



KL Deemed to be UNIVERSITY

(Off Campus, Hyderabad) Estd. u/s 3 of UGC Act 1956

Campus: RVS NAGAR, Aziz Nagar (PO), Moinabad Road, Hyderabad , R.R. Dist-500075.

Ref: KLEF/KLH/NSS/Outreach Programme/2018

Date: 24 Aug 2018

REPORT

ON

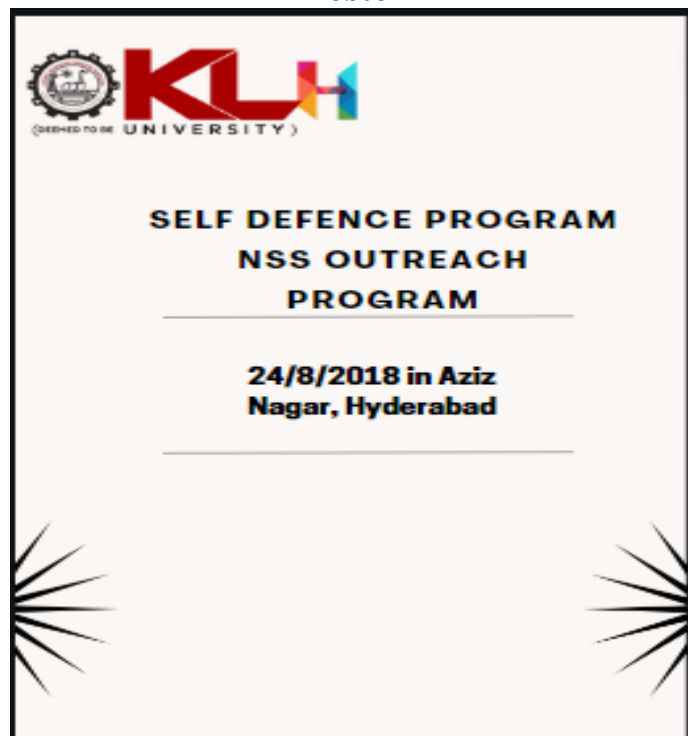
AN OUTREACH PROGRAMME ON “SELF DEFENCE PROGRAM”

EVENT DATE:24.8.2018

EVENT TIMING:10-11:30 AM

EVENT VENUE:AZIZ NAGAR

Poster





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Date: 23 August 2018

Orders of Principal, Engg. Dt. 23th August 2018

CIRCULAR

Sub: NSS committee KLH is organizing an outreach program “**SELF DEFENCE PROGRAM**”- Reg.

Ref: Letter dated 23.08-2018 from NSS committee KLH.

This is to inform staff and students that the NSS committee KLH is organizing an outreach program “**SELF-DEFENSE PROGRAM**”. We hereby request all to join us and utilize the opportunity.

Schedule	Details
	Timings: 10.00 AM-11.30 AM
24-8-2018	Venue: Aziz Nagar


Coordinator
Committee




Dean Engg
KLH.

To:

Hard copy & mail to: HODs, Deputy HoDs. All Research Scholars/ CSE / ECE / H & S / FED

Mail to: All Associate Deans / All HODs/All Committee Members/ Examination Department/ AO

Cc:

Teaching Staff

Non-Teaching Staff

Notice Board



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ABOUT THE EVENT

OBJECTIVES:

1. Training can improve physical health
2. To motivate students and staff towards defense development skills.

EVENT:

KL Deemed to be University, Hyderabad of National Service Scheme (NSS) has conducted “Self Defence Techniques Training to Girl Students” on 24th August 2018 at Government School, Aziz Nagar Village.

Details of the Program: On the eve of Self Defence Techniques Training to Girl Students, the training was conducted to boost the self-confidence of the girls and to make them able to act in unfavourable situations. Colonel. Vijay Bhaskar (Self-defence Coach) along with NSS volunteers taught simple ways of self-defense and they were also spoken to about tackling situations in which they found themselves under any kind of harassment. The safety of the girl child should be given maximum priority and hence the workshop was seen as a boon to the girls who often have to travel away from their homes for studies and work. Our Programme officer Dr.Mallesh cherished the initiative of the volunteers and planned accordingly. The NSS volunteers are supervised by faculty Dr.Venkata Deepthi and coordinators. The students of ZPH School have undergone hands-on experience in Self-defence. All the NSS volunteers from various departments and the faculty were appreciated by the Principal College of Engineering.

