

GENDER EQUITY

1	Name of the Activity/Event	" Training Program on Martial Arts "			
2	Date of Activity/Event	04-11-2019			
3	Organized by/Name of the committee	Department of Mechanical and Civil under Women's Forum			
4	Place of Activity/event	Civil Seminar hall,B-Block, NEC Nellore			
5	Resource person/guest/organization	Shihan Sri Vijaya Bharadwaj Reddy			
6	Timings of Event	3:00pm to 4:45pm			
7	Type of activity/Event	Seminar and Activity			
8	Activity/Event objectives	<ol style="list-style-type: none"> 1. Learning Self defence techniques 2. Improves Confidence and Courage 3. Accelerates health and fitness. 			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	02	65
		63	Nil		
10	General remarks	<ul style="list-style-type: none"> • There was a good response to this program . • The programs was activity oriented. 			
11	Enclosures	<ol style="list-style-type: none"> 1. Circular 2. Report with photos 3. Attendance Sheet 			
12	Signature of Incharge/Convener				

A Training program on Martial arts was organized by Women's Forum of Mechanical and Civil Engineering departments on 4-11-2019 by Sri Vijay Bharadwaj Reddy, 5th dan Black belt, General Secretary, PENCAK SILAT association SPSR Nellore District. Martial arts develops confidence and focus. The trainer focused on the following points

Self-Defense

The most obvious reason why you should learn martial arts is that it teaches you how to defend yourself. It is undeniable that there is violence in the world. It occurs unexpectedly and without regard for who the victim is. Violence can affect all of us. It is important to be prepared for such occurrences, and the crux of training is to learn fighting skills. Not only do you learn specific techniques, but you also develop toughness and stamina needed to endure a physical altercation. This knowledge and conditioning lead to other benefits besides just being equipped with techniques.

Confidence

Because you can handle yourself physically, you begin to develop confidence in yourself and your capabilities. You walk taller with your head up; you're prepared, calm, and self-assured. You would be surprised at the change in your mental attitude after a decent sparring session at the dojo. You learn that you can endure, that you can apply real self-defense techniques, and that you are capable and strong.

Focus and Awareness

In training, you must be very aware of your actions and the people around you. You become more aware of your environment, which helps to keep you safe out in the world. This broadening of awareness is important in life. It can help in school, work, and in your relationships. It can generally help you navigate your way through life.



Shihan Sri Vijay Bharadwaj Reddy along with III Mech student training the girl students

The trainer trained the students the basics of Martial arts. **Sri Vijay Bharadwaj Reddy** along with S.Mallikarjuna of III Mechanical Engineering showed the ways as to how to protect oneself in critical situations. All the girl students actively participated in the event and practiced various self protection methods.

