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***REPORT ON SELF DEFENCE TRAINING PROGRAM FOR GIRLS STUDENTS***

National Service Scheme (NSS) cell and Women Empowerment Cell, J.N.T.University Anantapur jointly conducted a four week “Self Defence Training Program for Girls Students” from 25th July to 21st August 2015 at J.N.T. University Anantapur, Ananthapuramu.

The program inaugurated by Honorable Vice Chancellor Prof. H. Sudarsana Rao at Chemical Engineering Department seminar hall on 25th August, 2015. Prof. K. Prahlada Rao Principal JNTUA College of Engineering presided over the function, Prof. S. Krishnaiah Registrar graced the occasion and listed out various methods to protect girls viz., pepper spray, mobile apps, Danger alarms. Taekwondo Coach Mr. K. Shantharaj 3rd DAN and National Referee described about art of Taekwondo and how to protect our self by using hands and legs. Women Empowerment Cell coordinator Prof. G. Prasanthi narrated need of self defence training to the girl students. NSS program coordinator Prof. M.L.S. Deva Kumar presented the plan of training and the reminded that UGC, AICTE & NSS are interesting for such a training program. Chief Guest Prof H. Sudarsana Rao Honorable Vice Chancellor i/c appreciated efforts of NSS cell & Women empowerment cell by taking up this program. He advised all girl students to become physically and mentally strong to face challenges in the society. They should not be sensitive when they face any problem. He recapitulated great words ‘Where Women are praised, that Land Flourishes’ and requested all to give respect to the women.

The training went for 4 weeks in the University premises. Trainer Mr. K.Santha Raj 3rd DAN Black Belt in Taekwondo and National Referee, General Secretary, Dist Taekwondo Association provided systematic coaching to the participants. During training participants learnt about weapons of body, vital target areas in the body, self defence techniques in different situations and practiced the physical movements of all parts of the body.

Valedictory function is conducted on 21/08/2015 at college auditorium.

Participants demonstrated the art by showing various punches, kicks, stances, combination kicks and tail breakings. The demonstration attracted huge applause from the audience.

Prof. S. Krishnaiah Registrar JNTUA presided over the program. Prof. H. Sudarsana Rao Honorable Vice Chancellor i/c appreciated efforts of students in learning the art with in short span of time. Prof. M.L.S. Deva Kumar NSS program coordinator of the training program reported that, there are 123 girls are enrolled for the training program. National Service Scheme (NSS) always conducts such student development programs and requested that all the students to participate and get benefit by participating in such activities. He invited other girl students also to take training in future. He told that, NSS Cell, JNTUA is planning to achieve target of 2000 girl students trained in self defence in this year.

Prof. G. Prasanthi Women Empowerment Cell coordinator congratulated all the participants for obtaining skills of self defense. She appreciated the activities of Chief Guest Smt. Madamanchi Swaroopa Mayor of Anantapur.

Smt. M. Swaroopa Mayor of Anantapur city appreciated all the participants of this program. She praised the JNTU for all its greatness in various dimensions. She appreciated contribution of Sri. K. Shantha Raj, towards development of Taekwondo art in Anatnatpur district. She informed all the audience to join hands to curb activities of degrading women and also ragging in institutions.

On behalf of all participants Ms. Veena and Ms. Uma Maheshwari have given feedback on the program. They praised the training methodology used by coach Mr. K. Shantha Raj. They narrated about learnings in punctuality, commitment, mental power, physical flexibility and self defence techniques made them so happy.

Principal Prof. K. Prahlada Rao, Vice Principal Prof B. Eswar Reddy, Prof. K. Hema Chandra Reddy, Prof. B. Durga Prasad, Prof. V. Sumalatha, Dr. Aruna Masthani, Rama Sekhra Reddy, Dr. T. Narayana Reddy were participated in proceedings.

Participation certificates are issued by the dignitaries to the participants.

NSS program officers Dr. B. Chandra Mohan Reddy, Lt. S. Sharada, Mr. B. Dileep Kumar organized the functions. All NSS volunteers and other students, senior teaching staff, coach Sri. K. Shantha Raj appreciated the commitment levels of the participating students; they could grasp the techniques within no time.

**GLIMPSES OF SELF DEFENCE TRAINING PROGRAMME AT JNTUA**

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