

Session: 2018-19



SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596

Date: 12th July, 2018

Time: 3:00 pm

Venue: College Auditorium

AGENDA:

- First meeting of the Academic year 2018-19 to plan for awareness campaign

COMMITTEE MEMBERS:

Members in the meeting present were,

S.NO.	Members	Designation
1	Dr. NAHAR SINGH	Principal
2	Ms. POOJA DUBEY	Coordinator
3	JAYA SHARMA	Member
4	KOMAL GUPTA (B. ED.2017)	Student Member
5	ANKITA MISHRA (B. COM 2018)	Student Member
6	ANISHA SHARMA (B. SC. 2018)	Student Member

MINUTES OF THE 1ST SESSIONAL MEETING OF THE WOMEN'S CELL:

1. Welcome and Introductions:

- The meeting commenced with a warm welcome to all attendees by Principal.
- Each member introduced themselves, stating their role within the committee.

2. Review of Mission and Objectives:

- The mission of the Women's Cell, as outlined in the agenda, was reviewed.

3. Discussion on Awareness Initiatives:

- There was an extensive discussion on spreading awareness among students about the social, legal, and constitutional rights of women.
- Ideas were shared on organizing workshops, seminars, and awareness campaigns to educate students about gender equality and the importance of women's empowerment.

4. Promoting Self-Reliance and Economic Independence:

- Strategies were discussed to encourage female students to become self-reliant and economically independent. It was suggested to organize skill development workshops, entrepreneurship programs, and career guidance sessions to empower female students.

5. Action Plan and Next Steps:

- An action plan was formulated to implement the discussed initiatives effectively.
- Responsibilities were assigned to committee members for organizing various activities and events.
- A timeline was set for the execution of action items.

COORDINATOR

Pooja

PRINCIPAL

SRI KRISHNA DUTT ACADEMY
2D/HS-1, Vrindavan Yojna
Raibareilly Road, Lucknow



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Notice

Date : 03/08/2018

This is to inform all the member of women cell that you all have to attend a meeting in Principal's Office on 06/08/2018 at 04:30 pm.

Agenda of the Meeting :

- 1- To discuss about the problems of female students.
- 2- Any other agenda with the permission of chairperson or coordinator.


Coordinator


Principal
SRI KRISHNA DUTT ACADEMY
2D/HS-1, Vrindavan Yojana
Raibareilly Road, Lucknow





Minutes of the Meeting

Date : 06/08/2018

Minutes of Meeting :

- 1- A women cell meeting was called and it was seen that the females have no complaint.
- 2- No other agenda to be discussed.

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Notice

Date: 24/8/2018

This is to inform all the members of women cell that you all have to attend a meeting in Principal's room on 27/8/2018 at 4:45 pm.

Duty Chart of members:

1. Inviting the guest:
2. Organising the lectures:
3. Informing the various department:
4. Feedback form:
5. Action taken report:

Ms Pooja Dubey *Pooja*

Dr. Jaya Sharma *Jaya*

Dr. Sunita Srivastava *Sunita*

Anisha Sharma (Student) *Anisha Sharma*

Ms Madhu Rani Chawla *MRani*

Agenda of the Meeting:

1. To review the proceedings of previous meeting.
2. To plan a work shop.
3. Any other agenda with the permission of chairperson or coordinator.

Pooja
Coordinator

Pooja
Principal
SRI KRISHNA DUTT ACADEMY
2D/HS 1, Vrindavan Yojna
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Date: 27/8/2018

Minutes of the Meeting:

1. Reviewed the proceedings of previous meeting.
2. As required, it was resolved to organize a work shop on "Self Defense"


Principal
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Date: 24/9/2018

Minutes of Meeting	Action Taken Report
1. To review the proceedings of previous meeting.	Ms Madhu Rani Chawla read the review of the previous meeting
2. As per required it was resolved to organize a workshop on "Self Defense".	As per required, a workshop on "Self Defense".was successfully conducted.


Principal
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Date: 3/09/2018

NOTICE

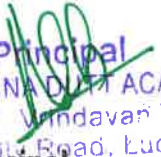
All the faculty and students of Sri Krishna Dutt Academy are hereby informed that a 5 days workshop will be organized by our college on "**Self Defence**" from 18 Sep 2018 to 22 Sep 2018 from 03:00 pm to 04:00 pm.

