## Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

#### Women Cell

Self Defence Camp: 27-7-2021 to 29-7-2021

## INVITATION

Date: 27-7-2021 Time: 9.30.a.m.

#### **WELCOME ADDRESS**

Pavithra A. B., Department of History

#### CHIEF GUEST AND INAUGURAL SPEECH

Dr. Praveen Ranka

Founder, Chairman, Grand Master & Chief Examiner

#### **PRESIDENT**

Dr.B.K.Lokesha, Principal

#### **VOTE OF THANKS**

Pallavi.R, Dept. of Commerce

#### COMPERING

H.R.Thriveni, Department of Commerce

#### Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

#### **WOMEN CELL**

### Circular

Self Defence Camp: 27-7-2021 to 29-7-2021

Date: 25-7-2021

Women cell, SAC college, Nagamangala is organizing **Self Defence Camp** in collaboration with **Martial Arts Trust, Bangalore** for all girl students from 27-7-2021 to 29-7-2021. I am here by informing our students to participate and make use of this camp. For further details contact women cell secretary and members.

PRINCIPAL
Sri Adichunchanagiri College
of Arts and Common

Class	Signature	Class	Signature	Class	Signature
I BSc	1	I BBA	PalleriR	I B.Com'A'	Kulv
II BSc	De la	II BBA	See-	B.Com'B'	
III BSc	Doub	III BBM	2	I B.Com 'C'	P
I B.A' A'	House	I BA 'B'	Blig	II BCom 'A'	O.
II BA 'A'	92	II BA'B'	Ra	II BCom 'B'	540
III BA 'A'	<u>su</u> _	III BA'B	P	II BCom 'C'	Stan
III B.Com 'A'	8	III B.Com'B'	AND .	III B.Com 'C'	Sor

## Sri Adhichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

## WOMEN CELL

### Report of Self Defence Training Programme

**Event: Workshop on Self Defence Programme for Girl Students** 

Day & Date: 27th to 29 July 2021

Timing: 9.30 AM – 10.30 AM, Students-BBA, BA, B.Sc. ,B.Com.

Faculty convener: Pavithra A.B

Venue: College ground

No. of Students: 620

Head Trainer: Dr. Praveen Ranka, Founder, Chairman, Grand Master &

Chief Examiner, Ph: 9845039966, 080-26532653

#### Objectives:

- 1) To educate the girl students about the different types of violence against them.
- To provide knowledge about the different tips of selfprotection to keep in mind in different situations.
- 3) To show case and give demo on different self-defence techniques.

**Purpose of the Workshop:** The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self Defence in collaboration with the

About the Training Agency: Dr. Praveen Ranka, Founder, Chairman, Grand Master & Chief Examiner, "Hanshi" is a special training unit, which aims to safeguard the rights of women and children in the capital. While on one hand, it enquires the

complaints and investigates the cases related to women issues. As a NGO, it works with various schools, Colleges and other agencies to gather insights and spread legal and social awareness about various issues concerning women and children in the present times, thereby, striving to create a more enabled and emphatic ecosystem.

#### Inaugural Session:

The workshop started with an inaugural speech by Dr. Praveen Ranka, Founder, Chairman, Grand Master & Chief Examiner, "Hanshi" He highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis. Dr. Praveen Ranka, the head trainer spoke largely on the kind of violence's that is committed against women. He narrated some instances related to Domestic Violence, Dowry, Cruelty by husband & in-laws, Sexual Harassment in public, private, or the workplace, Stalking. He pointed out why it is necessary to attend and train oneself with this kind of workshop and training programmes. He said that having knowledge about self defence techniques not only helps defend but also it builds confidence in oneself. He gave advices and tips to our girl students on how to avoid situations and circumstances that may lead unwanted/untoward incident.

#### The Demonstration Session:

After the inaugural session and felicitation ceremony, demonstration of the self-defence technique followed under the command of Dr. Praveen Ranka. The tips he elaborated on how to self-protect and defend are:

First tip: Prevention is the best self-defense- Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets. So be sure to follow general safety tips like being aware of your surroundings, only walking and parking in

well-lit areas, keeping your keys in hand as you approach your door or car, varying your route and times of travel, and other personal security precautions. Apart from avoiding confrontation, if you can defuse a situation (talk someone down from physically assaulting you) or get away—by handing over your wallet/purse or whatever they want, do that. Hand over your money rather than fight. Nothing you own is worth more than your life or health. If violence is unavoidable, however, to really defend yourself, you'll want to know ahead of time how to fight back effectively—it's possible even against someone bigger or stronger than you.

Second tip: Get Loud and Push Back-As soon as the attacker touches you or it's clear that escape isn't possible, shout loudly (—BACK OFF!!) and push back at him or her. This does two things: it signals for help and it lets the attacker know you're not an easy target. It may not dissuade all attackers, but getting loud will warn off those that were looking for easy prey.

