

SVSSC GOVERNMENT DEGREE COLLEGE, SULLURPET

WOMEN EMPOWERMENT CELL

TRAINING ON SELF-DEFENSE TECHNIQUES

CIRCULAR

It is here by informed that Women Empowerment Cell of our college is going to conduct a two week training programme for girls on self-defense techniques. Those who are interested are asked to give their names to Smt. M. Ammajee, Lecturer in Physical Education on or before 27/03/2023.

Convener &Members

Women Empowerment Cell



PRINCIPAL .

**Sri VSSC Govt. Degree College
SULLURPET - 524121,
Tirupathi Dt, (AP)**

REPORT ON SELF-DEFENSE TRAINING

EMPOWERED WOMEN-EMPOWERED COUNTRY

Now a days violence against women is rampant in our society. Everywhere , in offices, in schools and colleges and in public places we see women being harassed and teased. Women are being victimized in so many different aspects of life and unfortunately it is hard for them to establish a sense of security anywhere. Women feel a sense of fear in their day to day lives and it is unfair for them to have to feel this way. In order to prevent this violence they need to be self -defensive. They can learn how to defend themselves, how to develop confidence, how to find comfort at any moment of their lives with self-defense. Self- defense will allow woman to develop confidence, it will allow them to empower themselves and it will allow them to find safety in difficult situations. So it is imperative for women to learn certain self defensive techniques like karate.

In this regard the Women Empowerment Cell of our college conducted a two week training programme on self -defense techniques from 1st March to 15th March 2023.



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