



## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

### Report on Two Day Training Programme on Self Defence

Programme Details in a nutshell	
<b>Name of the Event</b>	Two Day Training Programme on Self Defence for women
<b>Nature of the Event</b>	Training Programme
<b>Objectives</b>	To enhance awareness about personal safety and self-defense techniques among women. To equip participants with practical self-defense skills to protect themselves in threatening situations. To promote confidence and self-esteem among women.
<b>Resource person</b>	Ms. Rosa K O, Mrs. Sindhu M K, Ms. Ambily M M, Ms. Biji K N- Senior Civil Police Officers
<b>Date and Time</b>	23/5/2022-24/05 2022
<b>Duration</b>	Two Days
<b>Beneficiaries</b>	49 Female Students of various departments of SSV College
<b>Venue or Platform</b>	Adwaitha Hall
<b>Organising dept/ Cell</b>	Department of Economics
<b>Coordinator</b>	Mrs. Rashmi K P
<b>Associating Agency</b>	Kerala Police Department-
<b>Outcome/ Benefit of the programme</b>	Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds

### Detailed Report of the Programme

Self-Defense Training Program for Women organized by the Department of Economics in association with the Kerala Police Department. The program was conducted on 23rd and 24th May 2022, with the aim of empowering women with self-defense skills and promoting their safety and well-being.