Third tip: Remember the Most Effective Body Parts to Hit-When you're in a confrontation, you only have a few seconds and a few moves to try before the fight may be decided. Before an attacker has gained full control of you, you must do everything you can—conserving as much energy as possible—to inflict injury so you can get away. So aim for the parts of the body where you can do the most damage easily: the eyes, nose, ears, neck, groin, knee, and legs. Depending on the position of the attacker and how close he is will determine where you will strike and with what part of your body you will employ. Do not step in closer, say, to strike his nose with your hand, when you can reach his knee with a kick.

**Eyes**: Gouging, poking, or scratching the attacker's eyes with your fingers or knuckles would be effective, as you can imagine. Besides causing a lot of pain, this should also make your escape easier by at least temporarily interfering with his vision.

**Nose**: If the attacker is close in front of you, use the heel of your palm to strike up under his nose; throw the whole weight of your body into the move to cause the most pain and force him to

loosen his grip on you. If he's behind you, you can strike his nose (from the side or front) with your elbow. Either way, aims for the nasal bones.

**Neck**: The side of the neck is a bigger target, where both the carotid artery and jugular vein are located. You could possibly temporarily stun your attacker with a knife hand strike (all fingers held straight and tightly together, with thumb tucked and slightly bent at the knuckle) at the side of the neck.

#### Learning Outcome:

The learning outcomes from the workshop on Self Defence Programme are:

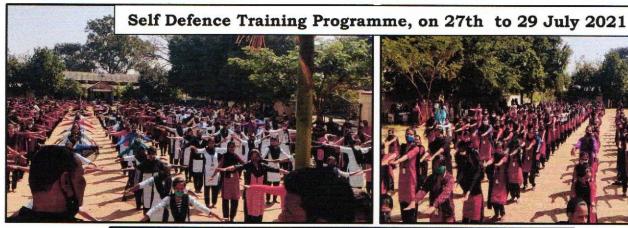
- 1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.
- 3) The students have the chance to see the live demo of the self-defence techniques as demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both the sides that these kind of workshop will be continued in times to come.

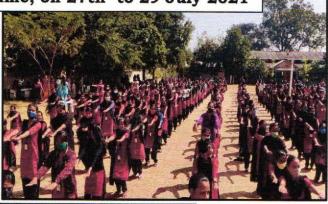
PRINCIPAL

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Nagamangaia-571 432, Mandya Dist













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## Sri Adichunchanagiri College of Arts & Commerce Nagamangala – 571432

## **WOMEN CELL**

# Self Defence Camp: 27-07-2021 to 29-07-2021 Participated Students list

Sl. No	Name	Signature
01	DIVYA G.M	Rinya G.M
02	TASHMITALI.	Taphouni.
03	BHUMIKA. K. R	Thunika. k. R.
04	ANUSHA N.R	Aucharen
05	NIDA ZOHARA.	Nida Tohara.
07	STNDHU, V. T	Singher . C. T
08	BHANUPRIYA. G.S	Bhanerporiya. G-3
09	LATHA S.R	Bhaneuporiya. G-3 Latha S.Q
10	CHITHRA S.N	chithra S.N
11.	RAMYA D. N	Ramya D.N.
12.	KAVYA H.M.	havya Him
13.	SAHANA, AIR	Saldra A12
14	SWATHI. R	Swatti R
15	BHAVYA, Y.L	Bhavyav Y.L
16	RAKSHITHA K.B	Rakshitha Kig
17.	SANGEETHA. R	Sungeetha, D
18.	DIVYA B.T	Divyo Bit
19.	PRATHIBHA U.N.	Porat 26 bha. U. N
20.	HARSHITHA.B.	Hayhitha. B.
21	SRIDEVI.5	soudevi, s and s
22 .	MANJULA . GO.A.	M. MANJULA. bo.
<b>3</b> 3.	SUSHMITHA. N	sush mithan N
24.	DIVYA Shree M.S	Diyashreem. 8
25.	manasa, D.R.	Manasa, DIR
2026	Laushmi Em	Larshmi EM.
21	SANANA, H	Sahana H

Self Defence Camp: 27-07-2021 to 29-07-2021  Participated Students list		
Sl. No	Name	Signature
38	Chandrafala B.l.	clardeal to g B &
2g	Peyhwa CV	Rextures or
30	The sezurini T.A	The Sazurini T.A
31	Varshitha. Mig	woulshithe mg
32	Geetha, K	Geetha,k
33	Bindu. S.R	Bindy S.R.
34	Kavyas-O	Kavya S-D
35	Geetha A R	Gedra AR
36	monista.C	manicla .C
37	Amondha	Amordia
38	S?ndhu V. h	Sindhu V. Cy
39.	sustimitha k.m	sustanisha K.M
40	Lakshoni, R	
AI	Bharathi	Bhatathi'
42	Thejashwini Hil	That I
W3	Ruchetha K.L	Ruchelalls
14)	Tejashree B.V	Tejashare B.V
45)	Priyanka. S	Priyanka. S
46)	Yashodha 15 R	yashodha K.R
477	priyanlia TIN	priyanka T.N
181	Romjitha KIR	Romither KiR
18	Yashaswini. K. V	yashashuni. K.V
50	Sahana, B.E	Sahana, B, E
51)	Sahana P.B	Schana P.B
જારો	Ponema. k	Brama.le
53	panjitha. B.P.	Romitha. B.P.
5u)	Ramyashree M.J	Rampashocce M.J
5>	varaiansumi CA	voralatsumi (A
56>	ReshmaR.S.	Reshma RS
76	vorshitha KIT	vorghitha kit
8	Pallowi .m.	Bilavi m.

