

VINAYAKA MISSIONS CHENNAI CAMPUS
WOMEN EMPOWERMENT CELL
SELF DEFENCE TRAINING SESSION dated 03.09.2026

A Self-Defence Training Programme titled “**Wings & Shield – Self-Defence Training Programme for Women Empowerment**” was organized by Women Empowerment Cell of Vinayaka Missions Chennai Campus, on **03 September 2026 at 10:30 AM onwards at the VMCC Hall**. The programme was exclusively organized for women students with the objective of promoting women's empowerment, personal safety, self-confidence, physical fitness, and awareness of self-defence techniques. The session was conducted by a team of internationally experienced coaches from Serbia, Italy, and Jordan, namely **Mr. Miodrag Jotic**, Ex-President of the Kick Boxing Federation of Serbia, Former Chief Coach of the Serbia National Kick Boxing Team, European Champion, World Champion and Pioneer of Kick Boxing; **Mr. Emanuele Vozzolani**, International Coach from Italy, 3-Time WAKO World Champion and Former Italian National Team Coach; **Mr. Damiano Tramontana**, Kick Boxing Coach and Trainer involved in International Athlete Development; and **Mr. Issa Abunassar**, International Coach from Jordan, Jordan National Team Chief Coach and Member of the WAKO Coaches Committee.

The programme commenced with a warm welcome address by Dr. Subathra M, Assistant Professor, Department of Biotechnology, AVIT, who welcomed the resource persons, faculty members and students and emphasized the importance of self-defence training in developing confidence, awareness and a sense of security among women. The international coaches then conducted an engaging and practical training session focusing on the importance of physical preparedness, situational awareness, discipline, confidence and basic self-defence techniques. The participants were given valuable guidance on responding appropriately to challenging situations and were encouraged to develop physical fitness and mental alertness as essential components of personal safety.

The interaction with internationally accomplished coaches provided the students with an enriching opportunity to learn from professionals with extensive experience in kickboxing, coaching and athlete development. The programme also contributed to the objectives of **Sustainable Development Goal 5 – Gender Equality** and **Sustainable Development Goal 16 – Peace, Justice and Strong Institutions**, as highlighted in the event. The session helped create greater awareness among women students regarding personal safety and encouraged them to become more confident, physically prepared and self-reliant.

The programme concluded with a vote of thanks delivered by Dr. Mohanapriya R, Professor, Department of ECE, AVIT, who expressed sincere gratitude to the resource persons for sharing their expertise and valuable training, the management and organizers for facilitating the programme, and the faculty members and students for their active participation and support. The “**Wings & Shield**” Self-Defence Training Programme was successfully conducted and served as a meaningful initiative towards promoting women's empowerment, confidence, safety awareness and holistic development among the students.

**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)

**AVIT**
ADARAPADA VEDIC INSTITUTE OF TECHNOLOGY
Vinayaka Missions Chennai Campus

**3 SEPTEMBER
2026****VMCC HALL****10:30 AM ONWARDS**

**MR. MIODRAG
JOTIC**
Ex-President - Kick Boxing
Federation of Serbia,
Former Chief Coach- Serbia
National Kick Boxing team,
European Champion, World
Champion & Pioneer of Kick
Boxing



**MR. EMANUELE
VOZZOLANI**
International Coach- Italy
3-Time WAKO World
Champion, Former Italian
national team coach

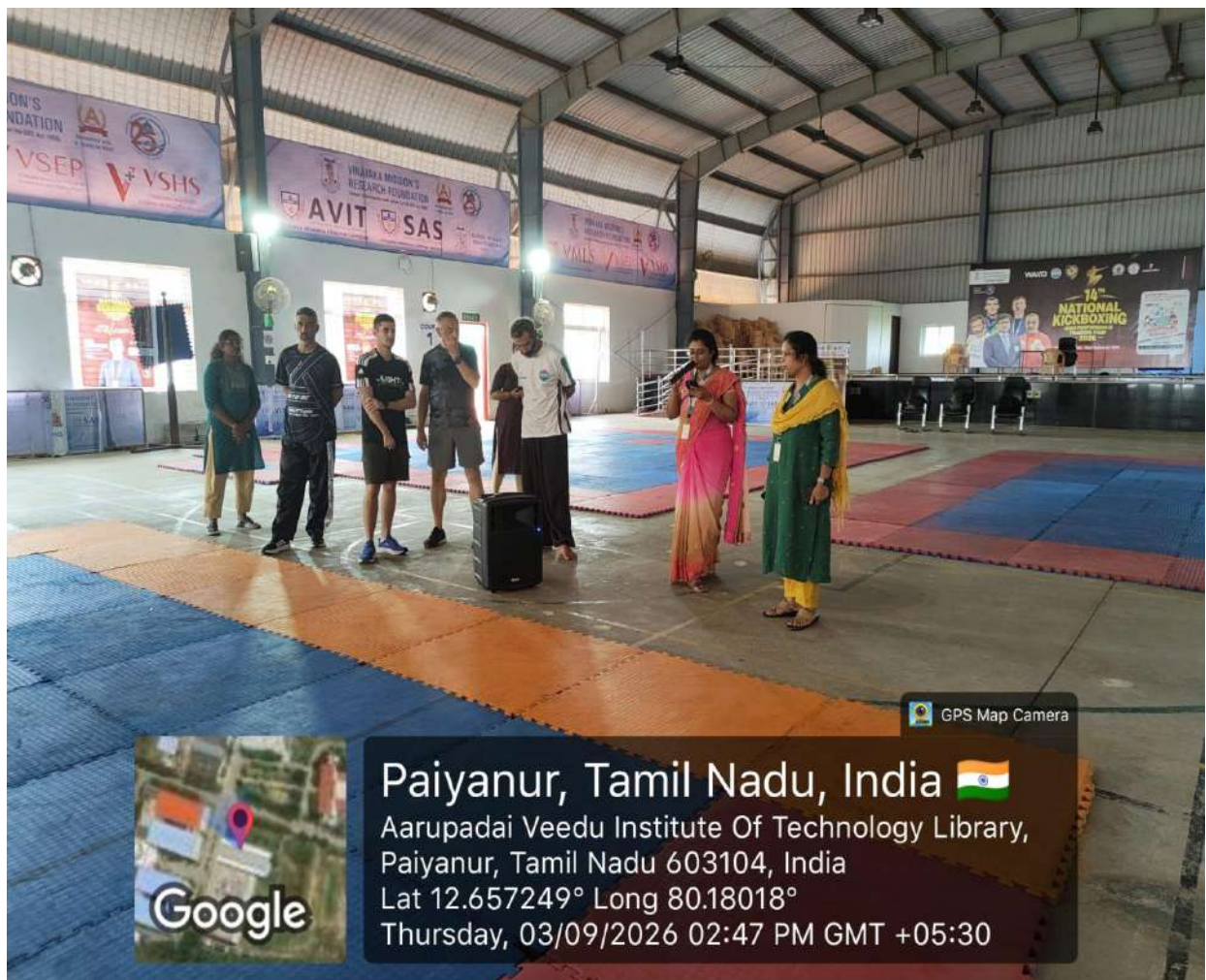


**MR. DAMIANO
TRAMONTANA**
Kick Boxing Coach &
Trainer International
Athlete Development



**MR. ISSA
ABUNASSAR**
International Coach- Jordan
Jordan National Team Chief
Coach, Member-WAKO
coaches committee

**5 GENDER
EQUALITY****SUSTAINABLE
DEVELOPMENT GOALS****16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS**



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