



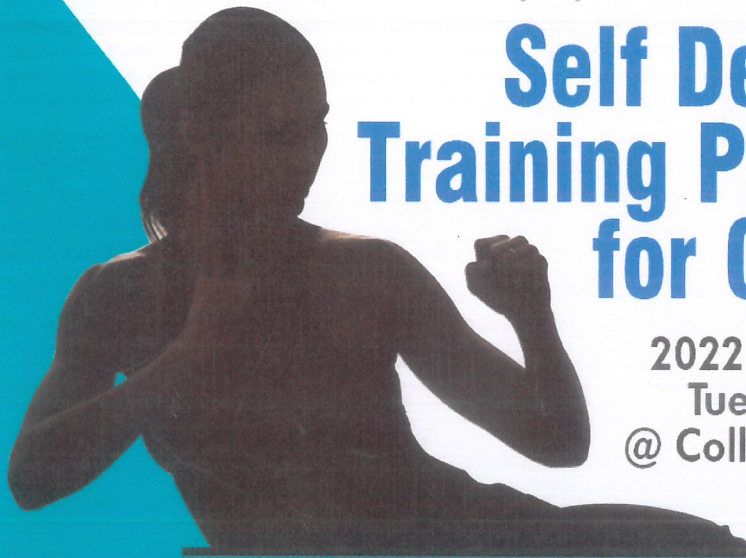
**WIRAS**  
WADIHUDA INSTITUTE OF  
RESEARCH & ADVANCED STUDIES

**PG DEPARTMENT OF COMMERCE**



**Commerce  
Association**  
*Organises*

*Self defence is life style. Always prepare.  
Always protected*



# Self Defence Training Programme for Girls

2022 November 29  
Tuesday, 10 am  
@ College Auditorium

**Resource Person**

**Dr. Venugopalan K**

(7th Degree Black Belt, Taekwondo)



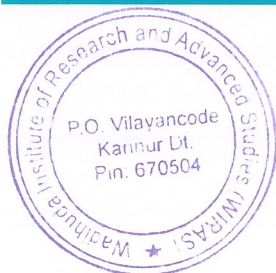
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**Affiliated to Kannur University**

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*C. S. S. S.*

Principal  
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and Advanced Studies (WIRAS)  
P.O. Vilayancode, Kannur Dt., 670504

DATE: 28.11.2022

**NOTICE**

The PG Department of Commerce is organizing an orientation programme on self defence on Tuesday, **29th November, 2022**, at 10:00 a.m. for the female students of WIRAS. All are invited.

**Venue: College Auditorium**

Copy to: Principal

*P. S. S. S.*  
28/11/22

HOD  
*Pella Sameel*




*C. S. S.*

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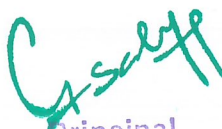
PROGRAMME SCHEDULE

- WELCOME SPEECH : SHAHDA .M.K  
(1<sup>ST</sup> SEM B.COM CO-OPERATION)
- PRESIDENTIAL ADDRESS : NISHANA  
(CO-ORDINATOR, COMMERCE ASSOCIATION)
- INAUGURATION : DR.MUHAMMED ASRAF  
(PRINCIPAL,WIRAS)
- FELICITATION : SAHEED V K  
(IQAC CO-ORDINATOR,HOD, PG DEPARTMENT OF CHEMISTRY)
- ASWIN V.C  
(ASST.PROFESSOR, PHYSICAL EDUCATION DEPARTMENT)
- EXPERT TALK : **DR.VENUGOPALAN**  
(7<sup>TH</sup> DEGREE BLACK BELT ,TAEKWONDO)
- VOTE OF THANKS : AMBIKA C.V  
(2<sup>ND</sup> SEM B.COM COMPUTER APPLICATION )



  
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## REPORT ON SELF DEFENCE TRAINING PROGRAMME

Date : 29-11-2022  
Venue : College Auditorium  
Participants : Female Students of WIRAS

With regard to the celebration of International Day for the elimination of violence against women, the Department of Commerce conducted an Orientation session in self-defense training for the female students of WIRAS, on Tuesday, 29th November 2022. A renowned Taekwondo instructor, Dr venugopalan who holds 7th degree in black belt was the resource person. He was assisted by his team.

The session was inaugurated by the Principal with an interesting self defense mechanism taught by the instructor. The session basically revolved around the demonstration of some relevant moves to protect oneself from harms of all cause.

There was an over whelming response from the audience. Those tiresome sweating faces who kept cheering loudly throughout the session revealed how proud they were to be a part of such an extra ordinary event. The class has boosted their self confidence and improved individual self esteem.

