

ADD ON

COURSE

KARATE

14/9/18

WEC & NSS Committee's conducted the inauguration of Add on course (Karate) prog

held onwards 14/9/18. at Vardhara, Veisakhepatnam.

Add on course : Karate

Duration of the period : ~~10~~³⁰ days

classes taken by : M.V. Ramana

Timings : 4-5 PM

Smt P. Prang

(WEC co-ordinator)

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Objectives of the Self-Defence Course

- To develop Self-Discipline
- To Improve physical conditions
- To improve Street awareness
- To develop a warrior Spirit
- To develop a fightless Referees



VISAKHA GOVT. DEGREE COLLEGE for WOMEN)



Re-Accredited With 'B' Grade by NAAC
Old Jail Road, Visakhapatnam-20. Andhra Pradesh

WOMEN EMPOWERMENT CELL

INTRODUCTION AND COURSE

on

Self - Defence



Objectives :-

- *To Develop Self - Discipline*
- *To Improve Physical Conditions*
- *To Improve Street Awareness*
- *To Develop a Warrior Spirit*
- *To Develop a Fightless Referees*

Course Coordinator

SMT. P. MANGAMMA
Lecturer in Mathematics

Faculty

M. V. RAMANA
Karate Master

Course Director

DR. S. SHOBHA RANI
Principal

outcomes

- The main goal of women's self-defense training is to strengthen women's capacity to defend themselves against potential attacks

ఈనాడు విశాఖపట్నం

విశాఖ దక్షిణం

మంగళవారం 18 సెప్టెంబరు 2018

అత్యర్థకు నోల్ ఆర్ట్స్

విశాఖ క్రీడలు, స్పోర్ట్స్ అండ్ అథ్లెటిక్స్ అధికార వ్యవస్థల అధ్యక్షుడు మార్కెట్ ఆఫ్ దేశం పర్యాటక మంత్రి డి.కె. జయశంకర్ ప్రధాన అతిథులుగా ఉన్న కార్యక్రమం ఆవరణలో సెల్ఫ్ డిఫెన్స్ వంటి కోర్సుల కోర్సు కేంద్రం ఏర్పాటు ప్రారంభించారు. మహిళా సాధికారత విభాగం, ఎన్.ఎస్.ఐ. ఇండియన్ మోడ్రన్ మార్షల్ ఆర్ట్స్ అథ్లెటిక్స్ జరిగిన ఈ కార్యక్రమంలో మహిళా సాధికారత కోఆర్డినేటరు పి.మంగమ్మ, ఎన్.ఎస్.ఐ. కోఆర్డినేటరు డాక్టర్ సీతాంజలి, ఎన్.సి.సి. కోఆర్డినేటరు డాక్టర్ సుధ, ఎన్.సారథి, సహకారం, ఇండియన్ మోడ్రన్ మార్షల్ ఆర్ట్స్ అకాడమీ ఛీఫ్ కోచ్ ఎం.వి.రమణ రచిరతులు పాల్గొన్నారు.



విద్యార్థినులతో ప్రధాన అతిథులు ఎన్.కె.జయశంకర్ తదితరులు

		12/9	13/9	14/9	15/9	17/9	18/9	19/9	20/9
1.	K. Sravani	I (BSc)	P	P	P	P	P	P	P
2.	M. Pallavi	I (BSc)	P	P	P	P	P	P	P
3.	B. Bujji	I (BSc)	P	P	P	a	P	P	P
4.	M. Rama	I (BSc)	P	P	P	P	P	a	P
5.	A. Jhansi	I (BSc)	P	a	P	P	P	P	P
6.	M. Keerthi	I (BSc)	P	P	a	P	P	P	P
7.	M. Bhavani	I (BSc)	P	P	P	P	P	P	P
8.	K. Mani	I (BSc)	P	P	P	P	P	a	P
9.	S. chellayamma	I (BSc)	P	P	a	P	P	P	P
10.	K. leelavathi	I (BSc)	P	P	P	P	P	P	a
11.	I. Ramya	I (BSc)	P	P	a	P	P	P	P
12.	K. Divya	I (BSc)	a	P	P	P	P	P	P
13.	G. Pavani	BA I	P	P	P	P	a	P	P
14.	P. Sravani	I BA	P	P	P	a	P	P	P
15.	D. Sakuntala	I BA	a	P	P	P	P	P	P
16.	V. Usha	I BA	P	P	P	a	P	P	P
17.	ch. purna Bhavani	I BA	P	P	P	P	P	P	a
18.	K. Sirisha	I BA	P	P	P	P	P	P	P
19.	ch. Nagalakshmi	I BA	P	P	P	P	a	P	P
20.	K. Bangarupapa	I BA	P	P	P	P	P	P	a
21.	Y. Balamani	I BA	P	P	a	P	P	P	P
22.	ch. Madhulatha	I Bcom	P	P	P	P	P	P	a
23.	K. Koteswari	I Bcom	P	a	P	P	P	P	P
24.	P. Poleru	I Bcom	P	P	a	P	P	P	P
25.	B. Satya Santhoshi	I BSc	P	P	P	a	P	P	P

