



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/RO/Women's Forum/2022-2023

Dt. 09/10/2022

Orders of Vice-Chancellor dt. 09/10/2022

CIRCULAR

Sub: Workshop on Self-Defense Techniques for Women & Girls- Reg

Ref: Letter dated on 09/10/2022 from Dr. K. Ruth Ramya, Associate Professor, CSE & Convenor, Women's Forum, KLEF

This is to inform that Women's Forum is organizing "Workshop on Self-Defense Techniques for Women & Girls". The details of the program are mentioned below.

Date : 10/10/2022

Time : 10.00 A. M to 12:00 Noon

Venue : ZPH School, Kaza

All HOD's are requested to bring this information to the notice of Women Faculty/Staff & Girl students of their respective departments.


REGISTRAR

Dr. K. SUBBARAO
REGISTRAR



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WORKSHOP ON SELF-DEFENSE TECHNIQUES FOR WOMEN AND GIRLS

Date : 10/10/2022
Time : 10.00 A. M to 12:00 Noon
Venue : ZPH School, Kaza

OBJECTIVES

The primary objectives of organizing a workshop on self-defense techniques for women and girls are to empower participants with practical skills and knowledge that enhance their personal safety and security. This workshop aims to teach effective self-defense techniques, promote physical fitness and mental resilience, and build confidence among women and girls. It also seeks to raise awareness about the importance of personal safety and equip participants with strategies for recognizing and responding to potential threats or dangerous situations. Ultimately, the workshop intends to contribute to a safer and more empowered community of women and girls who are better prepared to protect themselves in a variety of circumstances.

DESCRIPTION

The workshop on self-defense techniques for women and girls was conducted successfully by KLEF Women Development Cell/ Women's Forum with enthusiastic participation from attendees. The program focused on empowering participants with practical skills to enhance their personal safety. Through interactive sessions, expert trainers demonstrated effective self-defense techniques, emphasizing physical fitness and mental preparedness. Attendees actively engaged in hands-on training, fostering a sense of empowerment and increased self-confidence. The workshop also encouraged open discussions about personal safety awareness and strategies for recognizing and responding to potential threats. As a result, participants left the workshop with improved self-defense skills, heightened awareness, and a stronger sense of self-assurance, contributing to their overall well-being and personal safety. This workshop served as a valuable step towards fostering safer and more confident women and girls within the community.

OUTCOMES

The outcomes of organizing a workshop on self-defense techniques for women and girls include increased confidence and empowerment among participants, as they have acquired practical skills to protect themselves and respond effectively to potential threats. The workshop fosters a sense of personal safety and security, reducing the vulnerability of women

and girls to violence and harassment. Additionally, it encourages physical fitness and mental resilience, promoting overall well-being. Furthermore, the workshop may contribute to a cultural shift by emphasizing the importance of self-reliance and personal safety awareness, ultimately leading to safer communities where women and girls are better equipped to navigate challenging situations with greater confidence and resilience.

PHOTOS



SELF-DEFENSE TECHNIQUES FOR WOMEN AND GIRLS ON 10/10/2022

Participated Students List :

S.No	Name of the student
1	Chevvakula Sadhika
2	Kothapalli Vijaya Rani
3	Papabathula Aiswarya
4	Tavakala Harsha Sai
5	Pedapudi Jhansi
6	Arundhathi Vaddeswaram
7	Mercy Sowjanya Sree Ballikura
8	Rachana Jala
9	Manjula Sumanth Sanyal

10	Sushma Michael Kollipara
11	Kare Sri Harshitha
12	Gonamanda Reeshmika
13	Lohitha Venkat Midasala
14	Likitha V
15	Monisa Chintagunta
16	Levy Priyusha Tenali
17	Madhavi Sushma Vagolu Samatha
18	Sravani Jakkula
19	Monika Gosala
20	Harsha Sree Tullimalli
21	Dunna Pavani
22	Anusha Mutluri
23	Sravani Savalam
24	Kodari Sowmya
25	Adidela Dory Ratna Harshitha
26	Suguna Sree Gujjarlupudi
27	Gajji Aishwarya
28	Undru Shreeya
29	Sarigala Shainy
30	Chinthabathina Amulya
31	Choppala Ramya
32	Mellam Deepthi
33	Bunga Manisha
34	Chinige Priyanka
35	Gottimukkala Jayasree
36	Kanapala Monika
37	Divya Pallepogu
38	Anupriya Pagolu
39	Suma Sadanala
40	Mercy Dirisam
41	Supriya Betala
42	Kattamanchi Bindhu
43	Varikuti Roopa Sree


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