



## VIGNANA BHARATHI INSTITUTE OF TECHNOLOGY

Aushapur (V), Ghatkesar (M), R.R. Dist-501 301

**SCHOOL CODE: 45893584 STUDENT BRANCH CODE: 65451**

### REPORT ON SELF DEFENCE

#### EVENT DETAILS:

**Title:** Self Defence

**Theme:** In today's world where atrocities on women have become the daily headlines, it is high time for every girl to learn how to defend herself in tough times. In this regard we, the WIE AG have taken a new initiative to conduct the "Self Defence", an inter college event for the safety of women.

**Date:** 17<sup>th</sup> February, 2016.

**Venue:** Chetana Auditorium, VBIT campus.

**Registration Fee:** 100/-

**Number of Participants:** 101

**Branch Counsellor:** Mr. M. Venkateswara Rao.

**Faculty coordinator:** Mrs. K. Shirisha

**Chief Guest:** Master GK.Ganesh from the Okinawa School of Sport Karate, ECIL.

**Organizers:** WIE Affinity Group, IEEE-VBIT SB.

#### **WIE Team:**

Chaitanya Gurla

Madhuri Saritha

Swathi Manjari

Sai Prathibha

Samhitha

### **Aim:**

The main aim of the event was to promote awareness on women safety and help the participants to learn how to defend themselves in the hour of need.

### **Overview:**

Self Defence comprised of 2 sessions and a talk on Women empowerment.

- The host for the day, Madhuri Saritha interacted with the participants for a while.
- A TED Talk video on Women Equality and other videos on the theme of women safety were played.
- After the lightening of lamp by our Chief Guest and respected dignitaries, brochures were released and distributed to the participants.
- The brochure carried few safety measures and tips for the safety on women. The event then proceeded with a kick-start.

### ***A talk on Gender sensitization and Women Empowerment:***

- Mrs. Ashwini, our respected English faculty of H&S department has given a presentation on Gender sensitization which is a new subject introduced in the syllabus by JNTUH. She also shared her views on women empowerment and socialization.

### **Session 1: *Go Techno-trained.***

- A presentation on the disheartening occurrences related to women and the recent mobile applications was given by Swathi Manjari, the Secretary of WIE AG.
- The presentation was successful in creating an awareness on the present scenario of women safety and thus the participants were explained how to defend themselves with the help of technology.

### **Session 2: *Fight like a Girl!***

- The famous “She teams” of Cyberabad extended their help and support to train the participants with few simple tricks and safety measures.
- A demonstration of few basic yet effective physical moves was given by them.
- Various other physical attacks during chain snatches, acid attacks and so on were also demonstrated by the *She teams* on the request of participants.

### **Valedictory:**

- A memento was presented to the She teams as a token of gratitude by our Faculty Coordinator, Mrs. Shirisha Madam.
- The event successfully came to an end with the vote of thanks and the participants were given refreshments.

