

SVLNS GOVERNMENT DEGREE COLLEGE:BHEEMUNIPATNAM

VISAKHAPATNAM DISTRICT

The Women Empowerment Cell of a Government Degree College conducted a certificate course in self-defense for 21 girl students. The classes were held from 4-5 pm, allowing the students to attend after their regular college hours. The course was facilitated by our B.com II year student G.Chitti Babu, a black belt holder in karate, who provided expert guidance and training.

The course spanned several days, with each session focusing on a specific topic related to self-defence. The schedule followed during the course was as follows:

Day 1: Introduction to Self-Defence

- The students were introduced to the concept of self-defence and its importance in personal safety.

Day 2: Terminology

Students were familiarised with different terminology related to self defence.

Day 3: Basic Techniques

- The students learned basic techniques like strikes (punches), blocks (defence moves), and kicks to defend themselves.

Day 4,5,6: Dealing with Different Types of Attackers:

- The students were taught strategies to handle different types of attackers and how to protect themselves in various situations.

Day 7: Techniques for Different Environments

- The students learned specific techniques to adapt to different environments, such as confined spaces or open areas.

Day 8: Common Misconceptions about Self-Defence

- The students were informed about common misconceptions related to self-defence and were provided with accurate information.

Day 9: Legal Aspects of Self-Defence

- The students gained an understanding of the legal aspects of self-defence, including their rights and responsibilities.

Assessment Day: Progress Evaluation

- The students' progress and skills were assessed to determine their proficiency in the learned techniques.

Final Day: Practice Session and Celebration

- The students had a practice session to apply their self-defence skills in simulated situations. The course concluded with a celebration to recognize their achievements.

*L. Madhuri*  
WEC- Coordinator

*m. naidu*  
IQAC Coordinator  
SVLNS Govt. Degree College  
Bheemunipatnam

*R. Jayaram*  
Principal  
SVLNS Government Degree College  
Bheemunipatnam

SVLNS GOVERNMENT DEGREE COLLEGE BHEEMUNIPATNAM

LIST OF PARTICIPANTS FOR SELF DEFENCE COURSE

S.NO	NAME	GROUP
1	CH.SANGEETHA	B.COM
2	CH.REKHA	B.COM
3	B.DIVYA	B.COM
4	D.NIRMALA	B.COM
5	A.SRAVANI	B.A
6	D.SANDHYA	B.A
7	K.NEERAJA	B.A
8	K.MOUNIKA	B.A
9	Y.JYOTHI	B.A
10	V.LAVANYA	BA
11	D.SRIJANYA SAI	BCOM
12	A.SANJANA	B.SC
13	S.JHANSI	B.SC
14	T.HARIKA	B.SC
15	D.SWATHI	B.SC
16	N.SRAVANI	B.SC
17	Y.NIKITHA	B.SC
18	SATYAVATHI	B COM
19	G.TABITHA	B.COM
20	K.NOOKA RATNAM	B.A
21	M.JAYA SREE	B.COM

*K. Madhuri*  
WCC - Co-ordinator

*maja*  
IOAC Coordinator  
SVLNS Govt. Degree College  
Bheemunipatnam

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Principal  
SVLNS Government Degree College  
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SVLNS GOVERNMENT DEGREE COLLEGE:BHEEMUNIPATNAM

VISAKHAPATNAM DISTRICT

CRAFT WORK CERTIFICATE COURSE:

The Women Empowerment Cell of our college organized a certificate course on craft work, which covered various techniques and projects aimed at enhancing the creative skills of the participants. The course schedule was as follows:

On 04-12-2021, the course began with an "Introduction to Craft Work" session. During this session, the students were familiarized with the concept of craft work and its importance. They learned about different types of crafts and the materials commonly used in craft projects.

On 05-12-2021, the students engaged in an "Origami Wall Hanging Making" session. They learned the art of creating decorative wall hangings using origami techniques. Through the folding and assembly of paper, the participants acquired skills to craft visually appealing designs.

The next sessions, held on 13-12-2021 and 15-12-2021, focused on "Card Making." The students learned various techniques to create personalized greeting cards. They explored different design elements, such as colours, patterns, and embellishments, to express their sentiments and showcase their artistic flair.

On 18-12-2021 and 20-12-2021, the course shifted its focus to "Flower Bouquet Making." The participants learned how to create beautiful and lifelike flower arrangements using different materials and techniques. They honed their skills in folding, cutting, and arranging paper or other materials to craft stunning bouquets.

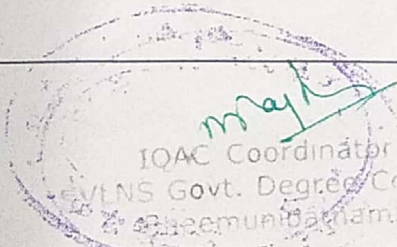
The following sessions, held on 22-12-2021 and 23-12-2021, centered around "Silk Thread Bangle Making." The students delved into the intricate art of crafting thread bangles. They learned techniques for wrapping and embellishing silk threads to create unique and stylish bangles.

On 27-12-2021 and 28-12-2021, the focus shifted to "Silk Thread Necklace Making." The participants acquired skills in designing and creating thread necklaces using silk threads. They explored different patterns, colours, and embellishments to craft necklaces that showcased their creativity and attention to detail.

The course concluded with sessions on 29-12-2021 and 30-12-2021, dedicated to "Silk Thread Jhumka Making." The students mastered the art of crafting intricate silk thread jhumkas, traditional Indian earrings known for their delicate designs. They learned various techniques for creating the base, adding threadwork, and embellishing the jhumkas.

Overall, the certificate course in craft work provided the participants with a comprehensive learning experience. They gained knowledge and practical skills in various craft techniques, including origami, card making, flower bouquet making, silk thread bangle making, necklace making, and jhumka making. Through these sessions, the students were able to explore their artistic abilities, express their creativity, and develop fine motor skills. The course fostered a sense of empowerment among the participants, equipping them with valuable skills that can be utilized in their future endeavours.

J. Malhuri  
WEC - Co-ordinator



Principal  
SVLNS Government Degree College  
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SVLNS GOVERNMENT DEGREE COLLEGE BHEEMUNIPATNAM

LIST OF PARTICIPANTS FOR THE CERTIFICATE COURSE IN CRAFT WORK

S.NO	NAME OF THE STUDENT	GROUP
1	CH.SANGEETHA	II B.COM
2	CH.REKHA	II B.COM
3	B.DIVYA	II B.COM
4	D.NIRMALA	II B.COM
5	A.SRAVANI	II BA
6	D.SANDHYA	II BA
7	K.NEERAJA	II BA
8	K.MOUNIKA	II BA
9	B.LALITHA	III BA
10	K.DIVYA VANI	III BA
11	L.GOWRI	III BA
12	A.SANJANA	II B.SC
13	S.JHANSI	II B.SC
14	T.HARIKA	II B.SC
15	V.SAIPRIYA	III B.SC
16	V.UHA	III B.SC
17	Y.NISHMA SRAVANTHI	III B.SC
18	I.VENNELA	II B.SC CBZ
19	A.HEMALATHA	II B.SC CBZ
20	K.NOOKARATNAM	II B.COM
21	M.JAYASREE	II B.COM



*komalhusri*  
WEC Co-ordinator

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