

RRDS GOVT. DEGREE COLLEGE, BHIMAVARAM, W.G.DI, A.P

(Affiliated to Adkavi Nannayya University, Rajamahendravaram)

Estd:1972

☎ 08816-223458

🌐 www.rrdsgdc.ac.in



Accredited by NAAC

AISHE:C-24023

📧 gdcbhimavaram.jkc@gmail.com

Awareness Programme on Self Defense Techniques

on 29.01.2022



Organized by

Dept of Physical Education

RRDS GOVERNMENT DEGREE COLLEGE

Bhimavaram

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To
The Physical Education Director
RRDS Govt. Degree College
Bhimavaram.

Sub: Participation- Self Defense Techniques Awareness Programme –
Permission accorded.

As a part of extension activities of Physical Education Dept permission is accorded to participate and extend their services as there is a need to fight against the Atrocities and Violence against women, we are planning a Awareness Programme on Self Defense Techniques to girls students by Dept of Physical Education on 29.01.2022

Date: 28.01.2022



Principal

V. K. Prashna
PRINCIPAL

R.R.D.S.Govt. Degree College
BHIMAVARAM-534 202

RRDS GOVERNMENT DEGREE COLLEGE,

Bhimavaram

Dept of Physical Education

Notice

All the faculty and students are informed that Dept of Physical Education is going to organize an Awareness Programme on Self Defense Techniques on 29.01.2022. All the faculty are invited and students are instructed to participate in this Programme without fail. It is the opportunity to serve and spread social awareness to the society on Gender Equality and sensitize the faculty towards the Social responsibility



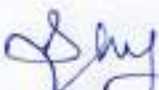

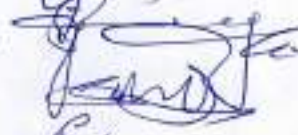

Director , Physical Education

Circulated to staff



Circulated to Classes



PBA 
MBA 
DPA 
JBCan 

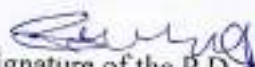
RRDS GOVERNMENT DEGREE COLLEGE- *Bhimavaram*

Dept of Physical Education

Attendance Sheet

Name of the Programme : SELF DEFENSE TECHNIQUES
Occasion : In the need of Women Empowerment and dignity
Date & Time : 29.01.2022

S.No	Name of the Faculty/Student	Designation/Class	Signature
1	M. Vijaya prashanthi	I B.A	M. vijaya prashanthi
2	D. Naga mani	I B.A	D. Naga mani
3	K. Pavani	I B.A	K. Pavani
4	K. Lila Bhawani	I B.A	K. Lila Bhawani
5	B. URHITHA	I B.com	B. URHITHA
6	K. Tharja	I B.com	K. Tharja
7	Gr. Malleswar	I BA HEPA	Gr. Malleswar
8	Ch. Durga	I B.com	Ch. Durga
9	B. sai	I B.com	B. sai
10	A. vedavalli	II B.com	A. vedavalli
11	Gr. Durga Bhavani	II B.Com (Compilers)	Gr. Durga
12	K. sai tejaswini	II. B.com	K. sai tejaswini
13	P. Amulya	II B.com	P. Amulya
14	T. Anitha	II B.com	T. Anitha
15	Gr. Devi	II B.A	Gr. Devi
16	G. Sharonu	II B.A	G. Sharonu
17	K. Yesu Babu	I BA (HEPA)	K. Yesu Babu
18	S. Sathish	I B.A	S. Sathish
19	K. Saikam	I. B.A	K. Saikam
20	K. Veerka	I. B.A	K. Veerka
21	K. V. V. B. Svaraj	I MPCU	K. V. V. B. Svaraj
22	K. Raj kumar	I BSC MPCU	K. Raj kumar
23	Gr. Bharathi	I BSC MPUS	Gr. Bharathi
24	A. Poornima	I BSC MPCU	A. Poornima
25	V. Hema Naga Durga	I BSC MPUS	V. Hema Naga Durga
26	A. V. Lakshmi	I BSC MPCU	A. V. Lakshmi
27	M. Harshitha	I BSC MPCU	M. Harshitha
28	B. Srisa	II BZC	B. Srisa
29	D. Nirmala kumari	I BZC	D. Nirmalakumari
30	P. Keerthana	I BZC	P. Keerthana.


Signature of the P.D.



Principal

PRINCIPAL
R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202

Report Of
Awareness Programme on
SELF DEFENSE TECHNIQUES

Various simple self defense techniques to the girl students to build confidence in the girl students. The resource person Sri Ch. Sateesh , Karate and Taekwondo trainer well narrated how to face problematic situations



V. K. Prasad
PRINCIPAL
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