



VIGNAN'S LARA

INSTITUTE OF TECHNOLOGY & SCIENCE

Approved by AICTE New Delhi & Affiliated to JNTUK Kakinada
Vadlamudi - 522 213, Guntur District

Life skills activity under National Service Scheme

Report on Awareness Program on Self-Defence for Girl Students

Activity	Awareness Program on self-defense for girl students
Date	05.03.2020
Place	College Campus
No of participants	81
Academic Year	2019-20

Self-defence, a life-saving skill, teaches girls to be more aware of their surroundings and to be ready for any unexpected situation. Therefore, the training of self-defence is essentially required for women to protect themselves from anything that is socially unacceptable behaviour. Through this training, the women are taught to be psychologically and intellectually, strong enough to protect themselves in difficult situations. VLITS, Vadlamudi cares about its women staff and girls students in many aspects. On 5th March 2020, the National Service Scheme (NSS) Unit of Vignan's Lara Institute of Technology & Science, Vadlamudi is conducted an "Awareness Program on self-defence for girl students" to educate the girl students to protect themselves in many unexpected difficult situations. The event was inaugurated by the NSS Unit of VLITS. Dr K. Phaneendra Kumar, the Principal, encouraged the girl students to actively participate. The Women teaching faculty members and 81 girl students actively participated in this event. The faculty in charge of the NSS Unit presented a vote of thanks to the guests and congratulated the participants. The event was concluded by singing the National anthem.

NSS Coordinator

**NSS PROGRAM OFFICER
VLITS
VADLAMUDI**