



Koneru Lakshmaiah Education Foundation

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

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

Dt. 29-01-2024

Orders of the Hon'ble Vice-Chancellor dt. 29-01-2024

CIRCULAR

Sub: Conduction of "Self Defense Awareness" by KLEF NCC 22(A)BN on 31-01-2024.

Ref: Letter dt. 29-01-2024 from Lt V. MOUNIKA, Associate NCC officer and forwarded by
Dr Ch Hanumantha Rao , Dean-student affairs.

This is to inform that KLEF NCC 22(A) BN, is Conduction of "Self Defense Awareness" on 31-01-2024.
Interested can participate in the above-mentioned event along with our NCC cadets. The
details are below:

Event Date : 31-01-2024.
Time : 10.00 a.m. to 1.00 pm
Venue : Pedapalem
Contact : Lt V. MOUNIKA, Associate NCC officer

The HoDs are directed to ensure that this information is brought to the notice of all the students of their
respective departments.

REGISTRAR
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Koneru Lakshmaiah Education Foundatio
(Deemed to be University)
Green Fields, VADDESWAREM-522 302
Guntur District, Andhra Pradesh.

Self defense

Event Details:

EVENT	Self defense
DATE	31/01/2023
NUMBER OF STUDENTS	59
NUMBER OF TEACHERS	2
NUMBER OF BENEFICIARIES	PUBLIC

National Cadet Corps (NCC) and the self defense awareness for school children and parents at poranki

The National Cadet Corps (NCC) unit of Koneru Lakshmaiah Education Foundation (KLEF) is renowned for its impactful events that focus on the overall development of cadets and the empowerment of girls in society. Recently, the KLNCC Cadets, under the guidance of LT. V. Mounika and her team, organized an exceptional self-defense class specifically designed for girls. The event aimed to equip them with vital skills to handle situations of personal safety and security. The self-defense class focused on practical techniques, instilling confidence and fostering a sense of empowerment among the participants. It also emphasized the importance of awareness and prevention in various real-life scenarios. The initiative was widely appreciated for its contribution to building a safer and more confident environment for girls, reinforcing the importance of physical and mental strength in today's world. This event is a testament to the NCC unit's ongoing efforts to empower the youth and make a positive impact on society.

What is self defense

Self-defense is the practice of using physical force, techniques, or strategies to protect oneself from harm or an imminent threat. It involves defending one's body from potential physical violence or injury, employing a variety of skills, from simple evasive actions to more advanced martial arts moves. Self-defense not only focuses on physical responses but also includes mental preparedness, awareness, and the ability to assess a situation effectively to make the best decision for personal safety. The primary goal of self-defense is to ensure personal security by preventing or neutralizing an attacker. It may involve avoiding a conflict or escaping the situation if possible. In situations where avoidance is not an option, self-defense techniques such as strikes, holds, or joint locks can be used to incapacitate or deter the attacker long enough to escape or seek help.

Self-defense training emphasizes awareness, intuition, and quick thinking. Many programs teach situational awareness, which involves being alert to your surroundings and recognizing potential threats before they escalate. Self-defense can also include using everyday objects as improvised weapons when necessary. For individuals, particularly women and children, self-defense training is essential as it promotes confidence, self-reliance, and the ability to protect oneself from violence. It can also help reduce fear and anxiety in high-risk situations, empowering individuals to respond effectively and assertively. Ultimately, self-defense is about both physical and mental preparation, ensuring that individuals are equipped to protect themselves in dangerous or threatening circumstances.

Role of NCC cadets in teaching self-defense for children

NCC cadets play a significant role in teaching self-defense to children, contributing to their safety and personal development. Through their disciplined training and leadership skills, cadets effectively impart essential self-defense techniques to younger individuals. The structured approach of the NCC helps cadets break down complex concepts into simpler, easily understandable steps for children, ensuring that they grasp key safety principles.

In addition to teaching physical techniques such as strikes, blocks, and escapes, NCC cadets also focus on building awareness and confidence in children. They emphasize the importance of situational awareness, helping children recognize potential threats and react appropriately. Through these programs, cadets foster a sense of responsibility, teaching children how to protect themselves while instilling the value of avoiding conflicts when possible.

By organizing self-defense workshops and community outreach programs, NCC cadets not only enhance their own leadership and communication skills but also play an integral role in empowering children, making them more confident and aware of how to respond to potential dangers.

