



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University
Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution

SELF DEFENCE WORKSHOP ON 10.10.2022

INVITATION

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI
Recognized u/s 2(f) & 12(B) of UGC Act 1956 || Permanently Affiliated to Thiruvalluvar University
Re-Accredited by NAAC with 'A' Grade (3rd Cycle) || An ISO 21001:2018 Certified Institution
Marudhar Nagar, Chinnakallupalli, Vaniyambadi

NATIONAL CADET CORPS

ORGANISES

SELF DEFENCE

WORKSHOP

Resource person
Mr. SANDHIYAN THILAGAVATHY
AWARE INDIA TRUST

DATE : 10.10.2022

Venue
Office Ground

Sri C. LICKMICHAND JAIN
SECRETARY

Dr. M. INBAVALLI
PRINCIPAL

Dr. M. CHARUMATHY
NCC COORDINATOR

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University
Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution

AGENDA



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
VANIYAMBADI**
(A Project of Sri Marudhar Kesari Jain Trust)



Recognized under Sec. 2(f) & 12(B) of the UGC Act, 1956 || Permanently Affiliated to Thiruvalluvar University
Re-Accredited with 'A' Grade by NAAC (3rd Cycle) || An ISO 21001:2018 (EOMS)
Certified Institution Marudhar Nagar, Chinnakallupalli, Vaniyambadi - 635 751, Tamil Nadu, India



NCC ORGANIZES

SELF DEFENCE WORKSHOP

Date: 10.10.2022 @ 10.00 AM

AGENDA

Prayer

Welcome Address : Dr. M. Charunathy
NCC Coordinator

Felicitation : Dr. M. Inbavalli
Principal, MKJC

Resource Person : Mr. Sandhiyan Thilagavathy
Aware India Trust

Vote of Thanks : Ms. M. Aashika
NCC Secretary

ALL ARE CORDIALLY INVITED

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)



Recognized u/s 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University

Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution

REPORT

National Cadet Corps organized a day workshop for Self Defence to NCC Cadets on 10.10.2022. In this Programme 25 NCC Cadets actively participated in both Theory and Practical classes. Our cadets learned how to defend themselves from the different kinds of violence from the outside world including at home. The participants got different self-protection training on how to avoid/defend by attacking a potential attacker by using objects or by striking the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc. The students have learned self- defence techniques demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both sides.

NCC COORDINATOR

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

29 Years
of Educational
Excellence...

Recognized u/s 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University
Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution

PHOTO



GPS MAP CAMERA

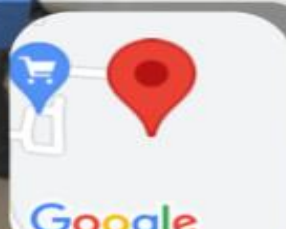
PJGP+XG5 Tamil Nadu India

Latitude 12.7269938

Longitude 78.6379232

Date: 10 Oct 2022

Time: 10:30 AM



Dr. M. Inbavalli

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.