



SSMRV College®

Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	Self Defense Workshop for all female staffs
Date	21 st March 2024
Time and Venue	10:00 am to 11:30 am, Multi-Purpose Hall
Mode (Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	Women Empowerment Cell, SSMRV College On the Occasion of International Womens' Day 2024
Event Coordinator / Faculty In-charge	Mrs. Shakeela. M.K Coordinator –Women Empowerment Cell, SSMRV College
Nature of event	Activity Centre- Teaching self-defense technique and strategies for all female staffs (including teaching and non teaching)
Topic/Activity	Self Defense workshop for all female staffs of SSMRV
Resource Person Details (Name, Designation and Organization/Institution)	Mr.Ravi Kumar Rohilla, Alumni SSMRV College, GENERAL SECRETARY, Traditional Shotokan karate Academy Bangalore.
No of Participants	50
Objectives of the activity	<ol style="list-style-type: none">1. Teaching practical self-defense techniques that individuals can use to defend themselves against physical attacks.2. Enhancing situational awareness to recognize and avoid potential threats before they escalate.3. Promoting confidence and assertiveness in handling confrontational situations.

	<ol style="list-style-type: none"> 4. Providing strategies for de-escalating conflicts and diffusing potentially violent encounters. 5. Educating participants about their legal rights and responsibilities in self-defense situations. 6. Fostering a sense of empowerment and self-reliance among participants. 7. To equip individuals with the tools and mind-set necessary to protect themselves and others from harm while promoting personal safety and well-being.
Methodology	Hands-on workshop
Outcome of activity	<p>The Self-Defense workshop is to empower participants with the knowledge, skills and confidence to protect themselves from physical harm in threatening situations.</p> <ol style="list-style-type: none"> 1. Increased Confidence of Participants as each participant learned practical techniques to defend themselves in threatening situations. 2. Enhanced Awareness of their surroundings, helping them recognize and avoid potential dangers. 3. Each participant acquired basic self-defense techniques and physical skills that can be utilized if they find themselves in a threatening situation. 4. Learning self-defense empowered each participant, giving them a sense of control over their safety and security. 5. This workshop fostered a sense of solidarity among female staff members, creating a supportive community focused on personal safety. 6. By knowing how to defend oneself -alleviated fears and anxieties related to personal safety, allowing participants' to navigate their environments with greater peace of mind. 7. By implementing self-defense workshop in this institution increased positive impact and a culture of safety along with empowerment within the educational institution, promoting a supportive and secure environment for all staff members. <p>Overall, the outcome this workshop was to equip female staff members with the skills, knowledge and confidence to protect themselves and feel safer both in and outside of the workplace.</p>

- Invitation. 2-3 Google tagged photos & any other supporting documents



SSMRV College®

#17, 36th Cross, 26th Main, 4th T Block, Jayanagar,
Bengaluru - 560041, Karnataka, India

APARAJITHA- WOMEN EMPOWERMENT CELL
organizes

Self Defence Workshop for Faculties *An IQAC Initiative*

Resource Person :



Mr. Ravi Kumar Rohilla

Certified Karate instructor,

General Secretary-Traditional Shotokan Karate Academy, Bangalore



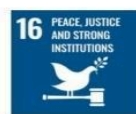
21st March 2024



10:00 AM to 12:00 PM



Multi Purpose Hall, SSMRV College



Mrs. Shakeela M K
Coordinator-WEC

Dr. Geetha R
Principal

ALL ARE INVITED

Go, change the world®



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#17, 36th Cross, 26th Main, 4th T Block, Jayanagar,
Bengaluru - 560041, Karnataka, India

APARAJITHA- WOMEN EMPOWERMENT CELL

Celebrates

INTERNATIONAL WOMENS' DAY 2024

An IQAC Initiative

THEME:

Inspire Inclusion

Guest of Honour:

Mrs. Bharathi Shankar
Former Chairperson, KSWDC

Presided By:

Mrs. Vasantha Lakshmi B R
Principal, SSMRV PU College



21st March 2024



12:00 PM Onwards



Seminar Hall

Mrs. Shakeela M K
Coordinator-WEC

Dr. Geetha R
Principal



SSMRV College[®]

Feedback Form -Self Defense Workshop conducted by WEC on IWD2024

Dear Participants,

Thank You for your active participation in **Self Defense Workshop** held on **21st March 2024**.

