

## Maharani Lakshmi Ammanni College for Women Autonomous

Affiliated to Bengaluru Central University
Re-accredited by NAAC with "A" grade, Recognised by UGC
under Section 2(f) and 12(b) of the UGC Act 1956
Conferred the Status of 'College with Potential for Excellence' by UGC



## 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 **27**<sup>th</sup> **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

Shealkel. A
Principal

Principal

Maharani Lakshmi Ammanni College
for Women, Autonomous
Science Post, Bangalore - 560 012.