- The main objectives of the self-defense program were:
- To educate women about self-defense techniques and provide them with the necessary skills to defend themselves.
- To create awareness about the importance of women's safety and the need for women to take proactive steps to protect themselves.
- To promote confidence and assertiveness among women and empower them to stand up for themselves.

Planning and Preparation

The planning and preparation for the self-defence program started a few weeks before the event date. The NSS unit members contacted self-defense experts to conduct the program and arranged for a suitable venue. They also collaborated with government officials and women's organizations to provide necessary support and resources. The NSS unit members created posters and flyers to promote the event and reached out to women's organizations, schools, and colleges to encourage participation. They also ensured that all necessary precautions were taken to ensure the safety of the participants and promote their well-being.

Event



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The self-defence program started at 10:00 am. The NSS unit members were present at the venue to welcome the participants and guide them through the various activities. The program had several workshops and activities, including:

Self-defence Techniques: Self-defence experts conducted workshops on self-defence techniques and provided participants with the necessary skills to defend themselves in case of an attack. The workshops aimed to promote confidence and assertiveness among women and empower them to stand up for themselves.

Role-Playing Exercises: Role-playing exercises were conducted to provide participants with hands-on training on self-defence techniques. The exercises simulated various attack scenarios and taught participants how to respond and defend themselves in such situations.

Awareness Session: An awareness session was conducted to create awareness about the importance of women's safety and the need for women to take proactive steps to protect themselves. The session aimed to encourage women to be vigilant and take necessary precautions to ensure their safety.

The self-defence program organized by KL Hyderabad NSS unit was a great success. The program achieved its objectives of educating women about self-defence techniques and providing them with the necessary skills to defend themselves, creating awareness about the importance of women's safety, and empowering women to stand up for themselves.

The workshops and role-playing exercises provided the participants with the necessary training and skills to defend themselves in case of an attack. The awareness session highlighted the need for women to take proactive steps to protect themselves and encouraged women to be vigilant and take necessary precautions to ensure their safety.

OUTCOMES:

1. Improved ability to protect oneself from harm.
2. Increased confidence in one's ability to defend oneself.
3. Increased awareness of one's surroundings and potential dangers.



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GALLERY



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STUDENT LIST

TotalNo.ofParticipatedStudents:30

S.No	Roll Number	Name of the student
1	170330002	PUJITHA ARJA
2	170330019	GAUTHAMI KAKANI
3	170330031	BHANUSRI P
4	170330039	HIMAJA VALLABANENI
5	170340004	AKSHITHA K
6	170340010	RAVEENA R
7	170340011	NIHARIKA K
8	180330129	BOOTHPUR SNEHALATHA
9	180330133	DAMERLA SHANMUKHI
10	180330138	GOLI SHIVA CHAITHANYA
11	180330140	JASTI YASHASWINI
12	180330144	KEERTHI PRATHYUSHA
13	180330147	KONDRAGUNTA GEETHA LAKSHMI
14	180330156	P V GEETANJALI
15	180330160	PODILA SAI VARDHANI PURNASRI
16	180330163	RAVIPATI HARSHITHA
17	180330213	NUTHALAPATI SATYA MYTHILI
18	180330236	KANDIVANAM HARSHITHA
19	180330241	ADUSUMALLI SAI SRESTHA
20	180330244	ANNEDI DIVIJA
21	180330245	ANNIE NISHETHA T
22	180330252	GADDAMANUGU DEVI SANJANA
23	180330257	KAPPALA AARADHYA HRISHIKA
24	180330262	KUNAPAREDDY CHANDRA SAHITHI
25	180330279	EERAMALLA SUPRAJA
26	180330280	TAMMA SREEDIVYA
27	180330288	VELPULA KEERTHANA
28	180330290	VOONNA SANJANA
29	180340001	ADDALA TEJASHREE
30	180340002	AJJUGAL HARSHITHA



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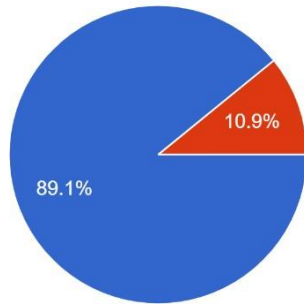
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FEEDBACK

The Program met my expectations.

