



A.V. COLLEGE OF ARTS, SCIENCE & COMMERCE, (AUTONOMOUS)

(Affiliated to Osmania University)

Gaganmahal, Hyderabad-500029, Telangana

Accredited with 'B++' Grade by NAAC (3rd Cycle)

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ACTIVITY REPORT

1.Type of Activity : Outreach program

2.Title of the Event : Awareness on Self-Defence

3.Date of the Event : 9/7/2025

4.Name of the organizing Unit : Department of Commerce.

5.Name of Coordinator: Dundigal Vinay Raj Karate & Yoga Master, along with his trained team.

6. Place of the Event: Bharat Scouts & Guides Model High School

7. Weblink of Report provided to your Dept/College Website: NIL

8.No of Participants List : 82 Students and 15 staff members

9.Activity Program Details : Warm-up exercises, Blocks, punches, Kicks, some self-defence techniques, and trained students' demos. Master executions, suggestions on karate and self-defence benefits.

10.Outcomes/Benefits: The main aim of the self-defence program is to awaken the flexibility and stamina in the students. Self-defence program helped them to know their sense of self-worth, also learn the art of posture, good eating habits for a healthy lifestyle.

Overall, they enjoyed this self-defence program. The students understood the Self-defence, Self-control, Self-discipline, and Self-motivation concepts.

11. Geo-Tagged:



Chhavi

Dr.Ch.Rajalingam
Principal

PRINCIPAL
A.V. College of Arts,
Science & Commerce
Gaganmahal, Hyderabad-29