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60

PQ.

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l. No	Participated Stud	Signature
9	Nithya.M.P	Nithya.M.P.
60	Nigarga.K.N	Niverga K.N
61		soundaryo k, s.
62	Soundarya k. 3. Shobha. T	Shobha.T
63.	Sahana. D-S	Schana. D.S
64.	Vacitua. N.C	vanothe or c.
65.	Stalini c.m	
66.	Surhmitha K &	Shalini C.M. Sushmilha.K.8.
67.	nlishgla. A.L	nistrya A.d
68-	vidyashuee. H	ridyanhoras H
69.	Yashasaini . C.P	Yashaxaii. C.P
70	Nº80790.14.17	Nisonga. k.m
41	Sahama, R	Sahoma R
f2	Ninchetha.L	Niccletha. L
13	Spoor thy. K. R	Spoorthy-K.R
74	JRISHA, N.T	Joisha N.T.
75.	THETASWINT NS	Thyoswin' N.S.
76	VARSMITMA. YM	Varshitha. Y.M
77	LAKSHMI SHREE - N	Labelin Stone D
18	SAHANA. A.S	Sapana. A. S
79	SORWDARYA - S.	soundarya.s
80	Suchithra M.K	Suchi Hoa M.K
81	VARSHA M.M	Marche M. M.
82	Suchnitha N.M.	Suchmitha N.M.
83	Swathe C.R	Smathi coR
84	Someshwari-tik	Someshwar? KK
85.	Shilpa. M.	Shilpa.M.
38	Rakshetha P.	Rakshitho.P.
87	Earlynehoee. D.G	aldragnee D.G
88	Sahara BJ	11 8 11 20 K
89	Surhmitha MK	sushmittha m.K

Self Defence Camp: 27-07-2021 to 29-07-2021 Participated Students list		
S1. No	Sl. No	Sl. No
90.	Sanu.	benu.
91.	Vinotha, M	Vinutta.M.
92,	Yashasnini E.B.	Yashaswini Eig.
93	Sahama 3.3	Sahana 3.3
94	Thouveni	Thouveru
95	Sprothi G.N. Tyashree H.T	Spurthi ex N
96	Tejashree H.T	Tejashree H.T
97	Sandhya. Y. N	Sendbya Y. N
28	Vaishali H.R	Vaishali H.R
99	Rakshitha S.V	Ralsshitha S.N
100	Såndhu. G.m	Sindhu G.m.
101	Sahana C.M	Sahana C.M
103	Sanjana B.C	Sanjana B.C
103	Kanjetha. P.	Kanfitha. P.
104	Varialarshmi K.B	Vagalakohmi K.B
105	Roopa V.U	Poopa. v.y.
106	Sonu DiR	Sonu D.R
107	yorshing Kim	Vandh, k.M
108	sinchana S.R.	sinchance & D
109	Shouthe L. Jevorg	strouti L. Jevargi
110.	uma H.R.	uma H.R.
111	Rakshitha. J	Rate
112	dinchana.R.	Vinclas
113	Swathi. G.P	Swatti.
114	Rakshirtha P15	Rakshirtha (215
นร	G. Saheiba	G. Sahiba
116	Panya J.c	Ramya J.C
117	Nisarga.k. Ravshitta	Nisarga. K.
118	pavalita	Bayshitta.
119	Suchma DIN	Suchua D.N
220	Deepika	Deeps ta

## Sri Adichunchanagiri College of Arts & Commerce Nagamangala – 571432

Sl.	Student Name	Signature
No.	Warran and	A CONTRACT
.121	Ananga 18.5	Aneenga-His
122	Bendushree. K	Bindreshree.k.
123		Gagana.T.A
124	Gagana MiH	Gagana M.H
125	Ashvini H.R.	Ashroini H.R.
126	Dirya. Hr	Dhuya. H. 2
127	Anupama R	Anupama.R
128	Dayaphoree. U.A	Deyastore.c.a
129	Bindu Call	Bindu Gil
130	Bhoramaka M	18hoomaka k
131	Ankitha N.S	Ankitha N.S
132	Harshitha D.K	Haodhotha D.K
133	Bhoomika M.K	Bhoomika M.K
134	Harshitho K	Harshitho.
135	Aishwarya. K.S	Aishwanya. K.s.
136	Hewo, k.2	Hend KJ
137	Alshwanga te. N	Airhanya H.N
138	Deepika. S.	Deepika, S.
139	Ri Bi Hajina	Bi Fi Hapina
140	Houshitha. A.N	-tarehetha. A.N
141	Bhwarya.L.	shwarged.
142	Tehwarya, A:8	Jehnarya, AS
143	Asspitha by	Asspitha. Cy
144	Anusha bik.	Angra by k.
145	Amulya T.N	Amelyee T.N

