



# NARAYANA ENGINEERING COLLEGE::NELLORE

## DEPARTMENT OF MCA



S.No	Name of the program	Resource person	Year	No. of Students enrolled	Date
1	Awareness Programme on Nutrition Issues-Women Life cycle	Mrs Y. Harika, Nutritionist, Ruthika Nutrition centre, Nellore	2019-2020	40	17.8.2019
2	Awareness Program on Best Self Defense for Women	Mr. V. Bhardwaj Reddy, G.K.A.I, Vice President, Black Belt, Nellore	2019-2020	35	25.10.2019

### Awareness Programme on Nutrition Issues-Women Life cycle

The Resource person Y. Harika, Nutritionist, Ruthika Nutrition centre, has given awareness on Women's Health issues for all MCA girl students. Nutritionist projected the importance of balanced nutrition and regular exercise are good for our health. We should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein. She gave suggestions on deficiencies can lead to a variety of health problems. These can include digestion problems, skin disorders, stunted or defective bone growth, and even dementia. Examples of the role of nutrition in causing and preventing degenerative diseases, and obesity.





## Awareness Program on Best Self Defense for Women

The resource person explained the basic self-defense techniques that can keep you safe:

- Get Loud and Push Back
- The Most Effective Body Parts to Hit such as the eyes, nose, ears, neck, groin, knee, and legs.
- How to Maximize Damage, to use your elbows, knees, and head.
- Moves for Getting Out of or Defending Against Common Holds or Attacks.
- To suggest using Self Defense weapons wherever we go to the weapons will be useful to handle at any situation.



