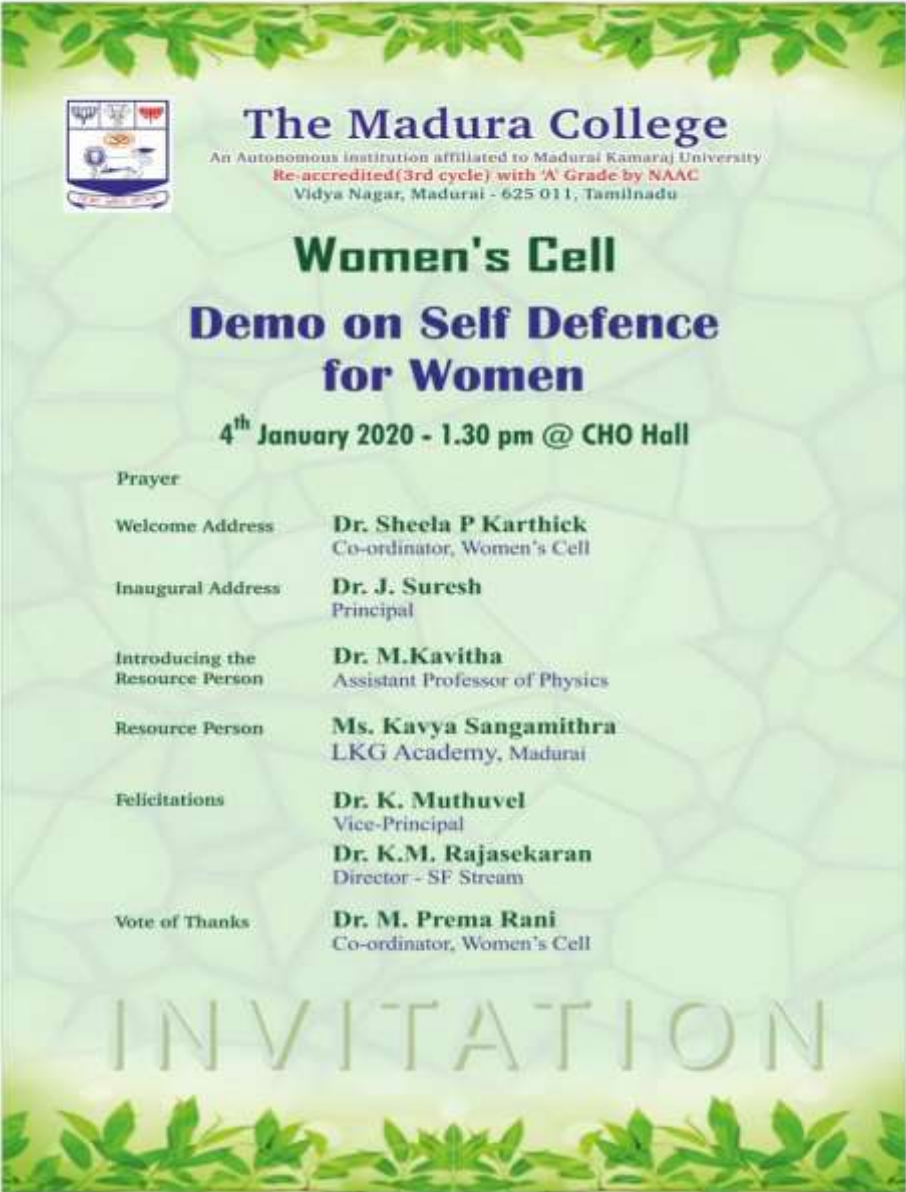


## Demo on Self Defence for Women held on 04-01-2020



The Madura College  
An Autonomous Institution affiliated to Madurai Kamaraj University  
Re-accredited (3rd cycle) with 'A' Grade by NAAC  
Vidya Nagar, Madurai - 625 011, Tamilnadu

**Women's Cell**  
**Demo on Self Defence  
for Women**

**4<sup>th</sup> January 2020 - 1.30 pm @ CHO Hall**

Prayer

Welcome Address **Dr. Sheela P Karthick**  
Co-ordinator, Women's Cell

Inaugural Address **Dr. J. Suresh**  
Principal

Introducing the  
Resource Person **Dr. M.Kavitha**  
Assistant Professor of Physics

Resource Person **Ms. Kavya Sangamithra**  
LKG Academy, Madurai

Felicitations **Dr. K. Muthuvel**  
Vice-Principal  
**Dr. K.M. Rajasekaran**  
Director - SF Stream

Vote of Thanks **Dr. M. Prema Rani**  
Co-ordinator, Women's Cell

INVITATION



# THE MADURA COLLEGE

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Vidya Nagar, T.P.K. Road, Madurai – 625 011

## WOMEN'S CELL

### BRIEF REPORT ON PROGRAMME / EVENT ORGANISED

1. Title of the programme/event : Demo on Self Defence
2. Nature of the event : To enhance self-defence skills in women
3. Duration : 4<sup>th</sup> January 2020
4. Venue : CHO Hall
5. Hosting Department/Cell : Women's Cell
6. Funding agency & grant (if any) : NA
7. Beneficiaries : UG girls
8. Number of participants : Seventy-five
9. Details of Resource person(s) :

S.No	Name and designation	Topic of Talk	Remarks
1.	Ms.Kavya Sangamithra from LKG Academy, Madurai	Demo on Self Defence	Interactive

10. Brief the proceedings of the programme along with some photographs

A programme on Demo on self-defence was organized by Women's cell of The Madura College (Autonomous), Madurai - 625011, Madurai on 4<sup>th</sup> January 2020 for UG students at CHO Hall at 1.30 P.M. The programme commenced with college prayer by Dr.Sudha, Assistant Professor in English. Dr.Sheela P.Karthick, Co-ordinator, Women's Cell delivered the Welcome address. Dr.K.Muthuvel, Vice Principal and Dr.K.M.Rajasekaran, Director, Self- finance stream, offered the felicitations emphasising the necessity for girls to be courageous and well equipped with self-defence methods. Dr.M.Kavitha, Assistant Professor of English, introduced the resource person. Ms.Kavya Sangamithra from LKG Academy, Madurai, with her team

comprising of faculty and students demonstrated various methods of physical self – defence like Karate and Silambam. The programme extended for two hours and the lecture combined with demonstration was very useful. All Women’s Cell members participated. About seventy-five students participated and were benefitted. Dr.M.Prema Rani, Co-ordinator, Women’s cell, proposed the Vote of thanks and the programme ended with National Anthem.



A handwritten signature in green ink, appearing to be "J. H.", is written above the printed name of the principal.

**Principal**  
**PRINCIPAL**  
**THE MADURA COLLEGE (Autonomous)**  
**MADURAI - 625 011**