**VOLUNTEERS:**

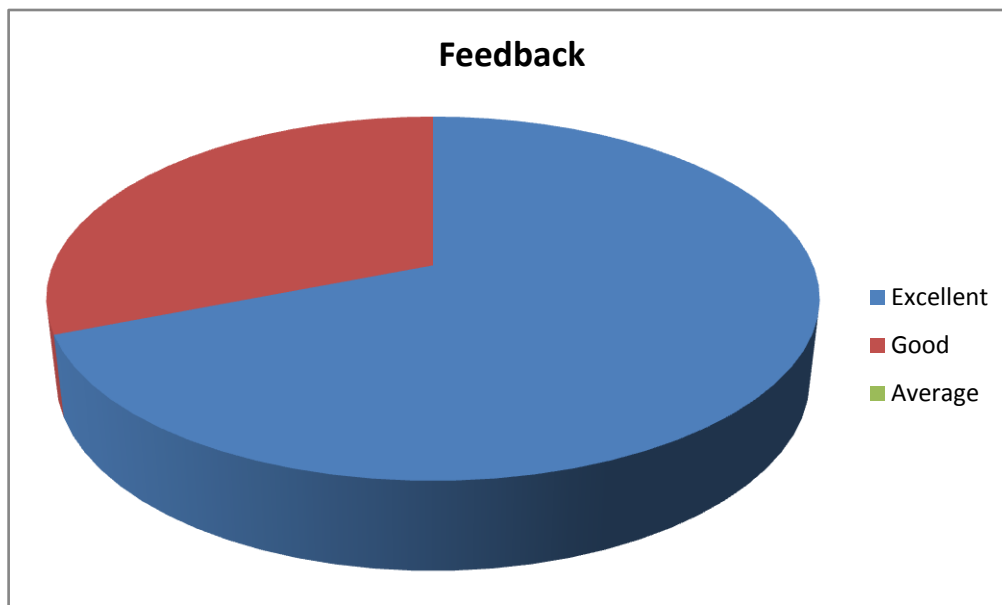
**2<sup>nd</sup> year students**

1. Bhuvaneshwari – IT
2. Sudeepthi – CSE
3. Suchetha – CSE
4. Vaishnavi – CSE
5. Madhuri Nisha – CSE
6. Mounica – ECE
7. Manasa – ECE
8. Jyothsna – ECE

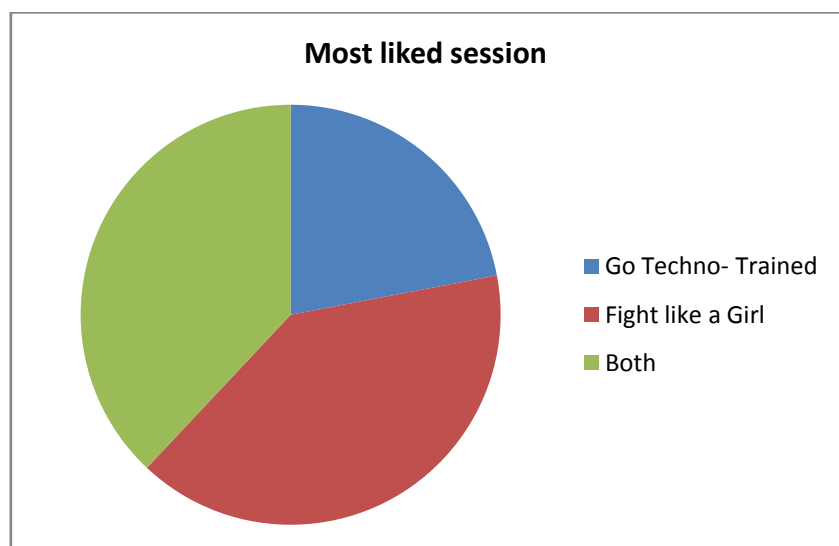
**SCHEDULE:**

<b>Timings</b>	<b>Sessions</b>
10:30 AM – 11:00 AM	Interactions with the participants and videos related to women were played.
11:00 AM – 11:30 AM	Inaugural followed by the release and distribution of brochures.
11:30 AM – 12:10 PM	A talk on Gender sensitization and women empowerment by our faculty, Mrs. Ashwini madam.
12:10 PM – 12:30 PM	<i>Session 1: Go Techno-Trained.</i> Presentation by Swathi Manjari, on the various technologies and mobile apps for women safety.
12:30 PM – 01:30 PM	<i>Session 2: Fight like a Girl!</i> By the She teams of Cyberabad.
01:30 PM – 01:40 PM	Valedictory

**EVENT FEEDBACK:**



Excellent	69%
Good	31%
Average	NULL



Go Techno - Trained	22%
Fight like a Girl	40%
Both	38%

# WIE – SELF DEFENCE

## EVENT FEEDBACK FORMS:

**FEEDBACK – SELF DEFENCE**

Name: M. Shrinisha      College Name: VBIT  
Branch: EEE-B      Year and Section: EEE-B (IS)  
Mail ID: Shrinishareddy.202      Contact Number: 9848608848

