

DEMO ON COMBAT SELF DEFENCE CERTIFICATE COURSE

DATE: 19.11.2022

For the Academic Year 2022-23. Women Empowerment Cell, Government Degree College for Women, Begumpet has proposed to conduct ONE WEEK SELF DEFENCE CERTIFICATE COURSE to B.Com., /B.Sc., /B.A., I year students.

Therefore, Women Empowerment Cell convener, Dr. R. Prasanna in Collaboration Rudrama Devi Self Defence Academy, a demo program was organized to get to know about the self Defence Course, Number of hours, content of the course and in what way learning the course will enable the students to have self defence mechanism.

The demo on Combat Self Defence Course was given by Ms.N. Lakshmi Samrajyam, Black Belt 6th Dan, 3 times International Gold Medallist and the founder of Rudrama Devi Self-Defence Academy. It was held in Open Auditorium, GDCW(A), BGPT, Hyd from 10.30 A.M to 11.30 A.M. Three Hundred I year students from different disciplines attended the demo.



CERTIFICATE COURSE ON COMBAT SELF DEFENCE

21.11.2022 TO 25.11.2022

To build Self Defence Capacity among the students, Women Empowerment Cell, Government Degree College for Women has taken up an initiation to conduct a Certificate Course on COMPAT SELF DEFENCE COURSE FROM 21.11.2022 RO 25.11.2022.

150 students from B.Com./B.A./B.Sc., I st year were registered for the Certificate Course. The period of the Course was from 21st November, 2022 to 25th November, 2022 with the following curriculum. The Training was organized in the morning from 9.00 AM to 10.AM and again in the afternoon from 3.30PM to 5.00PM. Sm. Lakshmi Samrajyam, Two trainers from Rudrama Devi Self Defence Academy including Ms.N. Lakshmi Samrajyam, Black Belt 6th Dan, 3 times International Gold Medallist and the founder of Rudrama Devi Self-Defence Academy given training to the students.

Date	Day	Learning
21.11.2022	First Day	Basic Knowledge of Self Defence & Basic Excecises for Body warm up Self Defence on: (1) Anybody hitting puch (Advance Ippon Kumitte 18 Kingeri) (2) Anybody hitting puch (Advance Ippon Kumitte 2 (Sitto-gaman-uchi)
22.11.2022	Second Day	Warming up and stretching exercises & Revision of previous day's syllabus Self Defence on: (1) Anybody disturbing at Bus Stop (Hand Locking Sitte-gaman-uchi Hizzageri) (2) Anybody disturbing during travelling (Ushirr umpi)
23.11.2022	Third Day	Warming up and stretching exercises & Revision of previous day's syllabus Self Defence on:(1) Anybody Hitting on the Head (Ippon kumitte 3+ Haite on wind pipe and Hizza geri) (2) Anybody Holding collar (Hand locking and elbow break)
24.11.2022	Fourth Day	Warming up and stretching exercises & Revision of previous day's syllabus
25.11.2022	Fifth Day	Warming up and stretching exercises & Revision of previous day's syllabus Self Defence on: (1) Anybody Holding from back, under armpit (Ippon Kumitte: Raise hands and slip down) (2) Anybody Holding neck and choking throat with hands (Ear attack and kick) Test Conducted on the Skills taught.

		Valedictory Ceremony - Certificate Distribution
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Government Degree College for Women (Autonomous)
Begumpet, Hyderabad-500016
 Affiliated to Osmania University Re-Accredited with 'A+' Grade by NAAC



C E R T I F I C A T E



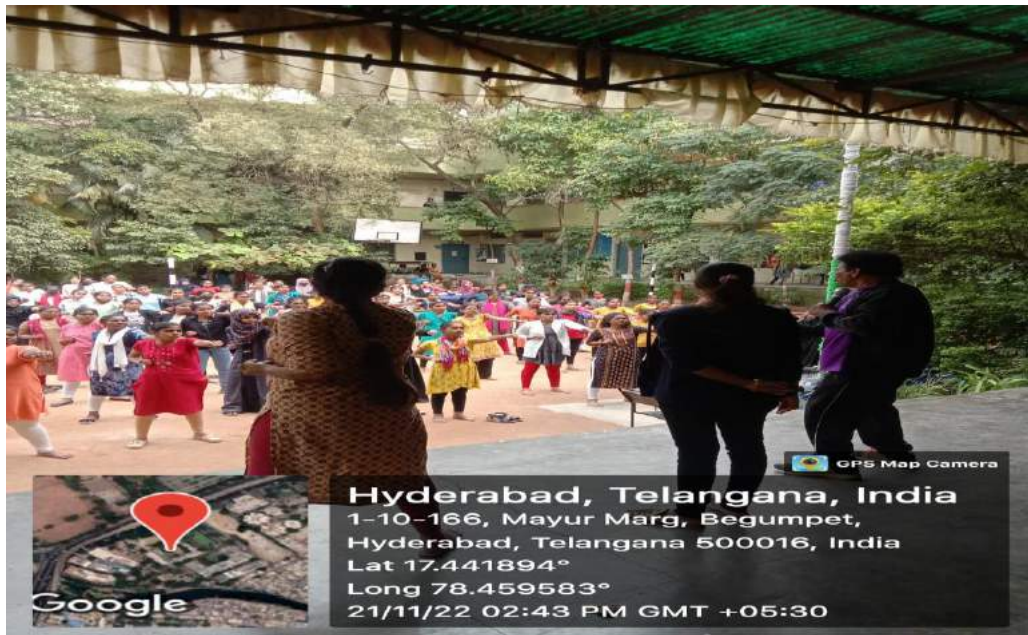
*This is to Certify that _____ of
 B.Com/B.A/B.Sc _____ 1 year has Successfully Completed "COMBAT
 SELF-DEFENCE CERTIFICATE COURSE" from 21.11.2022 to 25.11.2022 and
 her performance during the course is appreciated.*