Sl.	Student	Signature
No.	Name	august B
1846	Gjanga - N	Ganga- N
147	Bhavanal.Th	Ganga-N Bhaverra L.TS
148	Druga D.A	Divys D.A
149	Baby DIH	Babet DIH
150	Hooishitha T.A.	Houshitha T.A.
151	Horshitha M.R	Josephitha M.R
	Chaithra - S	Chaithra - S
153	Saw tha N. H	Saurha N.H
154	Telashulini 28	Tejashwinies
	Supritta H.R	Suparitha H.R
	Vacafa K. A	vaggha K.A
157	Shalini. B. P.	Stalini.B.P.
158	Suduthro. B.S	Such throa. B.S
159	Tegastwinis.N	Toashwin, S.N
	Saharo ML	Sarara ML
161		Shula B N
	SONU BR	SONU B.R
	yamuna.T	yamuna T.
164	Sanjano . M	Sanjana M
165	Suhmitha S.N	Suhmitha S.N.
	Sangertha B.A.	Sangeotha B.A.
167	Sushma Jr. B	Sushma k.B
168	Shailaja B.N	Shailaja B. N.
169	Varphithow by.	
170	Sonu D.M	sonu D.M

Sl.	Student Name	Signature
No.		. 000
171	JAYASHREE. P	Tayashnee. P
172	- Manapa cop	Tayashzee. P manasa cop
173	Nallna-S	Nallna S
174	Pooja T. U	Pooja T.U
176	Pransisha by 5 pushpa	Rapjisha 61.8 pushpa.
	pallavi P.N	pallavi P.N
	Preethu. R	Porcethy R
	Priyanka. B.L.	Priyanka B. L.
	Prashanthini Gr.F	Prashanthini Gr.5
181	Nisorga.K.N	Nisarga. h.n
182	Rakshitha S.R	Rakshitha & R
10.11	Poreeth? . 3. G	Prothi. S. G
	Ranjitha. N	Rangitha N
185	meghana H.M	meghana II.M
186	Pallavi H.N	Pallovi HNN
187		Priyanka y
188		Rakshitha .T
189		bavanja. b.
190	1 1	nelek findhop
191		Mamasa R.A
142	A CONTRACTOR OF THE STATE OF TH	Ratishitha .V.
193		nisorga K.R
194	1	Nisorga K.R Lokarhacen K.S
195		Rashma H.A

Sl.	Student Name	Signature
No.		E OVI
196	Treethi Bis	Preethi B.S
	Rakshitha. M.R.	Rakshitha.M.R.
198	CONTRACTOR OF THE PARTY OF THE	kusuma m.k
199	Kusuma NIV	kusuma .N.V
200		priyouka. M.L
201	DHEKShitha M.D	prekshitha M.O
202	Vashaswini.ev	Yashaswini.cv
	yomuna N	yomura, N
204	Sushma. M.L	sushma.M.L
205	Sousti K.R	Sounti KOR
206	Sona UIR	Sona VIR
207	Sanjana R	Sanjana, R.
208	This was to be sainted by	ROOPa K.L
209		Sumayya Banu
216	Suma no	Suma nv
211	Sahama M. K	Sahama. M.K
212	Songka cL	Sonika cl
213	Sahana. A.K	Sahana.A.K.
214	Smithu D.M	Smithu D.M
215	Thankshikee S	Thankshuec S
216	uashudha Kis	vashudha k.S
217	Sushmitha. H.B.	Sushmitha. H.B.
218	vijayalakehmi. §	vijayalak ehmi. §
219	Chandona. G	Chandona G
220		Ambiga K. H.

Self Defence Camp: 27-07-2021 to 29-07-2021  Participated Students list		
Sl. No	Name	Signature
221.	Suchmitha. D.L.	Suchnita D. L
222	Suchithra K. K	Suchithra. K. k
223	Roja K.H.	Reja. K.H.
224	Ashroini H.B.	· Ashvoini H.R.
225	Direya. Horl	Direya. Hire.
226	chandana . Co	chandana. G
327	Anypama .R	Anupama.R
228	Divyasporee. U.A	Divyastore. C.A
229	Birdu G.K	Brindu GK
990	Bhoompha k	Bhoomika k.
231	Harbhetha D.K	Harshetha D.K
232	Bhoomika M.K	Bhoomika M.K.
233	Harshillia K	Starshillia
234	Hena. K.J	Hema Kit
2.35	Aŭshwarya K.S	Alshwarya Je &
236	Albhowya H.N	Achiocoga H.N
237.	Deepika. S.	Deepika, s.
238	Bi Bi Hajina	Jo Bo Hayisa
239	Ananya H.S'	Driema R.S
240	Bindushace. K	Bindurblee.k
941	Gagana M.H	Gagana M.H
242	Gagana. T. A	gagana, T. A
243	Hordhitha, A.N	Hardhitha. A.N
244	Bhwarya. L.	Eshuroryo. L.
245.	Ishwady AS	Ishweenya A.S
246	Appitha . by	Asspitha. Og
247	Anushairik.	Anisha. y.K.
148	Amalya TN	Amulya IN
249	Amulya TN Ganga - N	Gango N.
250	Bhava Na Lizz	Bhavanal B
251	Chaithera -S	chaitera - s

