



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program:** Workshop on self defense
- 2. Name of the Coordinator/s :** Mrs. Ragi Sekharan K
- 3. Organizing Department/Cell :** Gender Equality Forum
- 4. Date :** 25-02-2019
- 5. Number of participants:** 118
- 6. Venue:** Seminar Hall
- 7. Resource Person/s :** Kerala Police Vanitha Cell Team
- 8. Objective of the Program :** To learn self -defense techniques for safety and survival
- 9. Detailed description of the event:** The first session commenced with a welcome speech of program coordinator Mrs. Ragi Sekharan K and the inaugural address by USHA A S (Sub Inspector-Vanitha cell). The workshop on self -defense skills was handled by Wcpo Sindhu, Wcpo Gracy, Wcpo Ambily, Wcpo Jisha devi. Mr. Ajeesh Bose (Asst. Pro. Dept. of Commerce. SF) delivered the Vote of thanks.
- 10. Outcome of the event/Evaluation by Program Coordinator:** In India, the cases of gender violence are increasing and many of which go unreported or unregistered. This is because India is a place where women are taught not to get raped but men are not taught to not to rape. But for the moment, it is very important for women in India to learn self-defense for their own safety and survival. Self-defense, especially for women, is of utmost important in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever. The women should be aware of the strategies to be adopted under different adverse circumstances. The self defense training sessions were effective in training our female students to act according to the situations which is essential for their safety and security.

Photo



SNM COLLEGE MALIANKARA GENDER EQUALITY FORUM

2018-2019

SELF DEFENCE WORKSHOP

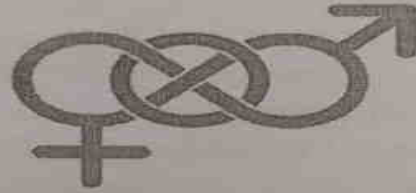


***WCPO GRAICY
*WCPO NISHA**

**WOMEN CELL
KERALA POLICE
ALUVA**

**CONVENER
Smt.Ragi Sekharan K**

S N M COLLEGE MALIANKARA
Moothakunnam, Ernakulam Dist-683516



WORKSHOP

ON

“SELF DEFENSE”

(KERALA POLICE VANITHA CELL TEAM)

Monday 25th February 2019

Seminar Hall, SNM College, Maliankara

Organised By

GENDER EQUALITY FORUM

SNM COLLEGE MALIANKARA

PROGRAMME SCHEDULE

Monday february 25

1.00 PM Prayer

Welcome: Ragi Sekharan k (GEF Convener)

Session - 1

TALK BY: Usha A S

(Sub Inspector - vanitha cell)

Session-2

WORKSHOP BY: wcpo Sindhu

wcpo Gracy

wcpo Ambily

wcpo Jisha devi

Vote of thanks: Ajeesh Bose

(Asst.Pro.Dept of Commerce,SF)

*"Men And Women Have Roles- Their Roles Are Different. But
Their Rights Are Equal"*

-Harri Holker

11. List of participants

1	Xishuara K K	1 st B.B.D	Rath...
2	Aparana M V		Naras...
3	Nisna Shajahan		Nisna
4	Geopika Nair	1 st B.com CM&SP	Geopika
5	Selma P.T	1 st B.com CM&SP	Selma
6	Abhixami P.R	"	Abhixami
7	DEVIKRISHNA G	"	Devi...
8	Shilpa KS	1 st B.com CM&SP	Shilpa
9	Mangusha K R	1 st B.com CM&SP	Mangusha
10	Bandra K S	1 st B.com CA1	Bandra
11	Nandhana C.P	1 st B.com CA1	Nandhana
12	Anakha K.M	1 st Bsc physics	Anakha
13	Snehalakshmi K p	1 st Bsc Physics	Snehalakshmi
14	AISWARYA A.S	1 st Bsc physics	Aiswarya
15	Anjana Thilakan	1 st Bsc Physics	Anjana
16	Dineeba Xavier T	1 st Bsc physics	Dineeba
17	ANDRIYA ROCHA	1 st Bsc Physics	Andriya
18	Anamika M.A	1 st Bsc Physics	Anamika
19	Parvathy KB	1 st Bsc Physics	Parvathy
20	Ayma Lakshmi T.S	1 st Bsc Physics	Ayma
21	Devika C.S	1 st Bsc Physics	Devika
22	Haritha Shibu	1 st Bsc physics	Haritha
33	Jesro V.G	1 st Bsc Physics	Jesro
34	SONA XAVIER	1 st TAX (SF)	Sona
35	Geopika Geopan	1 st B.com tax (S.F)	Geopika
36	Ashina Sajeev	1 st Msc Physics	Ashina
37	Meenakshi	1 st B.com Tax (SF)	Meenakshi
38	Shesha shaji	"	Shesha
39	Anusha CS	1 st B.com Tax (SF)	Anusha
40	Anjali P Nair	1 st B.com Tax (SF)	Anjali
41	Pinky Joseph	1 st Msc phy	Pinky