Dr. R. Prasanna
WEC Convener

Ms.N.Lakshmi Samrajyam
Founder of Rudramadevi
Self-Defense Academy

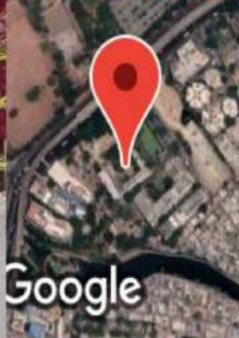
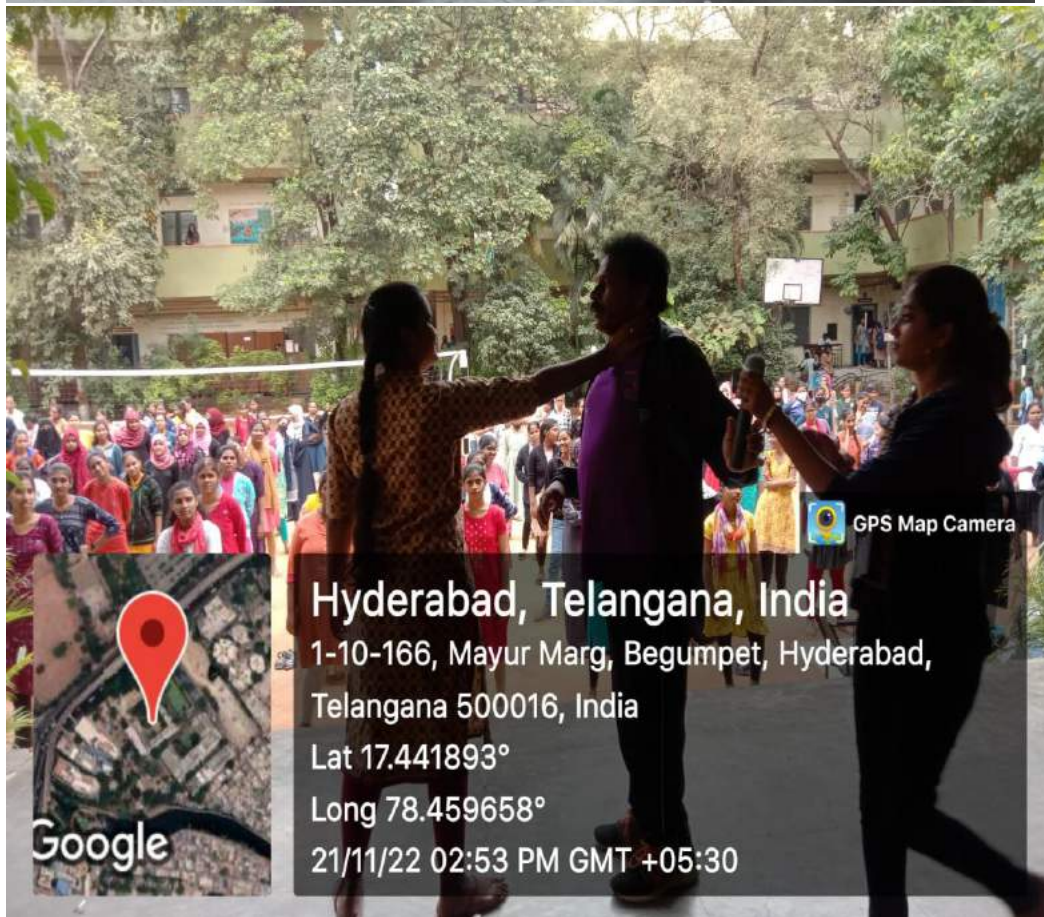
Dr. K. Padmavathi
Principal





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