19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
p	p	p	p	p	a	p	p	p	a	p	p	a	p	p	p	p
a	a	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p
p	p	p	p	p	p	a	p	p	p	p	p	p	a	p	p	p
p	p	p	p	p	a	p	p	p	a	p	p	p	p	p	p	p
a	a	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p
p	p	p	p	p	p	a	p	p	p	p	p	p	a	p	p	p
p	p	p	p	p	p	p	a	p	p	p	p	a	p	p	p	p
p	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p	p
a	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p
p	p	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p
p	a	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p
p	p	p	a	p	p	p	p	p	p	p	a	p	p	p	p	a
a	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p	a
p	a	p	p	a	p	p	p	p	a	p	p	p	p	p	p	a
p	p	p	p	p	a	p	p	p	p	p	p	p	a	p	p	p
p	a	p	p	p	p	a	p	p	p	p	p	p	p	a	p	p
p	p	p	p	a	p	p	p	p	p	p	p	p	a	p	p	p
p	p	a	p	p	p	p	p	a	p	p	p	p	p	a	p	p
p	p	p	a	p	p	p	p	a	p	p	p	p	p	a	p	p

Grading

	21	31	41	51	61	71	81	91	101	111	121	22	23	24	25	28	29	30	31	31
1	a	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
2	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
3	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
4	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
5	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
6	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
7	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
8	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
9	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
10	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
11	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
12	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
13	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
14	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
15	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
16	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
17	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
18	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
19	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
20	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
21	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
22	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
23	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
24	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
25	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p

A
A
B⁺
B
B⁺
A
A
A
B
B
B
C
B
B
C
B
B
A
B⁺
B
A
A
A
B⁺
B
A

Grading

	27/12	29/12	31/12	2/1	3/1	4/1	5/1	8/1	9/1	10/1	22/1	24/1	23/1	24/1	25/1	28/1	29/1	30/1	31/1
26	a	p	a	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p	p
27	p	p	p	p	p	p	p	a	p	p	p	a	p	p	p	p	p	p	p
28	p	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p	p	a
29	p	p	p	p	p	p	p	p	p	a	p	p	p	a	p	p	p	p	p
30	p	p	p	p	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p
31	p	p	p	a	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
32	a	p	p	p	p	p	p	p	p	p	p	a	p	p	p	p	p	p	p
33	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p
34	p	p	p	p	p	p	p	p	p	a	p	p	p	p	p	p	a	p	p
35	p	a	p	p	p	a	p	p	p	p	p	p	p	p	p	p	p	p	p
36	p	p	a	p	p	p	a	p	p	p	p	p	p	p	p	p	p	p	p
37	a	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	a	p
38	p	p	p	p	p	p	p	p	p	a	p	p	p	a	p	p	p	p	p
39	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p
40	a	p	p	p	a	p	p	p	p	p	p	a	p	p	p	p	p	p	p
41	p	p	a	p	p	p	p	p	p	p	p	p	a	p	p	p	p	p	p
42	p	p	p	p	a	p	p	p	p	p	p	p	p	a	p	p	p	p	p
43	p	p	p	p	p	p	a	p	p	p	p	p	p	p	p	p	a	p	p

A
A†
B
B†
C
B
B
B†
C
B
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B†
A
A
B
B
B

Visakha Govt. Degree College for Women::Visakhapatnam

Certificate Course

Self-defense

Duration : 30 hours

Hour	Course Content
01	Karate punches use straight punches technique with a twist of the wrist near the point of impact
02	Front kick hit with the ball of the foot
03	Side kick hit with blade of your foot, toes pointing down
04	Roundhouse kick hit with the ball of the foot, curl your toes up and try to turn your foot sideways
05	Mobility will be restricted giving the opponent a chance to strike
06	The frozen leg positions we see in karate forms known as kata
07	Katas are performed with a strong, upright posture, sharp kicks and closed handed punches
08	Katas are memorized and practiced solo or in groups prior to sparring with opponents
09	Always hit with your first two knuckles and make sure that your elbow is not locked
10	There is one rule only in karate training never injure a training partner
11	Always stretch before you work
12	Always pay attention to your stance low and short is best
13	Karate uses all parts of human body as a weapon
14	'karate' it literally means meeting of hands
15	Kumite is practiced both as a sport and as self defence
16	Karate is a type of martial art which can be used for self defence
17	It became popular for its emphasis on physical and mental discipline
18	Practitioners of karate are taught to focus on; Speed, form, balance, breathing
19	Punches and kicks are employed during counter attacks
20	Sparring technique are designed to disable opponents by offsetting their balance
21	Sparring utilizes open hand movements, closed-fist punches, and kicks to disable opponents
22	Practitioners are taught to avoid blows by moving as little as an inch
23	Practitioners learn to avoid strikes through body movements
24	The counter attacks that strive to reduce their opponents ability to remain upright
25	many parts of the body are utilized as potential weapons with striking force including; fingers, hands, elbows, arms, legs, knees, feet
26	Knee strikes, which involves using the knees to hammer into the opponents body, are also permitted
27	Practitioners use their own core strength and body weight, as well as their opponents momentum to power their moves
28	Practitioners employ powerfully delivered, straight line strikes designed to quickly stop an attacker or opponent
29	'Forward' is punching with the leading side (same side as the 'front foot')
30	'reverse' is punching with the 'trailing side' (opposite side as 'front foot')

Summary Report

The need of the hour for the girls & women in the Society is to safeguard themselves against violence committed against them.