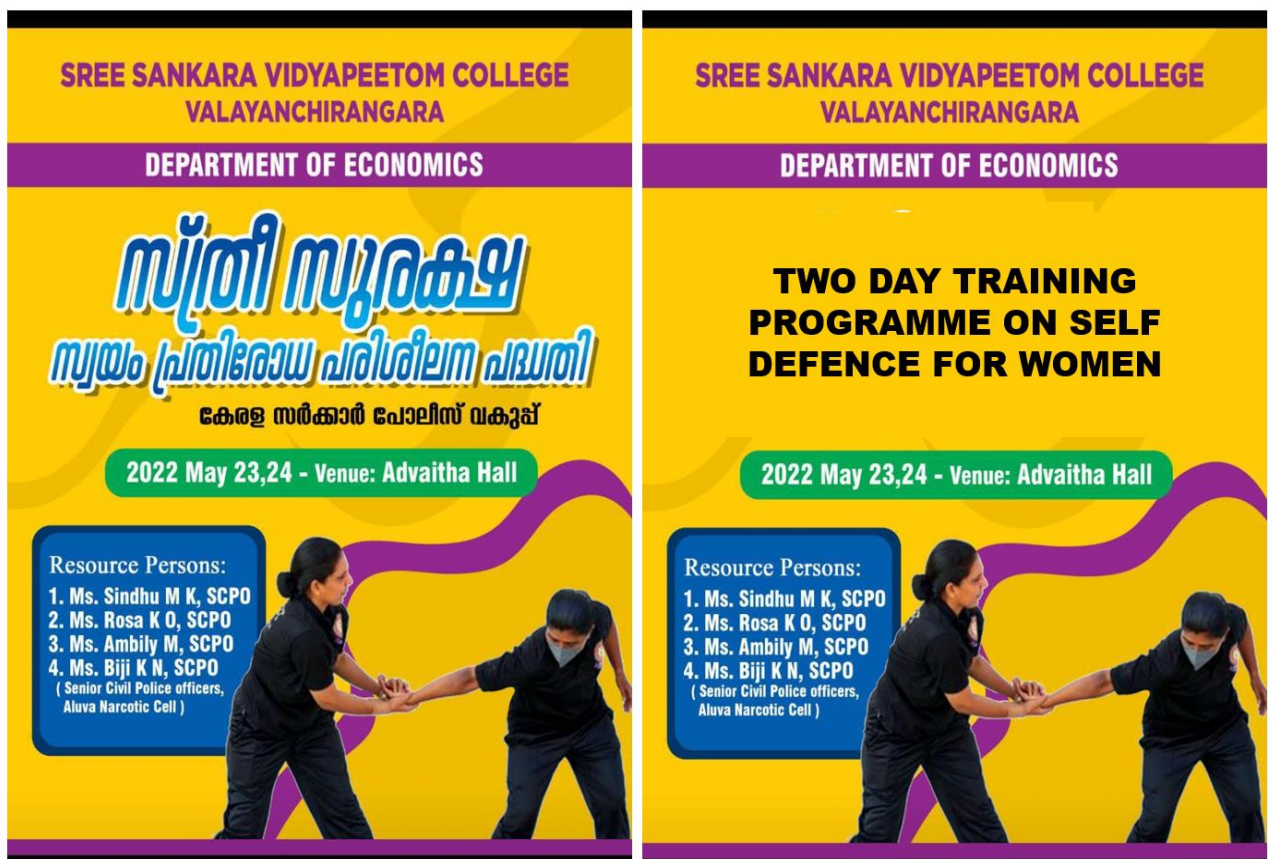


## Objectives of the Training Program:

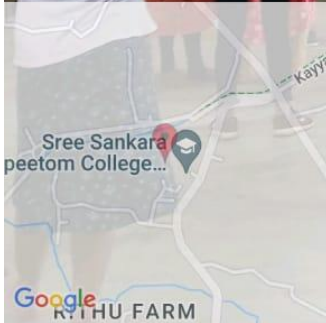
This training programme aims to enhance awareness about personal safety and self-defense techniques among women. It will equip the participants with practical self-defense skills to protect themselves in threatening situations. It also helps to promote confidence and self-esteem among women. The training programme creates a supportive environment for women to learn and practice self-defense techniques.

The training program was conducted by experienced instructors from the Kerala Police Department who specialize in self-defense techniques. Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds. The program emphasized the importance of being aware of one's surroundings and recognizing potential threats. 54 students attended the program.

## Brochure of the Programme



# Photo Gallery



3G44+X9G, Valayanchirangara, Kerala 683541, India

Valayanchirangara

Kerala

India

2022-05-24(Tue) 11:44(AM)





3F4R+88X, Airapuram, Kerala 683556, India

Airapuram

Kerala

India

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# List of Students Attended the Programme

സ്മൃതി സ്മരകം വന്നിതാ സ്വയം പ്രതിഷ്ഠയായ പദ്മശ്രീലത പരിപാടി

2022 May 23, 24

S.No.	Name	Class	Sign
1.	Farahidha M.V	B.A. 1 <sup>st</sup> yr. B.A Eco	
4	Anna B.Tu	1 <sup>st</sup> Year B.A Economics	
2	Alvina P. Sathu	1 <sup>st</sup> Year B.A Economics	
4	Riya Thomas	1 <sup>st</sup> Year B.A Economics	
5	Amiya Fernandez	1 <sup>st</sup> Year B.A Economics	
6	Vidhya K.P	1 <sup>st</sup> Year B.A Economics	
7	Neena Reji	1 <sup>st</sup> Year B.A Economics	
8	Rahmath P. Jaleel	1 <sup>st</sup> Year B.A Economics	
9	Darshan Babina	1 <sup>st</sup> Year B.A Economics	
10	Madhani Manoj	1 <sup>st</sup> Year B.A Economics	
11	Fathimath Zahra	1 <sup>st</sup> Year B.A Economics	
12	Uthara P.J.	1 <sup>st</sup> Year B.A Economics	
13	Nijisha Ashraf	1 <sup>st</sup> Year B.Com Tax	
14	Nanditha M.S	1 <sup>st</sup> Year B.A History	
15	Sareetha M.M	2 <sup>nd</sup> Year B.Com Tax	
16	Adhila A.A	2 <sup>nd</sup> Year B.Com Tax	
17	Abhila Manohara	2 <sup>nd</sup> Year B.Com Tax	
18	Manekshi Unni	2 <sup>nd</sup> Year B.Com Tax	
19	Madhani Manoj	2 <sup>nd</sup> Year B.A History	
20	Syamiy IS	2 <sup>nd</sup> Year B.A Economics	
21	Ummatulsia Ayub	2 <sup>nd</sup> Year B.A Eco	
22	Shikha Rahman	2 <sup>nd</sup> Year B.A Eco	
23	Aleena Pinaraj	2 <sup>nd</sup> Year B.A Eco	