Kindly provide your valuable Feedback on the workshop conducted by **Mr. Ravi Kumar**
An IQAC Initiative,

Women Empowerment Cell, Sivananda Sarma Memorial RV College, Bengaluru,
Karnataka.

Full Name of the Participant (in Block Letters) *

Your answer _____

Department *

Your answer _____

Designation *

Your answer _____

1. How would you rate your overall experience in the self-defense workshop? *

1 (Poor) 1 2 3 4 5 5 (Excellent)

2. Did the workshop meet your expectations? Why or why not? *

Your answer _____

3. Did you find the demonstrations and explanations clear and easy to understand? *

- Yes
 No
 Maybe

4. How would you rate the instructor Mr. Ravi Kumar's knowledge and expertise in self-defense techniques? *

- Excellent
 Very good
 Good
 Fair
 Poor



**SSMRV
College®**

#17, 26th Main, 36th Cross, 4th T Block, Jayanagar, Bengaluru - 560041, Karnataka, India

The Women Empowerment Cell, SSMRV College organized Self Defense Workshop for all Female Staffs, on the Occasion of Celebration of International Womens' Day 2024.

Date and Timings –21st March 2024, Timings – 10 am to 12 pm

Venue –Multi-purpose Hall, SSMRV College Campus

Resource Person – Mr. Ravi Kumar Rohilla

GENERAL SECRETARY,

Traditional Shotokan karate Academy Bangalore

Detailed Report:

The Self-Defense Workshop for female staff members of SSMRV College aimed to equip participants with essential skills and knowledge to enhance their personal safety and security. The workshop, held on 21st March 2024, facilitated an interactive learning environment where participants learned practical techniques and strategies for self-protection.

The workshop covered a range of topics essential for personal safety, including situational awareness, basic self-defense techniques, de-escalation strategies and legal considerations. Experienced instructors led engaging sessions that combined theoretical knowledge with hands-on practice; ensuring participants could effectively apply what they learned in real-life scenarios.

Participants were taught a variety of physical self-defense techniques tailored to their needs and abilities. These included strikes, blocks and effective ways to break free from grabs and holds. The workshop fostered a sense of empowerment and confidence among participants, empowering them to assertively handle challenging situations and protect themselves.

A supportive and inclusive atmosphere encouraged participants to engage actively in the learning process, ask questions and share their experiences and concerns.

Overall, the self-defense workshop served as a proactive measure to promote personal safety and empowerment among female staff members, aligning with the institution's commitment to creating a secure and inclusive environment for all.

Session 2 was conducted in Seminar Hall

The "Inspire Inclusion" event featured a keynote address by Mrs. Vasantha Lakshmi, Principal SSMRV PU College. Mrs. Vasantha Lakshmi reinforced the importance of empathy and active listening in understanding the experiences and perspectives of others.

She encouraged individuals to use their privilege and influence to advocate for marginalized groups and create positive change.

Followed by an address by Guest of Honour Mrs. Bharathi Shankar, an expert in diversity and inclusion initiatives. She shared her experiences, expertise, and strategies for creating an inclusive environment where all individuals feel valued and respected.

The guest speaker emphasized the importance of recognizing and embracing diversity in all its forms, including but not limited to race, ethnicity, gender, sexual orientation, disability, and socioeconomic background. She highlighted the richness and strength that diversity brings to our communities. Mrs. Bharathi discussed the concept of equity and the need to address systemic barriers and biases that hinder equal opportunities for marginalized groups. She emphasized the importance of fairness and justice in creating a more inclusive society.