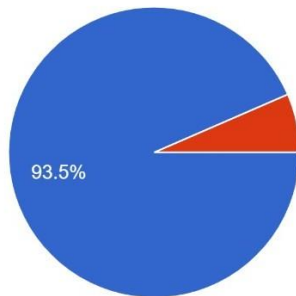
46 responses



- Yes (Strongly Agree)
- No (Strongly Disagree)

The Content was helpful

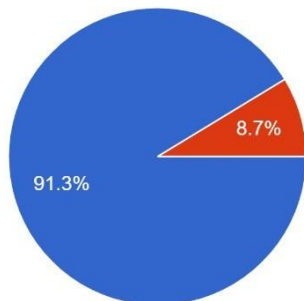
46 responses



- Yes (Strongly Agree)
- No (Strongly Disagree)

The level of the program was appropriate

46 responses



- Yes (Strongly Agree)
- No (Strongly Disagree)



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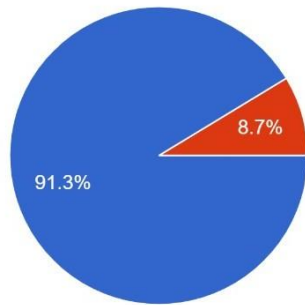
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The format was enjoyable.

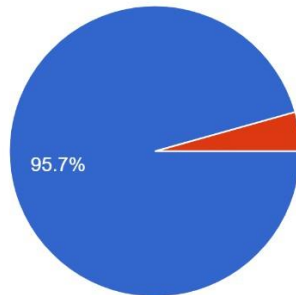
46 responses



- Yes (Strongly Agree)
- No (Strongly Disagree)

The Speaker had a good understanding of the topic

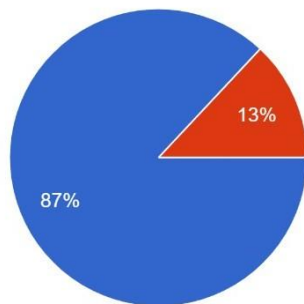
46 responses



- yes (Strongly Agree)
- No (Strongly Disagree)

The program was worth my Time

46 responses



- Yes (Strongly Agree)
- No (Strongly Disagree)



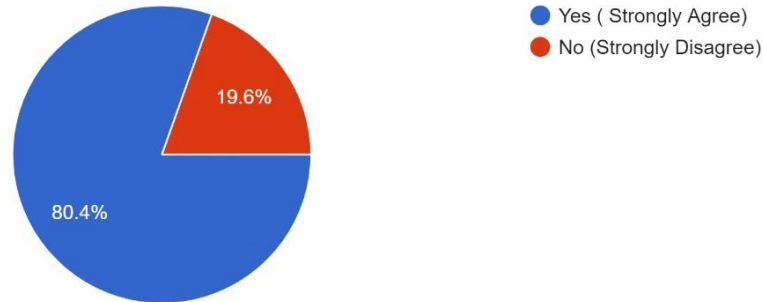
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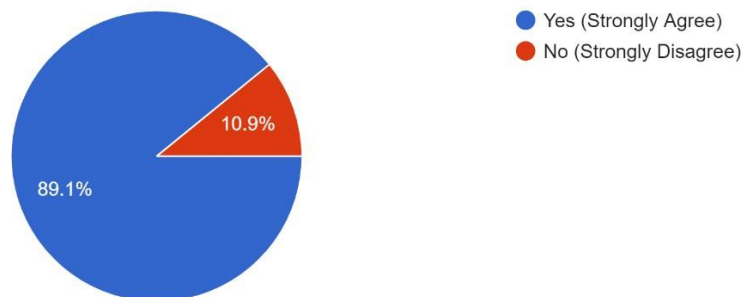
The length of the program was appropriate

46 responses



I recommended that the program be repeated for other students

46 responses





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CERTIFICATES