	Self Defence Camp : 27-07- Participated Stu		
Sl. No	S1. No	Sl. No	A Ja
252	Harshitha M.R	Harshitha MR	22
253	Bhanumani J.S	Bhanumani J.s	920
254	Ambaja K.H	Thuby'c, KH	E08
255	Hosishitha T.A.	Horshitta OT. A	426
266	Monisha. HP	Atonicha.	660
267	Ranjitha 4.8	Panjithia G G	0.86
268	pushpa	purhpa	1.88
2 169	pooja T.U	pooja T.U	168
270	Matera-S	Nother S	a e c
271	Nisarga . K. N	Nisara B.N	0.88
272	Prostronthini GT.E	Prashanthini G.E	231
273	Prfyanka. B.L.	Prhyanka B.L.	ARG
274	Pallari P.N.	Parlanti P. N.	E 8.0
2.75	Preethu. A.	Preethu. P.	Pas
<b>276</b>	Polecthi S. G	Pojeethi, S. G	86.8
277	Rakshitha S.R	Pakshetha S.R	236
248	RANJITHA N	Ranjitha N	#81
279	Meghana H.M	Meghana H.M	8.80
280	PALLAVI H.N	Parlani H.N	256
281	PRIYANKA S.	Priyanka s	0 la 3
282	RAKSHITHA T.	Rakehitha T.	146
283.	LAVANY A. L.	baranja b	246
284	Mehek Josephox	mehek findhor	843
285	MANASA B.P.	Mamasa 13.P	Lh76
286	Rakpheth. V.	Rohshitha.V.	BING
284	Rulavi CV	Panavi c.v	8 13 5
288	Nisarga K.R	nisorga K.B	F110
589	kusuma m.K	Kuscema m.k	848
290	Rasshitha. M.R.	Ratshitha.M.R	pus
291	Pou ethi B.S	Porce this B.S	000
595	Rashme H.A	Rayhmel H.A	175

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Self Defence Camp: 27-07-2021 to 29-07-2021  Participated Students list		
Sl. No	Name	Signature
293	PHIKKhitha M.D	DMIRRHAM M.D
294	priyanka. M.L.	priyanka. M.L
295	Manasa CD	'Manapa Cip
296	Tayashree. p	Tayashree.p
297	Bhoomika, \$	Bhoom9 ka. 3
298	Deckela. T.M.	Deekeho, T.M
299	Annapurra B.P	Annapurna B.P
300	k. Dhyasheree	K. Dhyarbores
301	Jayalakehné B.J	Jaydakshni B.J
302.	ARPL. D.C.	VAnju. D.C.
303	Apoosva P.R	Apoosva P. R
304	Ehanalokshm?	Shanalaksum?
305	Jannovi. B.v	demouri B. v
306	Impana, MiR	Impana M.R.
307	Chandera B. 8	Chardana B.S
308	chandona. K.R	chandong K.P.
309	kayana M.A	hallana M.A.
310	Aishwanya. D	Aishwanya D
311	Deneko O B. M.	Deuk 6. B.M.
312	Gagana T.15	Gagana T.15
313	Deckshitha D	Deo Shitha D
314	Harshitha. G.C	Harshitha. G.C
315	Chaithra B.S	Chaithra BS
316	derfugaryak	disharanea R.
317	Bradhushree B. 2	Bradherhee I.2.
318	chethana B.R.	chellaro B.R.
319	Anaya A.V.	Aucunter Av.
320	Chaithora B.P	Chaithona B.P
321	Anusha N-V	Anusha, N.V
322	Akshathu. K. R	Akshather . K.R
323	Ambika N.S	Ambika . N.S.