The guest of honour provided practical strategies and best practices for building an inclusive culture within organizations and institutions. She stressed the role of leadership, policies, and everyday behaviours' in promoting inclusivity and creating a sense of belonging for all members. The speaker emphasized the power of collaboration and allyship in advancing inclusion efforts. She encouraged individuals to work together across differences, support one another, and amplify the voices of those who are often marginalized or silenced.

On the occasion of International Women's Day, SSMRV College celebrated the achievements and contributions of women through a felicitation ceremony. Held on 21st March 2024, the event aimed to honor the remarkable accomplishments of Mrs. Bharathi Shankar from diverse backgrounds and inspire further progress towards gender equality and empowerment.

The "Inspire Inclusion" event served as a catalyst for meaningful dialogue and reflection on the importance of promoting inclusion within our institution. The insights shared by Mrs. Bharathi Shankar will inform our on-going efforts to create a more equitable and welcoming environment for all members.

Overall, the guest speaker's address on "Inspire Inclusion" served as a powerful reminder of the transformative impact of embracing diversity and creating environments where everyone feels valued, respected, and empowered.

The International Women's Day felicitation ceremony was a resounding success, honoring the achievements of women and promoting dialogue and action towards gender equality and empowerment. By celebrating the accomplishments of women and amplifying their voices, the event reaffirmed the importance of recognizing and supporting women's rights and contributions to society.

International Women's Day felicitation ceremony served as a meaningful tribute to the resilience, strength, and achievements of women, inspiring individuals and communities to work together towards a more inclusive and equitable world.

Feedback Link – <https://forms.gle/fyOp2MPRE6Y6FWz46>

The participants' were as follows

SSMRV COLLEGE					
WOMEN EMPOWERMENT CELL- SELF DEFENSE WORKSHOP					
Celebration of International Womens' Day 2024 on 21st March 2024					
S N	Title	Full Name	Gender	Designation	Employee Type
1	Dr.	Geetha R	Female	Principal	Teaching
2	Dr.	Babitha B. M .	Female	Associate Professor	Teaching
3	Ms.	Shylaja T. M.	Female	Library Assistant	Non-Teaching
4	Mrs.	Sunithamba K.	Female	First Division Assistant	Non-Teaching
5	Ms.	Roopalatha M.	Female	Assistant Professor	Teaching
6	Mrs.	Ume Salma	Female	Assistant Professor	Teaching
7	Mrs.	Shanthi Krishna . R.	Female	Assistant Professor	Teaching
8	Dr.	Jyothi.N. Hosurkar	Female	Assistant Professor	Teaching
9	Dr.	Shalini. N.	Female	Assistant Professor	Teaching
10	Dr.	Kavitha H.S .	Female	Assistant Professor	Teaching
11	Mrs.	Savitha Priyanka .	Female	Assistant Professor	Teaching
12	Mrs.	Bharati Rathod	Female	Assistant Professor	Teaching
13	Dr.	Prathima Vijay	Female	Assistant Professor	Teaching
14	Mrs.	Lavanya. B.K.	Female	Assistant Professor	Teaching
15	Mrs.	Rajatha M.	Female	Assistant Professor	Teaching
16	Mrs.	Shashikala G T	Female	Senior Executive	Non-Teaching
17	Mrs.	Nethravathi B.V.	Female	Senior Executive	Non-Teaching