47	Ravi Muni	"	"
48	Ravi	"	"
49	Srinivasan	1 st	BA English
50	Mohan	"	"
51	Sudhi	"	"
52	Sanya Sani M.S	1 st	BA English
53	Chitra K.S	"	"
54	Anupama Sajeev	"	"
55	Sushyaga K.S	"	"
56	Vandana D.G. Acharya	"	"
57	Arjitha K.N	1 st	BA Economics
58	Devika Lakshmy	"	"
59	Anagha Rethesha	"	"
60	Anu Anandha	"	"
61	Aparna N.R	"	"
62	Nakshatra P.S	"	"
63	Anya	"	"
64	Harsha H.S	"	"
65	Swarna Sajeev	1 st	Bsc Zoology
66	Nardana K.S	"	"
67	Adithya P.M	"	"
68	Gauri P	"	"
69	Litha P.S	"	"
70	Arunooya P.R	"	"
71	Aranya T.S	"	"
72	Nancy Joseph	"	"
73	Amelia O.S	"	"
74		"	"

19/11/21
S.K.

Santoo
Jithin K.S
Anupama
Sushyaga
Vandana
Arjitha
Devika
Anagha
Anu
Aparna
Nakshatra
Anya
Harsha
Swarna
Nardana
Adithya
Gauri
Litha
Arunooya
Aranya
Nancy
Amelia

19/11/21
S.K.

Name	Department	Signature
Srinivas I.V	I st BSc Zoology	<u>Srinivas</u>
Ganga Lakshmi M.S	I st BSc Zoology	<u>Gangalakshmi</u>
Manjusha P.R	II nd Pgt Malayalam	<u>Manjusha</u>
Romyamol K.R	I st BA Economics	<u>Romyamol</u>
Annu T.T	I st BA Economics	<u>Annu</u>
Anishma M.S	I st BA Economics	<u>Anishma</u>
Sandra P.J	I st B.A Economics	<u>Sandra</u>
Ahiana Sathesara	I st B.A Economics	<u>Ahiana</u>
Nithya Sajeevar	I st BA Economics	<u>Nithya</u>
Sandra P.C	I st BA Economics	<u>Sandra</u>
Pruthi M.B	II nd MA Malayalam	<u>Pruthi</u>

Name	Department	Signature
LAKSHMI T.P	I st Yr ZOOLOGY	<u>Lakshmi</u>
BHUVANA P.S	I st yr. ZOOLOGY	<u>Bhuvana</u>
VINAYAMOL	"	<u>Vinayamol</u>
MANJIMA MANU	"	<u>Manjima</u>
ANAGHOLAKSHMI	"	<u>Anagholakshmi</u>
HARIPRIYA T.D	"	<u>Haripriya</u>
Jeeshma T.J	I st BA Malayalam	<u>Jeeshma</u>
Sreethy Lakshmi T.S	I st BA Malayalam	<u>Sreethy</u>
Roshna Ray	"	<u>Roshna</u>
Akshaya	"	<u>Akshaya</u>
Uamita Babu	I st BA Economics	<u>Uamita</u>
Sandra K.S	I st BA Economics	<u>Sandra</u>

NAME	Department	Sign
[Faint Name]	[Faint Department]	[Faint Signature]
[Faint Name]	[Faint Department]	[Faint Signature]
[Faint Name]	[Faint Department]	[Faint Signature]
[Faint Name]	[Faint Department]	[Faint Signature]
[Faint Name]	[Faint Department]	[Faint Signature]
Aparna M. T	BA Economics	[Signature]
PREETHA T	"	[Signature]
Saeelakshmi C.S	"	[Signature]
Jyothisha M.R	"	[Signature]
Arsha E.S	"	[Signature]
Akhila K.A	"	[Signature]
SINDHU A	BSc Maths II Sem	[Signature]
Nimisha A A	BA Economics	[Signature]
Meenu P.A	" "	[Signature]
Akhila Sasi	" "	[Signature]
Veena Vinod	BSc. Mathematics.	[Signature]
Jasna T.J	BSc. Mathematics	[Signature]