officer

Kothamangalam P S

2) *Rosa K O*

Assistant Sub Inspector

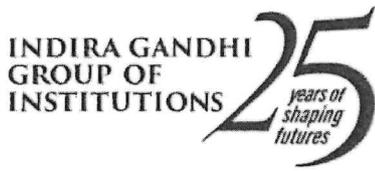
Ayyampuzha P S

3) *Sindhu M K*

Assistant Sub Inspector

Muvattupuzha P S

WOMEN CELL



Training on Self - Defence

Organised By
Gender Equity Cell in
association with IQAC

28/JAN/2026
10.30 AM
Hall of All



Inauguration
Dr. Viji K. Ramakrishnan
Principal, IGCAS

Sessions by



Ambily M M
Senior Civil Police Officer
Kothamangalam PS



Sindhu M K
Assistant Sub Inspector
Muvattupuzha PS



Rosa K O
Assistant Sub Inspector
Ayyampuzha PS



**INDIRA GANDHI
COLLEGE OF
ARTS AND SCIENCE**

igcas.org

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KOTHAMANGALAM

INDIRA GANDHI COLLEGE OF ARTS AND SCIENCE , NELLIKUZZHI
KOTHAMAGALAM
WOMEN CELL
POST EVENT REPORT

JAN 28 .2026

TIME : 10 :30 AM

VENUE:HALL OF HALL

Indira Gandhi college of Arts and Science in association with Women cell and IQAC conducted a self defence training program for first year students.

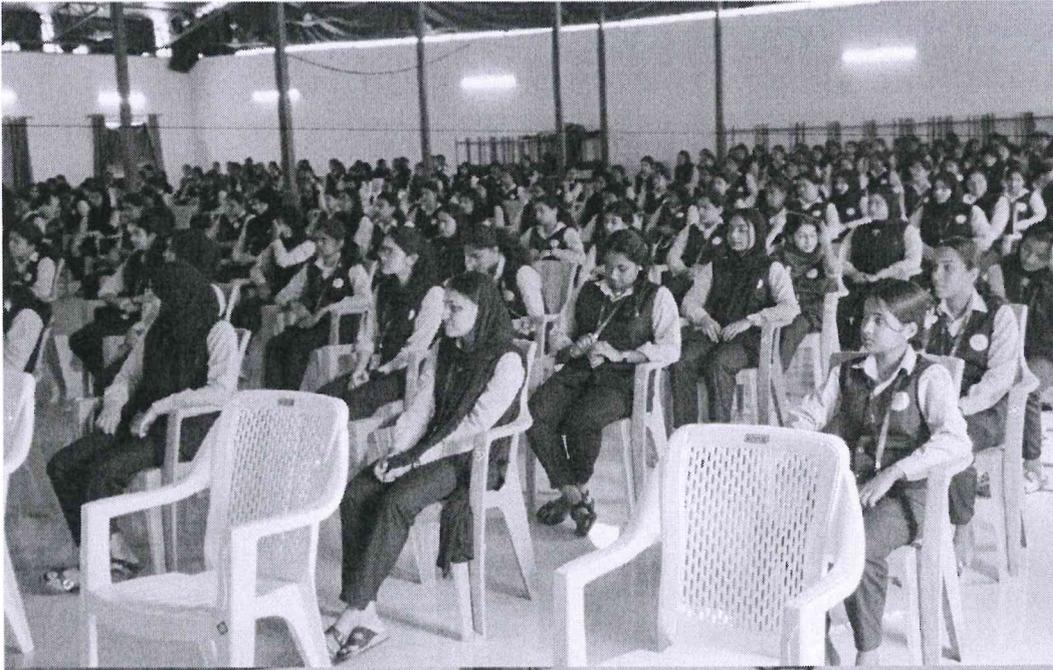
The session started with morning prayer by Rose Merlin Martin(2nd year cyber forensic), Welcome speech by Elza Paulose (Hod , Dept of Bioscience) , Inaugural address by our beloved principal Dr Viji K Ramakrishnan ,Felicitation by Shameena K mohammed (Hod ,Economics Department) and Amna Nizar (3rd yr psychology).

After the official session the training session started .The training Session handled by Ambiliy M M,Senior civil police officer ,kothamangalam P S, Sindhu M K , Assistant Sub Inspector ,Muvattupuzha P S .

By the end of the program, participants will be able to:

- Improve situational awareness and personal safety
- Avoid and de-escalate dangerous situations
- Defend themselves against common attacks
- Escape and seek help safely
- Build confidence, assertiveness, and mental resilience

It's a self defence program successfully conducted by women cell and IQAC .The program wound up by 1:00 P M







WOMEN CELL



Chandran

PRINCIPAL
Indira Gandhi College of Arts and Science
Kothamangalam