18	Ms.	Sushma S	Female	Assistant Librarian	Non-Teaching
19	Mrs.	Nandini H K	Female	Office Attender	Support Group
20	Ms.	Deepika L	Female	Assistant Professor	Teaching
21	Mrs.	Lavanya Balaji	Female	Assistant Professor	Teaching
22	Mrs.	Shakeela M K	Female	Assistant Professor	Teaching
23	Ms.	Jyothi K S	Female	Assistant Manager	Non-Teaching
24	Mrs.	Pavana R Kulkarni	Female	Assistant Professor	Teaching
25	Mrs.	Vidya U Jambagi	Female	Assistant Professor	Teaching
26	Mrs.	Vijayalakshmi R	Female	Assistant Professor	Teaching
27	Ms.	Bharathi N S	Female	Assistant Professor	Teaching
28	Mrs.	Vani M U	Female	Manager	Non-Teaching
29	Ms.	Nandini J	Female	Assistant Professor	Teaching
30	Dr.	Padma C	Female	Assistant Professor	Teaching
31	Dr.	Lalitha B S	Female	Assistant Professor	Teaching
32	Ms.	Smitha G L	Female	Assistant Professor	Teaching
33	Mrs.	Sushma C	Female	Assistant Professor	Teaching
34	Ms.	Apoorva C	Female	Assistant Professor	Teaching
35	Mrs.	Shabana	Female	Assistant Professor	Teaching
36	Mrs.	Nethravathi M	Female	Executive	Non-Teaching
37	Mrs.	Sumana H N	Female	Placement Officer	Non-Teaching
38	Mrs.	Sudha V	Female	Assistant Professor	Teaching
39	Ms.	Neha Banu	Female	Assistant Professor	Teaching

40	Mrs.	Teja K R	Female	Junior Director - Physical Education	Teaching
41	Mrs.	Jayashree	Female	Senior Executive	Non-Teaching
42	Mrs.	Latha K M	Female	Accounts Executive	Non-Teaching
43	Ms.	Jahanavi Rao A V	Female	Assistant Professor	Teaching
44	Ms.	Vasugi Mudaliar R K	Female	Assistant Professor	Teaching
45	Mrs.	Shilpashree N	Female	Assistant Professor	Teaching
46	Mrs.	Chaitra H N	Female	Assistant Professor	Teaching
47	Mrs.	Kanchan Gulabsing Rajput	Female	Assistant Professor	Teaching
48	Mrs.	Puja Biswas	Female	Assistant Professor	Teaching
49	Dr.	Chethana S	Female	Assistant Professor	Teaching
50	Dr.	Geetanjali Yogesh Diwani	Female	Assistant Professor	Teaching

The session met with an overall very good feedback from the participants. The participants were from a heterogeneous group but still the resource person was able to

The self-defense workshop served as a proactive measure to promote personal safety and empowerment among female staff members, aligning with the institution's commitment to creating a secure and inclusive environment for all.

The workshop incorporated teachings on strikes, blocks, and methods for escaping grabs and holds. It instilled a profound sense of empowerment and confidence in participants, equipping them to confidently confront and defend themselves in difficult circumstances.

Further session on self defense workshop will help the participants to understand the research process at an advanced level. The session received an average feedback rating of on 5 based on engagement, demonstration and resource person competence. It was well received and highly appreciated by the participants.

Photographs:



Image21 March 2024: Self defense workshop for female faculty held on 21st March 2024



Image 21 March 2024: Self defense workshop for female faculty held on 21st March 2024



Image 21 March 2024: Self defense workshop for female faculty held on 21st March 2024



Image 21 Mach 2024: SSMRV staffs along with Self Defense Workshop resource person Mr. Ravi Kumar Rohilla



Image 21March 2024-c: Resource Person Mrs. Vasantha Lakshmi giving Presidential address



Image 21 March 2024-: Guest of Honour Mrs. Bharathi Shankar felicitating Mrs. Vasantha Lakshmi



Image 21 March 2024-: Principal Dr. Geetha felicitating - Guest of Honour Mrs. Bharathi Shankar



Image 21 March 2024: Dr. Geetha R, Principal, SSMRV College and Mrs. Vasantha Lakshmi, Principal SSMRV PU College- felicitating Guest of Honour Mrs. Bharathi Shankar, Former Chairperson Karnataka State Women Development Corporation.



Image 21 March 2024: Dr. Geetha R, Principal, SSMRV College-receiving RSST Award for her achievement during Academic Year 2023-2024



Image 21 March 2024: Dr. Laita B S, Assistant Professor, Department of PG, SSMRV College-receiving RSST Award for her achievement during Academic Year 2023-2024



Image 21 March 2024: Mrs. Shabana , Head-Department of English, SSMRV College-receiving RSST Award for her achievement during Academic Year 2023-2024.