



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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Ref: KLEF/SA/CEA/Events 2023-24

Date: 13-07-2023

Orders of the Vice Chancellor dt.13-07-2023

CIRCULAR

Sub: Conduction of Self Defence on 15-07-2023 at Ravendrapadu Village – Reg.

Ref: Letter dt. 12-07-2023 received from Dr. M. Subramanyam, Prof.Incharge, Centre for Extension Activities (CEA) and forwarded by Dean (Student Affairs)

This is to inform that the Centre for Extension Activities (CEA) of KLEF will be organizing the Self Defence on 15-07-2023 at Ravendrapadu Village.

Event : Self Defence
Dates: : 15-07-2023
Timings : 01:30 pm to 04:00 pm
Venue : Ravendrapadu Village

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. M. Subramanyam (Mobile No. 9440446088), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)



REGISTRAR
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Guntur District, Andhra Pradesh.



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A report on “Self Defence”15/07/2023 at Ravendrapadu Village



CENTRE FOR EXTENSION ACTIVITIES

SELF DEFENCE

SELF DEFENCE IS NOT JUST A SET OF TECHNIQUES, IT'S A STATE OF MIND
THAT BEGINS WITH THE BELIEF THAT YOU ARE WORTH DEFENDING

DATE: 15/07/2023
**VENUE: Z.P.HIGH SCHOOL,
RAVENDRAPADU**

 /KLEFCEA



Details of the Event:

Date of the Event	:	15-07-2023
Name of the Event	:	Self Defence
No. Of Hours	:	01:30 PM To 04: 30 PM
Venue of the Event	:	Z.P. High School, Ravendrapadu Village
No. Of Participants	:	Students: 86, Faculty: 02
No. Of Beneficiaries	:	450

Objective:

For many people, all they really need is some kind of confidence that they can defend themselves and those around them effectively. Here, self-defense becomes necessary. A life skill that encourages females to be more aware of their surroundings and prepared for any situation is self-defense instruction. In order to help the girls get the psychological, intellectual, physical, and self-confidence they need to protect themselves in challenging circumstances, they are given self-defense training. The KLEF_CEA team planned an event dubbed "SELF-DEFENCE" on July 15, 2023, at Z.P.H. School in Ravendrapadu in an effort to avert such unanticipated events.

Description:

Everyone has heard about self-defense since they were little, and since no one is totally protected in the terrible world of the twenty-first century, it is our job to be our own best guardians. According to statistics, one in three women will experience a violent attack of some kind during their lifetime. While blocking an assault is taught in training, avoiding one is always preferable. As a result, part of the training should focus on avoiding attacks in the first place. Self-defense at Z.P.H. School was a program that the KLEF_CEA team put together to avert these unforeseen circumstances.

The procedure of the event:

- The KLEF_CEA volunteer team arrived at Z.P.H. School, Ravendrapadu.
- After that, groups were formed and given self-defense instructions.
- After that, volunteers instructed the students in self-defense methods and tactics to keep them safe.
- The girls were the main focus of this event. to protect them from unexpected circumstances.
- Later, after practicing with the students, several techniques were demonstrated to the class, and the students also learned how to defend themselves.
- Answered the student's questions on self-defense and the strategies and techniques used to practice it.

Benefits:

- This program instills discipline, provides an enjoyable pastime, and aids in building confidence in the students while teaching them how to defend themselves and think rationally in extremely stressful situations.
- For a variety of reasons, women and young girls can benefit from self-defense. It is useful for any woman who would prefer physical, hands-on training.
- It also helps them level the playing field against an attacker who may be considerably larger than they are.

Outcome:

The KLEF_CEA team organized an event to teach the students about self-defence and how it will aid them in unanticipated situations with the intention of serving the public. Every human being has a fundamental right to self-defense against harm, injury, or death. Therefore, intelligent people understand the techniques and defend themselves rather than being exposed and defenseless. We should therefore prioritize learning self-defense.

