

Certificate Course on Self Défense

CERTIFICATE COURSE ON
‘Self Defence Techniques’ 2019-20

S.RADHIKA- CONVENOR

MEMBERS:

Smt. G.Vijayajyothi

Smt. N.LakshmiNeelima

Dr.M.Ravinder Rao

Smt. Swathi (office)

Internal complaints Committee (ICC) is envisaged to receive complaints on sexual harassment at the workplace from an aggrieved woman, as well as to inquire and make recommendations to the employer on the action required pursuant to its inquiry on such complaints made.

Functions of ICC :

- Sensitization on gender related issues
- Collection of complaints and redress of the grievances
- Ensuring requisite physical facilities for women.
- Promoting harmonious coexistence

ICC Organised a certificate course for the women students of the college on ‘Self Defence Techniques’ from 6th to 11th March 2020.


PRINCIPAL
B.J.R. Government Degree College
Vittalwadi, Narayanaguda,
Hyderabad-29, T.S.

Brochure for Certificate Course

BABU JAGJIVAN RAM GOVERNMENT DEGREE COLLEGE



Self Defence Training

06-03-2020 TO 11-03-2020

TRAINER: B. RASHMITHA

B.Com I yr, BJR GDC

ADVANTAGES

- * Improves Self Confidence
- * Reduces Stress & Tension
- * Increases fitness & strength

Practice self defence techniques

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awarded

BLACK BELT · 1ST DAN (SHO DAN)

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Sl.No	Name of the student	Group	RollNo	Email Id
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BJR GOVT. DEGREE COLLEGE

(Vittalwadi, Narayanaguda, Hyderabad)



This is Certify that Ms. S. Lavanya Roll No. 107019468211 studying in B. Sc/B. A/B. Com. I / II / III Year. has participated in one week self defence training at BJR Govt. Degree College, Narayanaguda, Hyderabad from 06/03/2020 to 11/03/2020.

CONVENER

PRINCIPAL

INTERNAL COMPLAINTS COMMITTEE

PRINCIPAL
B.J.R. Government Degree College
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