



NARAYANA ENGINEERING COLLEGE::GUDUR

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

Workshop on Women's Self Defense

05-01-2019

The Department of Computer Science and Engineering Women Forum wing of Narayana College of Engineering, Gudur has conducted a workshop on Women's Self Defense on 26th February 2019 by, Black belt 2nd Dan in Taekwondo and Black belt in Karate, Gudur. Resource person was introduced by the HOD Dr.P. Venkateswara Rao. Followed by principal Dr. Ch.V.S.Parameswara Rao is to addressed the students on significance of the workshop.

The primary objective of the Women's Self-Defense Workshop is to educate and train our female participants about how to save one self from becoming a victim of crime and to provide hands-on self-defense training. Training session was limited to 96 participants. Participants have learnt simple body mechanics, human vulnerability points, improvised weapons and how to use physical aggression to defend themselves in the event of an attack.

Mr.K.Madhu Sudhan Rao had explained the importance of self protection techniques to be practised are grouped into the following :

1. Escapes (standing and ground defences).
2. Blocks, strikes (hand, elbow, knee, foot and head).
3. Recognition of advantage in given attack situations.



Head of the Department