Conclusion

In conclusion, the efforts of the National Cadet Corps (NCC) in promoting self-defense awareness among school children, particularly through the initiative at Poranki, play a vital role in fostering a safer and more empowered community. By equipping children, especially girls, with essential self-defense skills, NCC cadets are not only contributing to their physical safety but also instilling confidence, mental resilience, and a sense of responsibility. The training emphasizes the importance of situational awareness and quick thinking, enabling children to recognize and respond effectively to potential threats. Through their leadership and dedication, NCC cadets are making a lasting impact on the younger generation, empowering them to take control of their own safety while fostering an environment where personal well-being and security are prioritized. These efforts reflect the NCC's commitment to building a stronger, more aware society where both children and parents are better prepared to handle challenging situations with confidence and assurance.

Event photos:



List of participated:

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STUDENT LIST:

S No	Name of Cadet	College ID	SIGNATURE S
1	GANTA RAJESWARI	2200031053	Rajeswari
2	BONIGI VENKATA APPALA NAIDU	2200032813	Venkata
3	BUSUROTHU AVINASHI	2300013663	Avinashi
4	KUNKALA SRI HARSHA	2300033788	Harsha
5	PULIBANDLA BAJAJI	2200040046	Bajaji
6	SANAPATHI KARTHEEK	2300033880	Karthi
7	PONAMALA GAYATHRI	2300040023	Gayathri
8	DHANUKONDA SAI LAKSHIMI NRUSIMHU CHANDRASEKHAR	2300040082	Lakshmi
9	MAKKE ROHITHA	2300040219	Rohitha
10	ATMURI KARUNYA	2300040232	Karunya
11	AVANAPU BHANU PRASAD	2300040273	Bhanu Prasad
12	KOLLURU HANNAH HARSHITHA	2300080385	Hannah
13	KOMAL	2200032549	Komal
14	CHINTAMU HARIKA	2200032612	Harika
15	Duddekuta . lakshmi prasanna devi	2200032818	Lakshmi
16	G. Venkata krishna	2200032845	Krishna
17	R Manya sree	2200033030	Manya
18	INTURI.SIVANI	2200040224	Sivani
19	Katikala yaswanth	2200090150	Yaswanth
20	Lakshita Malakar	2200520076	Lakshita
21	Pakker Harshith Reddy	2200590002	Harshith
22	PULIBANDLA BAJAJI	2200040046	Bajaji
23	Shaik Ayaaz basha	2200010050	Ayaaz
24	CHALLA MAHESHI REDDY	2300033280	Maheshi
25	M. JOHN KEVIN	2200030161	John
26	ARTHIMALLA JITHENDRA KUMAR	2200030165	Jithendra
27	KONDAPI SAI SASIDHAR	2200030399	Sasidhar
28	Donthiboina Naga Varma	2200030698	Naga Varma
29	P Chaitanya	2200031240	Chaitanya
30	Gumma Lenna Narmada	2200031610	Lenna
31	M.Thanuja	2200031831	Thanuja
32	PATHAN AMEEN KHAN	2300070020	Ameen
33	PEDAMALLI VARSHA	2300080209	Varsha
34	CHAPPIDI GEETHIKA	2200031854	Geethika

35	DATLA JITENDRA VARMA	2300033812	Varma
36	GUBBALA MOHAN AYYAPPA SWAMY	2200031838	swamy ✓
37	SHAIK SHARBEF	2300049066	Sharbeef
38	KASIREDDY VARSHINI	2300060019	Varshini
39	KORADA RASHIMI MEGHANA	2300060021	megha
40	ARITHOTI MANOJ KUMAR	2300060025	Manoj Kumar
41	Shaik Ayaaz basha	2200010050	ash
42	BOGASAMUDRAM KAVYA	2200010075	Kavya
43	CH.MEGHANA	2200010116	Meghana
44	D.Shanmukha Ram Charan	2200030047	Charan
45	KOTAGIRI NAVYA	2300033834	navya
46	MD SAMEER AHMED	2300031449	samer
47	KODI BHAVANA	2300031631	K.Bhavana
48	RAMACHANDRAPURAPU MAHIMA VARSHINI	2300031837	Varshini
49	KURMALA NAGAMANI KANTESWARA RAO	2300031871	Kanteswara Rao
50	TATA SIDDHARTH	2300031887	Siddharth
51	GORLE PAVAN KUMAR	2300032109	Pavan Kumar
52	DIAMMU SATYANARAYANA	2300040285	Satyanarayana
53	THOKALA VISRUTH VARDHAN	2300040338	Visruth Vardhan
54	HASINEE PUPPALA	2300010021	Hasinee Puppala
55	MEKALA THILAK LAKSHMAN SAI	2300020096	Thilak Sai
56	DESABOINA SANDEEP KUMAR	2300030161	Sandeep Kumar
57	PEDAMALLI VARSHA	2300080209	Varsha
58	THOKALA VISRUTH VARDHAN	2300040338	Visruth Vardhan
59	LAKA SRIDHAR	21000080250	Sridhar
60	SANDEEP	2300030161	Sandeep

KRSP0002
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