All the students are required to get registered before 7 Sep, 2018.

cc-

1- Notice Board for display

2- All dept.


Principal
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2D/HS-1, Vrindavan Yojna
Raibareilly Road, Lucknow
Principal





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Date: 3/09/2018

Invitation Letter

To,

**The Warriors
Eldeco, Lucknow**

Sub : Invitation for resource person

Dear Sir,

Greetings from Sri Krishna Dutt Academy, Lucknow. It is our honour to write to you and extend this warm invitation to be a resource person for our upcoming workshop on " **Self Defence**" to be held on 18 Sep 2018 to 22 Sep 2018. You are requested to be the resource person for the workshop on the topic **Self Defence** from 02:00 pm to 04:00 pm at our venue.

You will be provided TA/DA as per university norms.

Best Wishes/Regards,

Principal
SRI KRISHNA DUTT ACADEMY
2D/HS-1, Vrindavan Yojna
Raibareilly Road, Lucknow





SRI KRISHNA DUTT ACADEMY

(Affiliated to University of Lucknow and Recognised by NCTE)

Workshop on "Self Defence"



Organized by
SRI KRISHNA DUTT ACADEMY
LUCKNOW
Under the Aegis of Internal
Quality Assurance Cell (IQAC)

Date & Time

18th to 22nd September, 2018

Venue

SRI KRISHNA DUTT ACADEMY
Vrindavan Yojna, Raebareli Road, Lucknow

About the College

Sri Krishna Dutt Academy, Lucknow has always been conscious of its role as a constructive and responsible part of the society. Utmost attention is given to all overall development of the personality of students. In spite of a phenomenally large number of students, the standard of discipline is well maintained. The student teacher relation remains absolutely cordial. The college also provides professional and personal counselling to the students. Our institution's main objective is to link academic education with job opportunities. Overall consistent and unstinting efforts of the college are borne out by the fact that students enter the college as uncertain and bewildered but leave its portals as much more confident and focused.

About the Workshop :

Join our empowering Self-Defence Workshop and learn essential techniques to protect yourself in any situation. Our expert instructors will guide you through practical skills, including striking, blocking, and escape maneuvers. Designed for all ages and fitness levels, this workshop focuses on building confidence and awareness. Gain valuable insights into personal safety and risk assessment. Participate in hands-on drills and real-life scenario training. Develop the mental resilience to stay calm under pressure. Our supportive environment ensures a safe and engaging learning experience. Equip yourself with the tools to stay safe and confident.

Guest of Honour

Manish Singh is the director of Sri Krishna Dutt Academy. With a robust skill set that includes strategic planning, customer service, social media management, public speaking and more, Manish Singh contributes valuable insights to the industry.

Principal
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Raibareilly Road, Lucknow



2D/HS - 1, Vrindavan Yojna, Sector - 2,
Raebareli Rd, Lucknow

Call

7080111596, 7754805222, 7754852224

www.skdacademy.co.in SriKrishnaDuttAcademy





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Guidelines For The Participants

Registration is mandatory for all participants. Only registered participants will be allowed to take part in the workshop. Participants can participate in the workshop in offline mode. Participants will be able to receive certificate.

Registration Portal -

1. Get yourself registered in college.
2. info@skdacademy.co.in

Registration fees - ` 300/-

Bank Details -

A/C HOLDER NAME :

Sri Krishna Dutt Academy Degree College

BANK NAME : HDFC

ACCOUNT NO : 50200065299278

RTGS/NEFT IFSC: HDFC0000078

ACCOUNT BRANCH : Hazratganj, Lucknow (U.P.)

Trainer

The Warriors, Eldeco, Lucknow

Organizing Secretary

Dr. Nahar Singh

Organizing Committee

- 1- Ms. Pooja Shukla
- 2- Dr. Jaya Sharma
- 3- Ms. Madhu Rani Chawla

TRAINING SCHEDULE

Day 1 - 18th Sept, 2018

- Basic principles and mindset of self-defense
- Awareness and Prevention Techniques

Day 2 - 19th Sept, 2018

- Basic Strikes: Punches and Kicks
- Defensive Stances and Movements

Day 3 - 20th Sept, 2018

- Blocking Techniques
- Escaping Grabs and Holds

Day 4 - 21st Sept, 2018

- Escaping from the Ground
- Practice Drills with Partners

Day 5 - 22nd Sept, 2018

- Practicing Ground Defense in Controlled Scenarios
- Tips for Staying Calm and Focused