Self Defence Camp: 27-07-2021 to 29-07-2021 Participated Students list		
1. No	Sl. No	SI. NO
324	Chandera V.l	Chandono V-L
	AMWINP M.S	Alhwini Mrs
326	Divya. TR	DivijaitR
327	Latha H.V.	· fatha th.V.
28	Nisonga, K.J.	198099a. K.J.
29.	Mahalakshmi B.M.	Mahalakahmi B.M.
330	Povia	400)a
331	Kanya B.5	Kanya B.S
332.	Priyanka. K.R	Priyanka. K.R
333	Nalina B.D	Nalima B.D
334	Manasa B.N.	Marasa B.N
335	Paryanta A.C	Priyanka. A.C.
336	Kusuma M.H	Pruluma M. H
337 337	Monisha Bl	Monisha Bd
338	Nikhitha.d	Nikhitha.&
339	Kusuma . 8	Kusuma. S
340	Pavithra . K	Payethra. K
341	Pooja, Y.R	Pooja V.R
342	kaviya. s	kavija . s
343	Lakshmi	Lakshmi
34A	Moska B. N	Moolko, B.N.
345	Mooka S.R	Moorka.S.R
346	Meghana J. N	Megbasa J. N.
3487		Poopers
348	Proje P.R. Lalithya N.V	Lalithya N.V
349	Preethi Hok	Pareethi Hole
350	Nandini KN	Nandini KN
351	Psujyanka. R	Psiyonka. R
352	Navya, M.S	Manya. M. S.
353	Pauthra C.B	Parthra. C.B
354	Narmala Kod.	Neemala, K. N.

	Self Defence Camp : 27-07-202 Participated Studen	21 to 29-07-2021 ats list
S1. No	Name	Signature
355	Lekhana. M.B	Rekhana. 191.13.
356	Rakshitla CA	Raksh?+Ra C.R
3057	Kusuma	Kusuma
358	Chaothera. A.R.	Chaethora A.R
359	Bhoomika.T.V	Bhoomika.T.V
360	yashaswirni. M.H	Yashaspini, Mik
361	Deepila. 19.8	Deepika 19.8
362	Lekhana. A. S	Lekhana. A.S
363	Mandona. R	ettendara, R
364	Mahalakehoni Tig	Mahalakehm? T.G
365	Kauya P. y	Havya P.Y
366	manasa M. R	D. Carlotte
767	K. S. N. K. tha	M. S. N. Ritha
368	Karya S. R	Kuye S.B
369	Anusta m.R	Anusha m.R
340	Greetha S.N	Greedha S.N
371	Asichana LiB	Asichana LiB
372	Bhoomika B.U	Bhoompka Ber
373	manustrace Hills	manustrale 11.67
DFE	Assoma NIL	Aroma N.L
375	Kauara m.c	tout.
376	Anusha S.m	Anushas I'm
377	Navya, B.P	Naugh BP
378	Harslitha 818	Hanshitha Os
379	manasa B.k	manasa B.k
380	Deepiko N.V	Deepiko N.V
381	Shanalakshmi .mp	Dhonalatehme ma
382	flasifa	flanta
383	Mukan	Must
384	MAYAMMA K.S	noi
385	keerthara	kenttara

	Self Defence Camp: 27-07-20 Participated Stude	
Sl. No	S1. No	S1. No
386	thatpana. this	Pratono fr. 1
387	Manasa T.H	Manara T. M
388	Chandrakala G.	Chandoukala G
389	bavanya H.R	bayanya H.R.
389 <b>389</b>	Gowda Sumila	Sumitors
400391	abobee m.c	suble me
392	Sahara S.M	Satara S.M.
393	Tejaswini. G.S	Tegarwine, G.S.
399	Anusha MS	Anusha me
395	Sandya M.B.	Sendyo Mily
396	meghana 13, L	Meghana B.L
397	Latshmidevi. D.	Latermi devi p
338	Mamatha. D.R	Mamatha. D.R.
399	Pavithona -415	Povithna-tis
H00	uasontha	uasontha
401	Likhitha K.R.	Likhitha R.R.
402	Hemolatha HP	Hemas
403	Chondona P.M	93000 p M
404	Pooja T.B	Pooja P.B
405	Lakshnidevi. v.c	lakehmideri.v.c.
406	Priyanka, v	Poryauton N
407	Gagara, U	Epgana v
408	Pooja k.J.	( Jours 735
409	Sneha. 5	Brieka .5
410	Hamsakumavi. N.B.	Florya
411	Meghana. L	Meghana.L
412	Meghana Deg	Meghana Dig
113	Radha. V.S	Radha. V.S
414	Likhitha, G.T	Likhidhay 611
415	Lekhama. G.T	Lekhang. G.T
416	Hemalatha S.D	Hemalatha S.D

	Self Defence Camp: 27-07-2021 to 29-07-2021 Participated Students list	
Sl. No	Name	Signature
417	Mano H.L	Mano H.L
413	Tejaswini. T. M.	Tejaswini. T.M.
419	Lachrui H-8	Lashui H.S.
420	Nithia M.R	Nishila.m.R.
421	Sowmya. V	Source ov
422	komala, m.J	komola, m)
423	kayya. H.S	parya. H.g.
424	Shobha. H. J	Shobha. HJ
425	Than uphonce B.N	B.N Hand
406	Kusuma C.S.	KOR
FCH	Misarga . B.H	D.
428	KUSUMA S.R	kusung
429	Nischitha CK	Nichethalk
H 30	A. N. Ruchitha	A.N. Ruchitha
H31	pallavi.y	pallavioy
भ 32.	Vænshistna DeR	Varashitha D.R
433	Ruchitha B.N	Luchitha B. N
434	Manasa A.V	Managa A.V
435	Anusha. C.R	Anusta C-R
436	Divya · D	Divya .D
437	Swathe C	Ona.
438	sovitha. J	Self
<b>H39</b>	Sushmitta	sushmitta
440	Monska H.R	Mousea. H. R.
441	Ruthu. L.T	Redher. L.T.
442.	(Archana K.L	Archana. K.L
443	Alshwaouga G.R	e three so
444	Bounda R.R	General & R
445	Meghana, S.B	Meghana, S.B
446	SIN8HU.M	Sondparm
447	MINCHANA. J	minchana J

