



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the program : Workshop- ” Women’s safety and self defense”

2. Name of the Coordinator/s : Ms. Sreeja V S

3. Organizing Department/Cell : Gender Equality forum

4. Date : 6th March 2020

5. Number of participants: 50

6. Venue: College seminar hall

7. Resource Person/s : Nil

8. Objective of the Program : To acquire self-defense techniques.

To take precautions against sudden attacks on women

9. Detailed description of the event:

As part of women’s day celebrations, a workshop on ” Women’s safety and self defense” was organised on 6th March 2020 under Gender equality forum. The venue of the program was at the college seminar hall. It was a one day program which began at 10. 30 am. The workshop was conducted by the Kerala Police Vanitha cell, Ernakulam rural. Ms. Sreeja V S, convener of GEF delivered the welcome speech.

Self-defense techniques were being demonstrated by the team. They also made the audience aware about the need for taking precautions against attacks in advance and the tricks to get escape from sudden assaults. Many staff and students from various departments attended the programme. SCPO Sindu M K, SCPO Gracy PC ,SCPO Ambily M M ,SCPO Jishadevi V J were the resource persons. Several self defence techniques were also demonstrated with the help of students. Ms. Aswani, Department of Malayalam caste vote of thanks in the concluding session.

10. Outcome of the event/Evaluation by Program Coordinator: The workshop organised by Gender Equality Forum helped students acquire the basic self defense techniques which can adopt against sudden attacks. It also enabled them to be cautious against dangers while getting into relationships. The experiences shared by CPOs helped them to know how to take precautions and protect themselves from attacks.

11. Brochure

SNM COLLEGE MALIANKARA
Moothakunnam Ernakulam Dist-683516

Organized By
GENDER EQUALITY FORUM
SNM COLLEGE MALIANKARA

GENDER EQUALITY FORUM
Workshop ON
Women safety and self defence

MARCH 8 INTERNATIONAL WOMEN'S DAY

Friday **6th** March 2020
College Seminar hall

Dear Madam/ Sir,
Dear Madam/ Sir

SNM College Maliankara was established in 1964 and inaugurated by Sri. Sahodaran Ayyappan, an ardent disciple of Sree Narayana Guru. The college now offers 14 UG courses and 8 PG courses. As one of the leading institutions of higher education in the state, SNM College took initiative in the upliftment of socially and educationally backward sections of the society. It is also prospering in academic and extracurricular activities. Safety and security of women in Indian society, has become a social issue. As a good citizen, we have a fundamental duty to contribute towards bringing an order to ensure dignity and respect for women so that she can also enjoy human rights with sense of pride, freedom and confidence. To ensure this at every level, the society must work together to give an edge to the solution. We are living in an era where crimes against women are increasing rapidly. Women must learn to fight back and not to be victimised. Ensuring personal safety is a necessity now when violence takes many forms. Understanding the strategy of the potential attacker and planning your response without surprise elements play an important role to overcome any tough situation. Presence of mind and expecting the unexpected will help women to defend themselves. Self defence techniques are the first and foremost thing to which every woman must be aware of and get proper self-defence training for their safety. They must be aware of some effective defence techniques such as kicks to groin, blocking punches, etc. In this context, Gender Equality Forum, SNM College Maliankara is organizing a workshop for their staff and students to make them aware of self defence techniques with the help of Kerala Police Vanitha Cell team, Aluva Rural.

All are cordially invited to the event

Smt. Sreeja VS
Convener
(Gender Equality Forum)

Dr. M G Bhuvaneshwary
(Principal)

PROGRAMME SCHEDULE 6-3-2020

10.30 AM	PRAYER
WELCOME ADDRESS	Smt. Sreeja V S (Convener)
PRESIDENTIAL ADDRESS	Dr. M G Bhuvaneshwary (Principal)
WORKSHOP	RESOURCE PERSONS: SCPO Sindu M.K SCPO Gracy P.C SCPO Ambily M.M SCPO Jishadevi V.J
VOTE OF THANKS	Ashwani (Student)

