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Ref: SRU/ NSS/Events/ 2024/

Date: 06-04-2024

CIRCULAR

Sub: Organization of Self Defense Training Program on 08-04-2024 at ABHS Govt. High School, Fort Warangal – Reg.

This is to inform that National Service Scheme (NSS) of SR University will be organizing the "Self Defense Training Program"

Event : Self Defense Training Program
Place : ABHS Govt. High School, Fort Warangal
Date : 08-04-2024
Timings : 2.00 PM to 4.00 PM

All the NSS Unit-1 Volunteers are required to participate in the event. For further details, Dr. K. Ravindar, NSS Program Coordinator, may be contacted.

REGISTRAR

REGISTRAR

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(V) Ananthasagar, (M) Hasanparthy
Dt: Warangal - 506371, T.S.



Report on Self-Defense Training Program

Details of the Event:

Date of the Event	: 08-04-2024
Name of the Event	: Self-Defense Training Program
Venue	: ABHS Govt. High School, Fort Warangal
No. of Participants	: 32

Objective:

The objective of the Self-Defense Training Program was to empower participants, especially women, by providing them with essential skills to protect themselves in challenging situations. The program aimed to raise awareness about the importance of self-defense and encourage participants to build confidence in their physical abilities.

Description:

On 4th August 2024, the **National Service Scheme (NSS)** Unit organized a **Self-Defense Training Program** at **ABHS Govt. High School, Fort Warangal**. The event was conducted between **2:00 PM and 4:00 PM**, with **32 participants** from the local community, including both students and adults.

The session was led by the following activities:

- **Basic Self-Defense Techniques:** Participants were taught essential techniques to defend themselves in various situations, focusing on strikes, blocks, and escapes.
- **Situational Awareness:** The trainers also emphasized the importance of being aware of one's surroundings and how to react in threatening situations.
- **Confidence Building:** Practical exercises were conducted to build confidence and physical strength.

Outcome:

Participants learned practical self-defense techniques during the program, which boosted their confidence in handling challenging situations. The event also raised awareness about the crucial importance of self-defense and safety, particularly in rural areas where such knowledge is often limited. Moreover, the training empowered participants by making them feel more secure and capable of protecting themselves in various environments, fostering a sense of independence and self-reliance.

Impact on Society:

The program significantly enhanced the safety awareness and self-protection skills of participants, contributing to a more secure environment for them. By equipping participants with essential self-defense skills, the initiative fostered a sense of empowerment, especially among women, and helped reduce their vulnerability to violence. Additionally, the involvement of NSS volunteers in the training provided them with valuable leadership and teaching experience, reinforcing the importance of community service and strengthening their role as active contributors to society.



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Event Poster:



Event Photos:



"Empowering Confidence: NSS Self-Defense Training Program!"



Volunteers List:

S.NO	Name of the Student	Programme Name	Signature
1	KAKKERLA SAI SNEHITH	CSE - AIML	Sai Snehith
2	PANUGANTI INDUVARDHAN REDDY	CSE - AIML	Induvardhan
3	PORANDLA MANOJ	CSE - AIML	Manoj
4	KANTHALA RISHITH REDDY	CSE - AIML	Rishith
5	VANGA MANIKANTA VARA PRASAD	CSE - AIML	Manikanta
6	ARJUN MANOJ	CSE - AIML	Arjun
7	PURELLA SUSHMA	CSE - AIML	Sushma
8	MORA VIKAS	CSE - AIML	Vikas
9	SHAIK SOHAIL PASHA	CSE - AIML	Sohail
10	ADDAGUDI MANIDEEP	CSE - AIML	Manideep
11	RYAKAM NIKHIL KUMAR	CSE - AIML	Nikhil
12	MOLLGURI JAGADEESH	CSE - AIML	Jagadeesh
13	VALLURI RACHANA	CSE - AIML	Rachana
14	ENJAMURI SRIVARSHA	CSE - AIML	Srivarsha
15	KANNEBOYINA MEGHANA	CSE - AIML	Meghana
16	RAVULA ABHINAV REDDY	CSE - AIML	Abhinav
17	NARENDRULA SOURISH	CSE - AIML	Sourish
18	RAVULA AJAY	CSE - AIML	Ajay
19	KASIDI DEEKSHITH REDDY	CSE - AIML	Deekshith
20	SHAIK RAHEEM	ECE	Raheem
21	CHINTHA AMULYA	EEE	Amulya
22	LAVUDYA MAHESH	EEE	Mahesh
23	DOMMATI TEJASWI	EEE	Tejaswi
24	GURRAM PRAJITH GOUD	CSE	Prajith
25	BODDI REDDY ANVESH REDDY	CSE	Anvesh