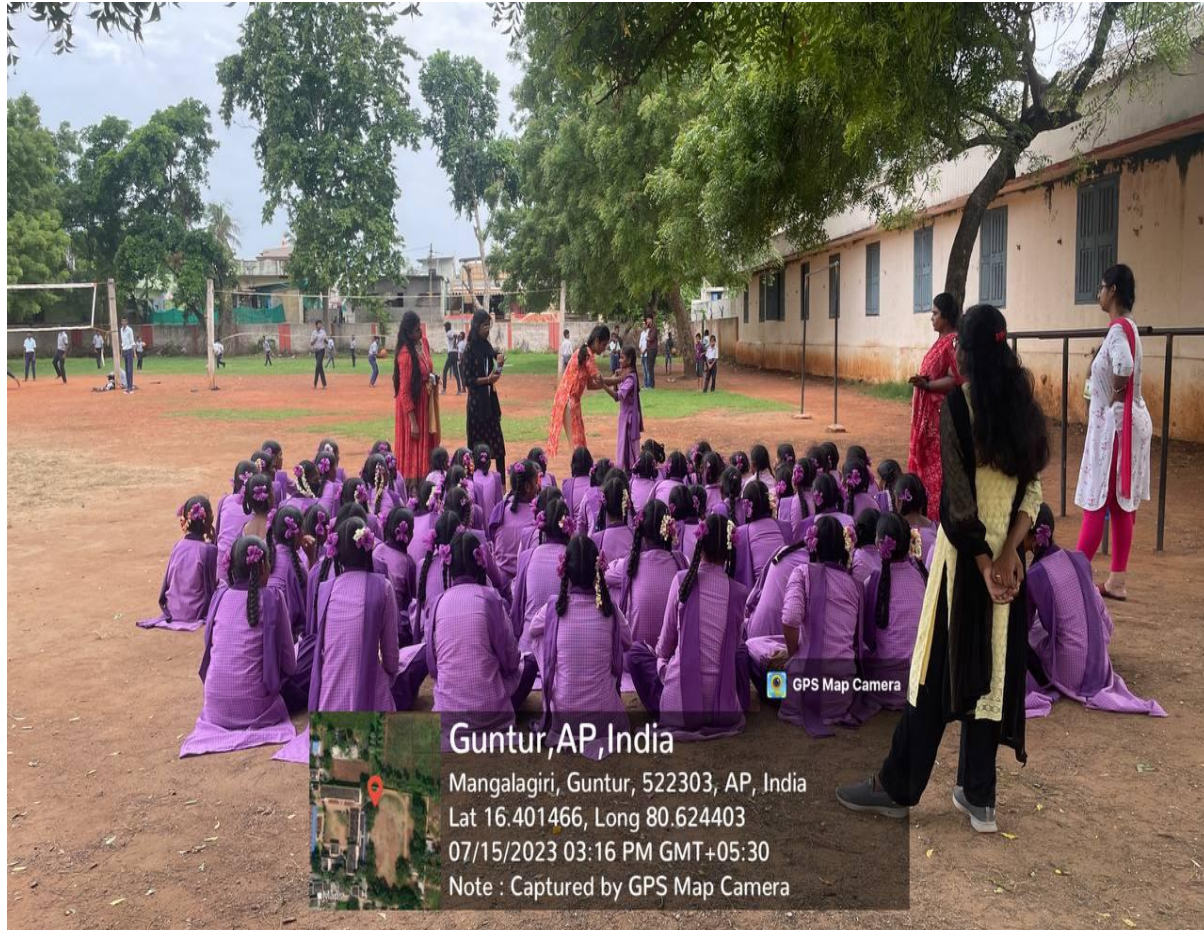
It's about developing the ability to stand your ground and remain composed under pressure. It is about developing the self-assurance to more effectively manage circumstances that could otherwise be utterly out of your control.

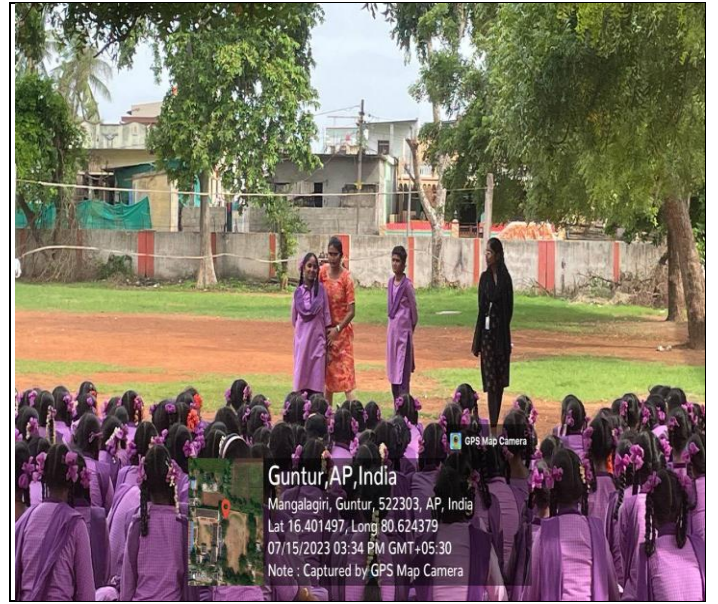
It gives kids pleasant exercise, discipline lessons, and confidence-building tips. Children who practice self-defence are more aware of their surroundings and are taught how to protect themselves from aggressors, including adults and younger children. It enables them to handle typical bullying scenarios without turning into bullies themselves. Self-defence has various advantages for women and young girls. It boosts self-assurance. Additionally, it aids them in leveling the playing field with an assailant who can be considerably bigger than themselves. Additionally, it benefits any woman who wants a hands-on, physical workout.

