



WOMEN DEVELOPMENT CENTRE

TITLE : AWARENESS PROGRAM- SELF DEFENCE TECHNIQUES

Date: 27th January 2017

Students Participated: 550

Resource Person : Mr. Karthik Kateel

In the context of harassment on women becoming more prevalent day by day **Women Development Centre** had organized a program on “***SELF DEFENCE TECHNIQUES***” by Mr. Karthik S. Kateel who is martial art trainer and black belt in Karate. He has founded an NGO called Swaraksha for Women. This program was held on **27th January 2017** in the college quadrangle from 2 -4 pm. He along with his mother Smt. Shobhalatha demonstrated various self defence techniques to about 550 students.

The program was very effective, informative and was well received by the staff and students..





ATTESTED

Shashikala A

Principal

**Maharani Lakshmi Ammanni College
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