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	Self Defence Camp : 27-07-2 Participated Stud	021 to 29-07-2021	
S1. No	Sl. No	Sl. No	
448	Nithya.K	Nithya 5	
449	POOJA	Po	
450	DIVYA. B.C	Dinyo B.c	
451	SUMATHT B.N	Samaria Da	7/
453	RAKSHITHA. KS	Rakalitha. KS	
453	ROOPA. MS	Roopa M. &	
4.54	VASHASWINI S. Q.	vashaswini s.R.	1
455	KAVANA B.R	havena B.R	
456	manjula shree-m	manjula shoros M	
157	KRUTHIKA - G	Kou thika by	10
158	kousalya H	Kowalya H	
PSL	NISARGA M.M	Niesarga	7
460	DEEKSHITHA B.R	Deckslithia B.R	1 8
461	Priyanka, K.S	Priyanka KS	30
462	Garatini 7-8	Gayathan ts	12
463	haks he tha Jain S.	Labshitha Jain S	E
464	Rangitha . H. L	ರಂಜಕ. H. L	(-)
465	Sinvan Fathima	Simian Fathing.	J.E.
466	Pooja.S	Dogic S	38
467	Puttalingamma. G.R	Pattalingamma GR	le.
+68	Moulya K.R	Mouly a K. P	t.
+69	Impana cs	Impanacis	18
170	RADHIKA N.A	Radhika N.A	Dr.
471	KAVANA H.K	स्तंत्रं कथिं, से.	H
472	VY SHALT. E.K	Vyshale. E.K.	Ħ
473	PRAKRUTHS. A.K	Porakouthi . A. K	14
4784	Sangeetha. N	Sangeetha, N	141
475	sahana. N.M	Sahana. N.M.	
476	Chandelka. K.A	Chandrila K.S	
477	Surhmitha D.M	Sushmitha D.M	
478	Hajira Kulsun	-ttajila Lulur	U

N.	Self Defence Camp: 27-07-2021 to 29-07-2021  Participated Students list		
Sl. No	Name	Signature	
479	Ashwini C.R	Ashwini C'R	
480	Preethi G.N	Predni. G.N	
481	Spandhana.c.	Spalls	
482	Meghana S.		
#83	Marya C	Myando	17.0
484	nauga H-S.	porceybe is.	
485	Shreenallyha R	Geore	-
486	Likhitha. A	likhitha.A	170 100
487	Tyashwinis.N	Tejashuini S.N.	- None
488	Suma.NV	Buma Ny	
489	Thanushoree.s.	Thanusbuce.S.	
490	Surrayya banu.	Rumaya Baru	
491	Yashaswini.c.V.	Yashaswini.c.v	
492	Yamuna. N.	Yameena N	
493	Sonjano M	Soziono M	
494	Edwisti K.R	Sousti K.R.	ŀ
495	Sushma. M. L.	Sushma M.L	
496	Sushmitha. H.B.	Sushmitha. H.B.	b
497	Sangeetha B.A.	Sangeotha, B. A.	ŀ
498	Shela. B. N	Shula BN	
499	Sughma k.B	Sushma k.B	
4500	Shailaja B.N	Shailaja 13.N	1
501	Yamuna .T	Shailaja 13.N Yamuna:T.	
502	SONU B.R	SONU B.R	
503	Roopa, K.L	Roopa K.L	7
504	Sona VIR	SonaviR	
505	Sanjana.R	Sanjana R.	
506	Vapudha K.S.	Vapudha Kis	
507	vijayalakshmi.s	wjezalakelini s	
508	Voosha G. A	vogsha K. A	
508	Supaith H.R	Supoitra H.R	