Everyone present at the ceremony expressed their appreciation for the program, which was successful in dispelling any public skepticism. The program was good and more

satisfying, according to the student's assessment, and it also raised awareness of self-defence and its significance in education.

Event Photos:





News Clippings:

సాక్షి

విద్యార్థినులకు ఆత్మరక్షణపై అవగాహన

తాడేపల్లికూడలో: దుగ్గిరాల మండలం రేవేంద్రపాడు జిల్లా పరిషత్ పాఠశాల విద్యార్థినులకు ఆత్మరక్షణపై అవగాహన కార్యక్రమాన్ని కేఎల్ యూ సెంటర్ ఫర్ ఎక్స్ టెన్షన్ యాక్టివిటీస్, ఉమెన్స్ ఫోరం ఆధ్వర్యంలో సోమవారం నిర్వహించారు. విద్యార్థి విభాగ అధిపతి డాక్టర్ సీహెచ్ హనుమంతరావు మాట్లాడుతూ నేటి సమాజంలో బాలికలు, మహిళలు ఎన్నో ఇబ్బందులు ఎదుర్కొంటున్నారని, వాటి నుంచి రక్షణ పొందడానికి సెల్ఫ్ టెక్నిక్స్ ఉపయోగపడతాయని వివరించారు. సాక్ డైరెక్టర్ సాయి విజయ్, ఉమెన్స్ ఫోరమ్ కన్వీనర్, అసోసియేట్ డీన్ డాక్టర్ రూతు రమ్య విద్యార్థులకు సెల్ఫ్ డిఫెన్స్ పై అవగాహనతోపాటు సమస్యల నుంచి బయట పడే విధానాలను ప్రాక్టికల్ గా వివరించారు. కార్యక్రమానికి ఉమెన్స్ ఫోరమ్ కో కన్వీనర్



మాట్లాడుతున్న కేఎల్ యూ అసోసియేట్ డీన్ డాక్టర్ రూతు రమ్య

డాక్టర్ సోనీ, డాక్టర్ గోపీకృష్ణ, సీతాప కో ఆర్డినేటర్ డాక్టర్ వెంకటేశ్వర్లు సమన్వయకర్తలుగా వ్యవహరించారు. నిర్వాహకులను వైస్ చాన్సలర్ డాక్టర్ పార్థ సారథి వర్మ, ప్రొ. వైస్ చాన్సలర్ డాక్టర్ ప్రసాద్, రిజిస్ట్రార్ డాక్టర్ సుబ్బారావు అభినందించారు.

Date: 18/07/2023, Edition: Guntur(Mangalagiri), Page: 11
Source : <https://epaper.sakshi.com/>

Place: Ravendrapadu Village

Date: 15-07-2023

Name of the Event: Self Defence


S.No	ID. No	Name of the Student	Branch	Signature
1	2000070041	Sandadi Raju	MECH	Raju
2	2100070041	Pyla Hema Kiran	MECH	Hemakiran
3	2000070038	Siliveri Sai Nithin Chandra	MECH	Sai Nithin
4	2300070001	Donga Kalyan Venkat	MECH	Kalyan
5	2000070050	Udayagiri Suresh	MECH	Suresh
6	2100070037	Chennubotla Vamsi Sashank	MECH	Vamsi
7	2000070014	Attuluri Karthikay	MECH	Karthikay
8	2200070013	Lanke Pawan Kumar	MECH	Pawan Kumar
9	2000070009	Gunnam Mohan Raja	MECH	Mohan Raja
10	2100070017	Seemala Bharadwaj	MECH	Bharadwaj
11	2000070060	Yarlagadda Vamsi Krishna	MECH	Vamsi
12	2100070043	Mandla Guru Kishore	MECH	Kishore
13	2000070033	Pisini Sandeep	MECH	
14	2200070021	Mohammed Afaq Ahmed	MECH	Afaq
15	2000070016	Kondeti Shiva Narasimha	MECH	
16	2100070034	Pathan Moulali	MECH	Moulali
17	2000070042	Chilukuri Naga Sai Santosh Preetham	MECH	Preetham
18	2300070020	Pathan Ameen Khan	MECH	Ameen Khan
19	2000070006	Cheeli Venu Babu	MECH	Venu
20	2000070059	Venkata Harshith Pedapati	MECH	Harshith
21	2200070022	Hareeswar Chitikina	MECH	Chitikina
22	2000070007	Surya Narayana	MECH	Narayana
23	2100070016	Kothamasi Prabhu Charan	MECH	Prabhu
24	2000070040	Sai Nithin Dintakurthi	MECH	Dintakurthi
25	2300070019	Saladi Kumarganesh	MECH	
26	2000070056	Vemu Sree Sai Karthik	MECH	Karthik
27	2200070011	Kalva Pramod Kumar	MECH	Pramod Kumar
28	2100070035	Morey Aadima Rituraj	MECH	Rituraj
29	2000070057	Yadlapalli Yajna Kedara Srujan	MECH	Kedara Srujan
30	2200070019	Pinakana Jagadeeshkumar	MECH	Jagadeeshkumar
31	2300070025	Puvvada Baal Ram Charan Tej	MECH	Baal Ram Charan Tej