A certificate course on self defence has been conducted by Department of mathematics, Visakha Government degree College for women from [] with duration of 50 days for students.

Demonstration Session :-

1st tip :- prevention is the best self-defence.

2nd tip :- Get loud and push back.

3rd tip :- Remember the most effective body parts to hit.

Different techniques to self defend against different forms of attack are:

→ Wrist hold.

→ stop an outside strike

→ Escape a bear hug.

→ use of hand edges to counter strike an attacker.

An External faculty Mr.M.V. Ramana, Karate Master has been imparted the course and 43 students attended the course.

Outcomes of the Course :-

- The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- The student participants got different self protection-tips on how to avoid/defend by attacking or potential

2019-20

20/11/19

NIEC committee conducted the inauguration
of Add on course (Karate), prog held onwards
20/11/19 at VGI(CEG), Vesakhapatnam.

Add on course : Karate

Duration of the period : 30 days

Classes taken by : M. V. Ramana

Smt P. Rang
(Co-ordinator)

	20/11	21/11	22/11	23/11	25/11	26/11	27/11	28/11	29/11	30/11	2/12	3/12	4/12	5/12	6/12	7/12	9/12	10/12	11/12	12/12	13/12	16/12	17/12	18/12	19/12	20/12
31. S. Lavanya Devi I.H.E.P	P	P	P	P	a	P	P	a	P	P	P	P	a	P	P	P	P	a	P	P	P	P	P	a	P	P
32. T. Kiranmayi I.H.E.P	P	P	P	a	P	P	P	P	P	a	P	P	P	P	P	P	P	P	a	P	P	P	P	P	a	P
33. P. Lilekha "	P	P	P	P	P	a	P	P	P	P	a	P	P	P	P	a	P	P	P	P	P	a	P	P	P	P
34. Sheikh Tanzil "	P	P	P	P	a	P	P	P	P	a	P	P	P	a	P	P	P	a	P	P	P	P	a	P	P	P
35. G. Bajji "	P	a	P	P	a	P	P	P	P	P	P	P	P	P	P	a	a	P	P	P	P	a	P	P	P	P
36. A. Renuka P.B.Com	P	P	P	P	P	P	a	P	P	P	P	P	a	P	P	P	P	a	P	P	P	P	P	P	a	P
37. Ch. Sahitya I.B.Com	P	P	a	P	P	P	P	P	a	P	P	P	P	P	P	a	P	P	P	P	P	P	a	P	P	P
38. D. Sai Satya Durga	P	P	P	P	a	P	P	P	P	P	P	P	P	a	P	P	P	P	P	a	P	P	P	P	a	P
39. K. Revathi	a	P	P	P	P	a	P	P	P	P	a	P	P	P	P	P	P	P	P	P	a	P	P	P	P	P
40. Jh. Jahnavi	P	P	P	a	P	P	a	P	a	P	P	a	P	P	P	P	P	a	P	P	P	P	P	P	a	P
41. Md. Afreenfathima	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	a	P	P	P	P	P	P	a	P
42. o. manasa	P	a	a	P	a	P	P	P	P	P	P	P	P	P	P	P	P	a	P	P	P	P	P	a	P	P
43. S. Venkata Kavya	P	P	P	P	P	P	P	P	P	P	a	P	P	P	P	P	P	a	P	P	P	P	P	a	P	P
44. ch. Pranipanda	P	P	P	a	P	a	P	P	P	P	P	P	P	P	P	P	P	a	P	P	P	P	P	a	P	P
45. M. Harivardana	P	P	a	P	P	P	a	P	P	P	a	P	P	P	P	P	P	a	P	P	P	P	a	P	P	P

	21/12	23/12	27/12	28/12	30/12
31	S Lavanya Devi P HEP	P	P	P	a
32	T. Kiranmayi (P HEP)	P	a	P	P
33	P. Likhitha "	a	P	P	a
34	Sheika Tanzd "	P	P	a	P
35	Gr. Buji "	P	P	P	a
36	A. Renuka P.B.com	P	P	a	a
37	Ch. Sahitya "	a	a	P	P
38	D. Sai Satya Durga "	P	a	P	a
39	K. Revathi	a	P	a	a
40	m. Jahnavi	P	P	P	a
41	MD. Afreen fathima	a	P	P	a
42	O. Manasa	P	a	P	a
43	S. Venkata Kavya	P	a	P	P
44	Ch. Teerini panda	P	a	a	P
45	M. Haru Vandana	a	P	P	a