



Sreekrishnapuram V. T. Bhattathiripad College

Self-Defense Training

Title of the Programme	Self-Defense Training
Organizing Department/Cell	Women Development Cell
Number of Students Enrolled	40
Name of the Resource Person	Sarala K, ASI, Hemambika Nagar Police Station, Palakkad
Objectives of the Programme	To equip participants with practical self-defence skills and techniques to enhance their personal safety.
Outcomes of the Programme	Participants gained practical self-defense skills and increased confidence in handling potentially dangerous situations.

Report

On September 20, 2022, the Women Development Cell organized a "Self Defense Training" session in the College Auditorium. The programme aimed to equip participants with essential self-defense skills and knowledge to enhance their personal safety. A total of 40 students enrolled in the training. The session was led by Sarala K, an Assistant Sub-Inspector (ASI) from Hemambika Nagar Police Station in Palakkad. The session covered key aspects such as situational awareness, basic defense moves, and methods to handle different types of physical threats. Sarala K's practical demonstrations and guidance were designed to empower participants with the skills needed to protect themselves in potentially dangerous situations.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

SELF DEFENCE TRAINING

DATE :20-09-2022 TO 20-09-2022

Resource person :

Sarala K, ASI, Hemambika Nagar Police Station, Palakkad

Venue : College Auditorium

Coordinator :Divya

Brochure of the Self Defense Training Programme





Highlights of the Training Programme



List of Participants

Sl. No	Name Of the Student	Programme
1.	Athira A K	BA History
2.	Bhavya N K	BA History
3.	Chandana Das K	BA History
4.	Dhanya P K	BA History
5.	Divya T	BA History
6.	Fasna N A	BA History
7.	Fathima Shibila P	BA History
8.	Fidha Fathima K	BA History
9.	Gopika G	BA History
10.	Habeeba E	BA History
11.	Hanna K	BA History
12.	Hariharan	BA History
13.	Hariprasanth S	BA History
14.	Hiba Fathima K S	BA History
15.	Jishna E P	BA History
16.	Krishnaja K R	BA History
17.	Krishnaniya K	BA History
18.	Manoj A	BA History
19.	Megha S	BA History
20.	Mufeeda E P	BA History
21.	Mufliha C P	BA History
22.	Muhammed Sadiq Ali K P	BA History
23.	Muhammed Uwais K M	BA History
24.	Nandana A	BA History
25.	Karthika V K	BCom
26.	Krishnendu V V	BCom
27.	Larija K	BCom
28.	Leela V	BCom
29.	Mahitha S	BCom
30.	Maneesha	BCom



31.	Mohammed Fazir P	BCom
32.	Monisha K	BCom
33.	N S Arundas	BCom
34.	Navya A R	BCom
35.	Neha Prakash K	BCom
36.	Nima Chandran P C	BCom
37.	Athira K	Ba Sanskrit
38.	Athira M	Ba Sanskrit
39.	Dinsha C	Ba Sanskrit
40.	Divya Das M	Ba Sanskrit



Principal


PRINCIPAL
Sreekrishnapuram VT Bhattathiripad College
Mannampatta, Palakkad - 678633