*Della Samuel*  
29/11/22

HOD : Della Samuel

Programme Co-ordinator : *Neethu*  
*Neethu*



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# WIRAS

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PG DEPARTMENT OF COMMERCE



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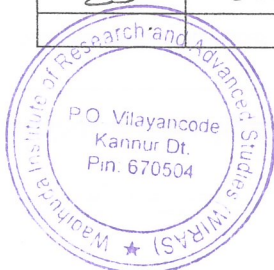


**PARTICIPANTS LIST**

**SELF DEFENCE TRAINING PROGRAMME**

Date: 29-11-2022

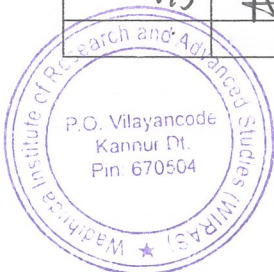
Sl no	Name	Class	Signature
1	Sasa Kamna	B.COM CA 1 <sup>st</sup> sem	
2	Fathima Sahla-b	"	
3	Shobnam kabeema	"	
4	Shifa A.V	"	
5	Fathima Abdul kadir	"	
6	Rushda S.V	"	
7	Sina C.P	"	
8	Nihala. A.V	B.com co-op 1 <sup>st</sup> sem	
9	Ayishabi.k.p	B.com co-op 1 <sup>st</sup> sem	
10	Haritha E.C	B.com CO-OP 1 <sup>st</sup> sem	
11	Jasna-b.P	"	
12	SHAHDA M.K	"	
13	HIBA <del>ARIF</del> P.V	BSc Psychology	
14	Fathimathul Nafiq	B.com co-op 1 <sup>st</sup> sem	
15	Fathimathu Sana.V.C	B.com co-op	
16	Fathimaths Sana P.V	MSc Psychology	
17	Rufaida Beegam	"	
18	Juha T.V	B.COM. CA	
19	HaiFa m.k	Bcom.ca	
20	Ambika C.V	Bcom ca	
21	Ayshaath Subisath	Bcom coop	
22	RAFLA.K.V	"	
23	Fathomathu Sana	Bcom CCA	


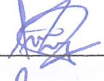
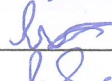
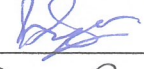
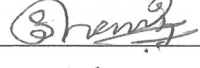




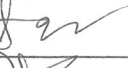



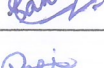


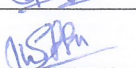

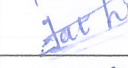
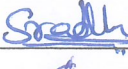







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27	Fathima Kadar	B.com - Co-op	Fathima
28	Naja Naseem A	B.com CA	Naja
29	Ruhaiifa -KT	B.com CA	Ruhaiifa
30	Pooja A	B.com - Co-op	Pooja
31	Shamsheeda VP	"	Shamsheeda
32	Safiya K	"	Safiya
33	Noor Fathima	"	Noor
34	Aana Abdulla	"	Aana
35	Rahila	"	Rahila
36	Ashifa Ashraf	"	Ashifa
37	Amna	"	Amna
38	Binshidhu	BCA	Binshidhu
39	Musthamiya	"	Musthamiya
40	Shahama	"	Shahama
41	Adhila	"	Adhila
42	Amina	"	Amina
43	Fathima MAV	"	Fathima
44	Fathimeedul sala Housis	BSc BEd	Fathimeedul
45	Heenelha Anwar	"	Anwar
46	Saniya	B.com CA	Saniya
47	Fathims Mahamad	"	Fathims
48	Shamna	"	Shamna
49	Nazila	"	Nazila
50	Aminu Misaj Nousthad	MSc. Counselling Psych	Aminu



46	Ameena Sherin	M.A counselling psy	
47	Amina Naseela	"	
48	Rufaidah Begum C.P	"	
49	Fathima Sana	"	
50	Shemila.P.K	BSc Psychology	
51	Fathimee.K.K	"	
52	Najiya CMT	"	
53	Shehnaas	"	
54	Kadceja Jara	BCA	
55	Wafa Abdulla	"	
56	Fidhaa Fathima	"	
57	Nihala Arif	B.Com - CA	
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60	Raseena	"	
61	Nihana	"	
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63	Shafna	"	
64	Sana	"	
65	Fathima OT	"	
66	Sradha V.V	BSc Psychology	
67	Shahama.	"	
68	Mahvika	"	
69	Rushda Shareef	B.com Co-operative	
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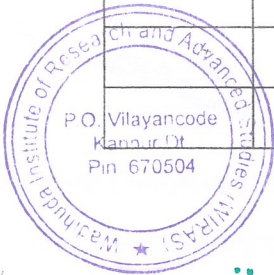
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84	HIBA BASHEER	" "	Hiba
85	Fathima Shamreena K.V.T	B.Sc Psychology	Fathima
86	fathimath Noora .T.T	"	fathimath
87	Rameesa.k	"	Rameesa
88	Subaidabi .Pk	" "	Subaidabi
89	Fathimath Sanaa	"	Sanaa
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91	Letana Abdulla	B.com Co-op	Letana
92	Ishra M	BSc Psychology	Ishra



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