l. No	Participated Stude Sl. No	Sl. No
09	Shalini. B.P.	Shalini . B.D.
70	Suchithra. BS	Shalini. B.p. suchiffma. BS
11	Smithu D. M	Smither D.M
12	Senu D. M	Sonu D. M
13	Sahana M.K	Sahana. MK
4	Sarily	Soula
15	P. Tejashelinis	Telaskulino 3
16	Southo N.El	Janutha NH
17	KAMAKSHE. D.M	Tramakehir
18	Lavanya, S.N.	Lavanya . S.N.
79	SPANDANA. C.N	Spandana G.N
<u>೩</u> 0	HANT	Homi
21	AMBIKA, M	Amkika M
28	Bindu b.R	Bindu b. R
23	SAVITHA-N	ent
24	Rakshitha shi vamand Tumbagi	Paksatha
25	Thejas wini . 8	they was a second
26	Nough shore B.S	Navybshree B.S
27	Savitha 1	Sovitha. L
28	Bhoompha CiR	Bhoomb
19	Sahana B.U.	Saham
30_	Demathe B.N	Dernette, B.N
31	Ebruels ha Sh.	Shurthan Goh
32	ANUSHA T.M	AnushaTM
3	Manjula. S	Transcula.
34	Peofa	Por
35	DIVYa. Be	Dingo, B.
36	SINDHU	Sindhu,
4	Trothi K.R	From AR.
38	Ap808Va, M.D	Apoorva MD
39	Randfa . M.S.	Sandfa . M.S

	Self Defence Camp : 27-07-20 Participated Stude		
Sl. No	Name	Signature	alf its
540	sindhu.m.n	findhum.n	-02P
541	Kowya m R	Kavya m.R	133
542	CHANDANA, S.P	chandana.s.p	2.5.3
543	DHANUTASHREE .S.	Dhanyashree, S.	583
544	SWETHA.V	Swetha . Y	Ave
545	RANJITHA. H.	Ranjitha, H.	328
555	Nisarga B.V	Nisavga B.V	987
556	SAHANAH.K	Sahana. HK	F/78
554	RACHANA P.IC.	Jacha ha	218
558	Bhoomeka. R	Bhoomika R.	958
559	HARSHITha. Sov	faishitha S.v.	123
560	Bindu. P	Birdu.P	
561	Helitha ver.	Hogitation. N. Cr.	207
582	Yasdbull NS	JaSHawiHINS	N 60
563	SUPREETHA. CM	Sup	345
564	VANITHA A.S.	Vanitha.	965
565	CHANDANA M.S	clandero vs.	503
566	SHAHREEN NEHA	shaboren nela	160
567	M. AVAVAG	Nayana, M	PPQ.
568	SHALINI S.V	Shalini S.V	T 4600
569	SHOBHALAKSHMJ.14.D	Shod Kip	103
570	KAVANA K.M.	Kavana King	P(0)
571	ANUSHA, K.S		(00)
572	PUSHPA FI.R	<b>P</b>	T OF
573	SWATHI K.S	Eweopi KS	505
574	DEEPIKA K+N	Deepika K.N	dog_
575	SUSHMITHA . K. M	sushmitha. K.m	
576	LEELAVATHI	technoothi	
577	LAKSHMI	that	109
578	SANGEETHA. N.S		u_9_
579	LAVANYA C.S	Lavorya C.S	

Self Defence Camp: 27-07-2021 to 29-07-2021  Participated Students list		
Sl. No	S1. No	Sl. No
580	SWATHI K.C	7508 K.C
81	SHASHIKALA. P.L	ShaShikala P.L
582	Rachana D.U	Rachana Die
583	BHAYANA T-E	Bhavana T-E
58H	A: showing A.S	J. S. sycocands. L.
85	Roopa, M.D.	Rouper. min.
£86	Geether in a	Geetha. M. R
587	They aswing, T.D	Thejaduini, T.D
588	Anushar D.S	Anushov. D.S
590	KarryaoP	Karyait
591	Sahana. K.S	Sahana .K.S.
592	Harshitha. S. L.	Harshetha. S. W.
593	Mandini. A.M	Nandini A.M.
594	Kulsum	Kulsum
Sas	Ravecra M.D.	Ravecra, m.p.
596	Gragagna, A. S	Cragano AS
597	vinutharani, K	vinutharani, K
598	Rakshitha D	Rakshitha.D
599	manasa K.M	manasa k.m
\$ 2600	Thatshitha p.c	Transhithap-c
601	July tha MR	Jewitha MR
God	N.M. Dimpol.	N.M Dimpal
603	Bhoomika M.R	Bhoomika M.R
60 h	Sushni HaiD	sushnitha iD
605	kayana K.T	kayana kit
60.6	Shobha mil	Shobha m 17
607	Brunda. K. R	Brunda-K-B
608	Meghana. K.R	Meghana.K.R
609	Poonnima, v. S	Paginima, V.S
610	chandana H.D	chandana HD

S1. No	Participated Stude Name	Signature
611	Shreeroksha, R	Showarkhak
612	heuthana. B.N	Keenthava B. A
613	Pooja-S-K	Doga.S-K
614	Manasa G.D	Manasa G.D.
615	Vinutha S.	that
616	Nametha. S	South S
617	Schelana, E.R	Speakare E. P.
618	SAHANA D.N	Sahara D. N
379	pallov: B	Palbul. D.
620	wowsha er p	Lesoully M. P
		PRINCIPAL Adichunchanagiri Coffege of Arts and Commerce
	May	amangala-071 402, mans, s
	p 2.	
		P