CRK

S.No	ID. No	Name of the Student	Branch	Signature
32	2100070042	Adapa Kesav	MECH	Kesav
33	2000070039	Srikanth Sahu	MECH	Srikanth
34	2200070003	Mohammad Abdul Aleem	MECH	Aleem
35	2000070061	Kanchu Mahesh Babu	MECH	Mahesh
36	2100070018	S Uday Kiran	MECH	Uday Kiran
37	2000070067	Vijay Varun V S	MECH	Vijay
38	2200070014	Penikelapati Tezesh	MECH	Tezesh
39	2000070062	Tanniru Ashok Ashok	MECH	Ashok
40	2300070026	Kotari Gowrav Hruthik	MECH	Hruthik
41	2000070086	Harsha Vardhan Chowdary Bayya	MECH	Harsha
42	2200070001	Tamma Pardha Saradhi Reddy	MECH	Saradhi
43	2000070012	Jara Akash	MECH	Akash
44	2100070019	Gopalam Madhav	MECH	Madhav
45	2000070065	Kuchivada Sohan Anirudh	MECH	Anirudh
46	2300070027	Janjanam Shyam Prasad	MECH	Shyam
47	2000070035	Palaparthi Anjaneya Bharadwaj	MECH	Anjaneya
48	2100070022	Chelluboina Venkata Karthikeya	MECH	Venkata
49	2000070066	Rangiseti Srikar Naidu	MECH	Srikar
50	2300070028	Gavin Singh Punia	MECH	Punia
51	2000070068	Ala Venkata Praveen Kumar	MECH	Praveen
52	2100070021	Yarthangal Faizur Rahaman	MECH	Faizur
53	2000070022	Mohammad Altaf	MECH	Altaf
54	2200070023	Kommepalli Chashmitha Reddy	MECH	Reddy
55	2000070072	Duggineni Uma Venkata Krishna	MECH	Uma
56	2100070020	Chintala Bala Sanjay	MECH	C.B. Sanjay
57	2000070063	Boddapati Pavan Kumar	MECH	Pavan Kumar
58	2100070027	Manchikalapudi Pardha Saradhi	MECH	Pardha Saradhi
59	2100070025	Balusu Sri Sai Ajay Chowdary	MECH	Ajay
60	2000070071	Kodali Ajay	MECH	Ajay
61	2300070016	Bethamsetty Jaideep	MECH	Jaideep
62	2000070017	Suman Dattu Kothapalli	MECH	Dattu
63	2100070024	Talamanchi Pranadeep	MECH	Pranadeep
64	2000070052	Gunji Vamsi Krishna	MECH	Vamsi Krishna
65	2200070015	Atmakuri Satya Sampath Kumar	MECH	Satya

Chh.

S.No	ID. No	Name of the Student	Branch	Signature
66	2000070036	Pasala Kavya Priya	MECH	Priya
67	2300070024	Botta Satya Durga Prasad	MECH	Durga
68	2000070035	Palaparthi Anjaneya Bharadwaj	MECH	Anjaneya
69	2300070031	Kona Venkat Sai Siva Kushmit	MECH	Venkat Sai
70	2000070036	Pasala Kavya Priya	MECH	Kavya
71	2100070023	Teja Manikanta Abishek S	MECH	Teja
72	2200070002	Bora Sai Gowtham Reddy	MECH	Gowtham
73	2000070089	Agweu Remmy Duncan	MECH	Remmy
74	2300070029	Muhammed Zayan	MECH	Zayan
75	2100070026	Sadhu Krishnaprasad	MECH	Krishnaprasad
76	2000070088	Rafiki Christian Raymond	MECH	Raymond
77	2200070016	Levi Sathvik Tinga	MECH	Sathvik
78	2000070080	Nerusu Vignesh	MECH	Vignesh
79	2100070029	Chevakula Pradeep	MECH	Pradeep
80	2000070087	Sushant Ghimire	MECH	Sushant
81	2200070020	Dhiraj Kumar Sahu	MECH	Kumar Sahu
82	2000070077	Mandadapu Satya Vikas	MECH	Vikas
83	2300070023	Sadhupati Gowtham	MECH	Gowtham
84	2200070024	Srinidhi Babu Bagadi	MECH	Srinidhi
85	2000070079	Manikanta Reddy Kandula	MECH	Manikanta
86	2100070028	Tejdeep Kuchipudi	MECH	Tejdeep


 Dean (Student Affairs)
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