12. Photos



13. List of participants

WORK SHOP				24
WOMAN SAFETY AND SELF DEFENCE				25
TIME: 10:30 AM		DATE: 6-9-2020		26
VENUE: ESPRIMO HALL				27
<u>List of Participants</u>				28
NAME	CLASS	SIGNATURE		29
1. Saanya V.S	Bachel. Economic	[Signature]		30
2. A. Jyothsna	Dips & Politics	[Signature]		31
3. Alitha D.V	Asst Prof Economics	[Signature]		32
4. Sayyara Sulayman	Asst Prof Economics	[Signature]		33
5. Vimala A.S	Asst Prof Physics	[Signature]		34
6. Housha Ratanakulratana	B. BA Economics	[Signature]		35
7. Anitha C.B	B. "	[Signature]		36
8. Kanchha Anusha	II nd BA Malayalam	[Signature]		37
9. Devika M.V	I st BA Economics	[Signature]		38
10. Adithya C.B	"	[Signature]		39
11. Sakshitha M.V	"	[Signature]		40
12. Archana Chandelan	"	[Signature]		41
13. Shreya Haritha Shafan	I st "	[Signature]		42
14. Ansha Jabin V.S	"	[Signature]		43
15. Sushikanya M.M	"	[Signature]		44
16. Shreetha A.S	"	[Signature]		45
17. Daya Rajan	5 th BA Malayalam	[Signature]		46
18. Anjalakshmi Anand	2 nd BA Malayalam	[Signature]		47
19. Sreeja J.A. Saha	1 st BA Economics	[Signature]		48
20. Rajalakshmi Anand	1 st BA Economics	[Signature]		49
21. Rajalakshmi V.S	1 st BA Economics	[Signature]		50

24	Achini P.S	1 st BA Economics	Achini
25	Gadha V.R	1 st BA Malayalam	Gadha
26	Suathy Krishna M	1 st BA Malayalam	Suathy
27	Aradhana P.S	1 st BA Malayalam	Aradhana
28	Sadhya R.P	1 st BA Malayalam	Sadhya
29	Aruna D	"	Aruna
30	Adheera A.S	"	Adheera
31	Ameera E.S	"	Ameera
32	Ameera S.H	"	Ameera
33	Akhya P.D	1 st MA Malayalam	Akhya
34	Reshma M.D	"	Reshma
35	Thirina M.A	"	Thirina
36	Gajana S	"	Gajana
37	Manju M	"	Manju
38	Akhya M.M	"	Akhya
39	Fatima Fomenika	1 st BA Economics	Fatima
40	Priya P.S	" " "	Priya
41	Anupriya Banerjee	"	Anupriya
42	Arbana Krishnan	"	Arbana
43	Anjana O.T	"	Anjana
44	Anjana Thilakan	2 nd BSc Physics	Anjana
45	Santra M.V	2 nd BSc Maths	Santra
46	Aarunya A.S	2 nd BSc Physics	Aarunya
47	Sneha A	3 rd BSc Maths	Sneha
48	Amy Arjun	1 st MA Malayalam	Amy
49	Jeevika P.S	2 nd MA Malayalam	Jeevika
50	Anshika Jothi	2 nd MA Malayalam	Anshika
51	Athira K.H	2 nd MA Malayalam	Athira
52	Gadha P.J	" " "	Gadha
53	Bandra G. Babu	" " "	Bandra
54	Toxy A.J	III rd BA Economics	Toxy
55	Vedhamoorthy	"	Vedhamoorthy
56	ATHIRA P.S	"	ATHIRA
57	ANJALI M.S	"	ANJALI
58	Saranya T.H	1 st MA Malayalam	Saranya

- 57) Singa CV T² MAMalaysia
- 58) Khatija Au J² T² MAMalaysia
- 59) Jaya Am S² MAMalaysia
- 60) Aekha Hafana T²
- 61) Anagha Reddyk D² BAKromawi
- 62) Lakshmi S² T BAKromawi
- 63) Abhinav D² T BAKromawi
- 64) Dr. Sangita Thiruvai. P.P. (Malaysia)
 gwal² Khatija