1) How would you rate the event?  
Average      Good       Excellent

2) Which session did you like the most?  
➤ Fight like a Girl } both  
➤ Go Techno-trained

3) Was the event helpful to you? *Yes, I love it*

4) Tell us the problems that you have faced during the sessions (If any):  
\_\_\_\_\_

5) Are you satisfied with the event?  
 Yes      No

6) Do you wish to attend more events under IEEE-VBIT SB?  
 Yes      No

7) How can the event be made more interesting?  
*As a girl, it helps to be self confident & I know that only we can secure myself its very helpful*

**THANK U SO MUCH**

**FEEDBACK – SELF DEFENCE**

Name: Mounisha      College Name: VBIT  
Branch: CSE-B 2<sup>nd</sup> Year      Year and Section: 2<sup>nd</sup> Year-16  
Mail ID: Mounisha560@gmail.com      Contact Number: 8096383562

8) How would you rate the event?  
Average      Good       Excellent

9) Which session did you like the most?  
➤ Fight like a Girl  
 Go Techno-trained

10) Was the event helpful to you? *Yes*

11) Tell us the problems that you have faced during the sessions (If any):  
*No problems*

12) Are you satisfied with the event?  
 Yes      No

13) Do you wish to attend more events under IEEE-VBIT SB?  
 Yes      No

14) How can the event be made more interesting? Drop in your valuable suggestions.  
*By seeing techniques. It was really excellent session.*

**FEEDBACK – SELF DEFENCE**

Name: T. Harika      College Name: VBIT  
Branch: EEEA      Year and Section: 1<sup>st</sup> Year EEEA  
Mail ID: harikabtech1997@gmail.com      Contact Number: 7396858803

1) How would you rate the event?  
Average       Good      Excellent

2) Which session did you like the most?  
 Fight like a Girl  
➤ Go Techno-trained

3) Was the event helpful to you? *Yes*

4) Tell us the problems that you have faced during the sessions (If any):  
*No*

5) Are you satisfied with the event?  
 Yes      No

6) Do you wish to attend more events under IEEE-VBIT SB?  
 Yes      No

7) How can the event be made more interesting?  
*By spreading through the country. Hoping this can be done in a short time. And hoping that not only spreading in INDIA. ~~And spreading through~~ But this EVENT should happen in 'International' level.*

**FEEDBACK – SELF DEFENCE**

Name: N. Sreeja      College Name: VBIT  
Branch: EEE-B      Year and Section: EEE-B (1 Year)  
Mail ID: sreejacharanomula@gmail.com      Contact Number: 9333041134

1) How would you rate the event?  
Average      Good       Excellent

2) Which session did you like the most?  
➤ Fight like a Girl } I like both  
➤ Go Techno-trained

3) Was the event helpful to you? *Yeah, it's very helpful*

4) Tell us the problems that you have faced during the sessions (If any):  
\_\_\_\_\_

5) Are you satisfied with the event?  
 Yes      No

6) Do you wish to attend more events under IEEE-VBIT SB?  
 Yes      No

7) How can the event be made more interesting?  
*It was too interesting that helping a girl to save herself. It's really an awesome event.*

**THANK YOU**

**EVENT PHOTOGRAPHS:**





**The team of WIE and Volunteers**

### The WIE Affinity Group



#### **Review:**

Self Defence has been a great platform to spread awareness on the recent mobile applications for women safety. The '*She teams*' were successful in demonstrating few simple moves and the participants were tremendously benefited as they learnt how to defend themselves in the darkest hours. Various doubts and problems were also discussed by the participants and appropriate solutions were given by the She teams.

On the whole, all the sessions turned out to be worthwhile. By the end of the event, all the girls felt motivated and the event surely boosted up their confidence levels thereby creating a positive impact. Thus, the purpose of the event was fulfilled and the name of the event "Self defence" was justified. To summarize, 'Self Defence' has set a benchmark and remained as one of the most beneficial events conducted under IEEE-VBIT SB.