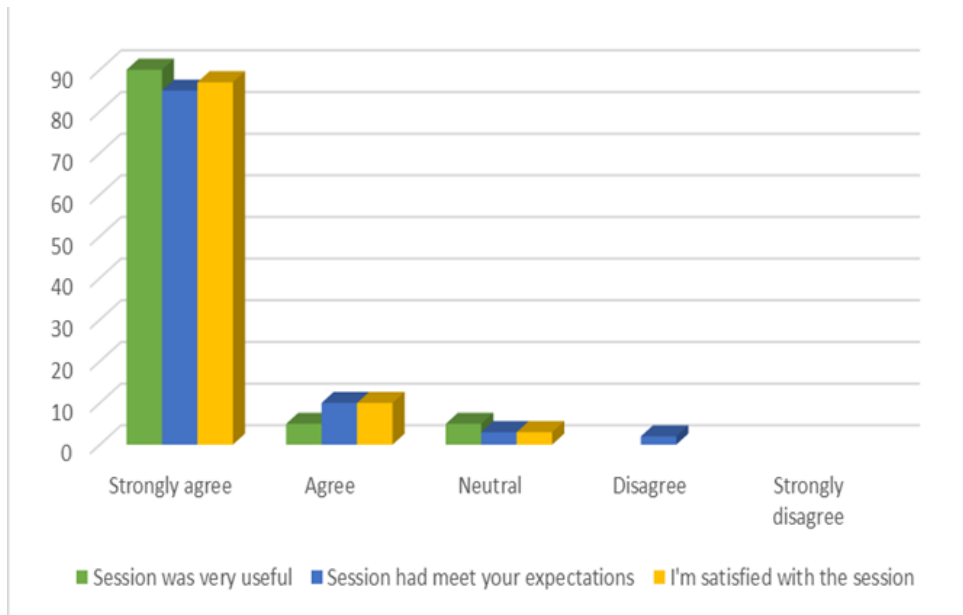


	1 <sup>st</sup> year	2 <sup>nd</sup> year	3 <sup>rd</sup> year
25	Shelba K.S	"	Shelba
26	Aishwarya Chibbar	"	Aishwarya
27	Harira Rose	1 <sup>st</sup> year B.A Economics	Harira
28	Smriti mal	2 <sup>nd</sup> BA Economics	Smriti
29	Aishwarya Chibbar	2 <sup>nd</sup> year B.A Economics	Aishwarya
30	Eswarany Pylu	"	Eswarany
31	Shilpa mal	"	Shilpa
32	Vandana Rajan	2 <sup>nd</sup> year	Vandana
33	Apithya A.S	2 <sup>nd</sup> year	Apithya
34	Aarthi G.A	2 <sup>nd</sup> year	Aarthi
35	Aishwarya Raji	2 <sup>nd</sup> year	Aishwarya
36	Shilpa P.Y	2 <sup>nd</sup> year	Shilpa
37	Rameza Parvitha	2 <sup>nd</sup> year	Rameza
38	Sabita m.s	2 <sup>nd</sup> year	Sabita
39	Giriyathai	2 <sup>nd</sup> year	Giriyathai
40	Swati Hrishya	B. Com	Swati
	Aishwarya	B. Com	Aishwarya
	Parvathy	B. Com	Parvathy
	Bethulakshmi	B. Com	Bethulakshmi
	Manjima	B. Com	Manjima
	Ashwathi	B. Com	Ashwathi





## Feedback



PRINCIPAL  
SREE SANKARA VIDYAPEETOM  
VALAYANCHIRANGARA P.O  
(VIA) PERUMBAVOOR

Signature of the Principal