Principal
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Report on One week Workshop on Self Defence

One-week Workshop on self defence from 18th September to 22th September 2018 was conducted at the Sri Krishna Dutt Academy from 02:00 pm to 04:00 pm. The workshop included various techniques such as Kickboxing, Tae-Kwon-do, Judo, Kung Fu, Karate, Krav Maga etc. The program observed the active participation and involvement of all students. The self-defense workshop conducted was an empowering event, equipping participants with essential skills and knowledge for personal safety. The session covered fundamental techniques such as situational awareness, basic strikes, and practical self-defense moves.

The program witnessed its pinnacle on the final day owing to the august gathering of the Chief Guest, The Warriors.

The workshop started off at 2 PM with an introduction where the trainers enlightened the students and shed light on the themes of 'Domestic Violence and Safe Journey'. Keeping in view the rising number of crimes in the country, it is important to provide self-defence training to them in the colleges to ensure their safety and security. Expert instructors demonstrated effective strategies to escape potentially dangerous situations.

Self defence training techniques instills self confidence amongst students, the head trainer from the Warriors, spoke largely on the kind of violence 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, Obscene Calls that comes to the Special Police Unit for assistance. 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 advice and tips to the students on how to avoid situations and circumstances that may lead to unwanted/untoward incidents.

The workshop on self-defense proved to be a resounding success, equipping individuals with both physical skills and a heightened sense of awareness. Empowering participants to take an active role in their personal safety, the workshop served as a valuable resource in building a safer and more confident community. As the lessons learned resonate, the impact of this workshop is expected to extend far beyond its duration, contributing to a culture of self-reliance and security. Participants engaged in hands-on activities, fostering a sense of confidence and preparedness. The workshop emphasized the importance of mental strength and quick decision-making in high-pressure scenarios.

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Attendees left with newfound awareness and practical skills, ready to enhance their personal safety. Overall, the workshop successfully instilled a sense of empowerment and equipped individuals with valuable tools for self-defense in various situations.

Attendees left with a heightened sense of self-efficacy and a better understanding of potential threats. The interactive nature of the workshop fostered a supportive environment, allowing participants to practice and refine their newly acquired skills. Overall, the event successfully equipped individuals with valuable tools to navigate and respond effectively to various situations, promoting a sense of empowerment and security. The training was given for a week and the female as well as the male students learnt the basics of self – defence.

Prepared by:
Jaya
Dr. Jaya Sharma



Jaya
Principal
SRI KRISHNA DUTT ACADEMY
2D/HS-1, Vrindavan Yojna
Raibareilly Road, Lucknow





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One Hour Workshop on "Self Defence"

Certificate of Participation

This is to certify that

Mr./Ms.

has participated in the One Hour Workshop on "Self Defence"
held from 09th to 13th November, 2022
organized by IQAC of Sri Krishna Dutt Academy, Lucknow.

Principal

Director

Incharge

2D/HS - 1, Vrindavan Yojna, Sector - 2, Raebareli Rd, Lucknow www.skdacademy.com Sri Krishna Dutt Academy



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Notice


Date: 08/02/2019

All the members of cultural committee & Women Cell are required to attend the meeting scheduled on 11 Feb, 2019 in the conference room at 04:45 pm.

Agenda:

- 1- To review of the minutes of previous meeting.
- 2- To plan the celebration of International Women's Day on 08 March, 2019.
- 3- To discuss various activities to be conducted.
- 4- To assign duties to faculty members.
- 5- Any other agenda as decided by the coordinator.


Coordinator


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Minutes of the meeting

Date : 11/02/2019

Minutes of the meeting:

- 1- Celebration of International Women's Day to be done on 08 March, 2019.
- 2- Name of the interested students of B. Com, B.Sc. and B.Ed. are to be collected by the class in charges before 15feb, 2019.
- 3- Speech competition will be organized.

Member Present

Ms. Pooja Dubey (Coordinator)

Pooja

Dr. Jaya Sharma (Member)

Jaya

Ms. Madhu Rani Chawla (Member)

M Rani

Komal Gupta (Student Member)

Komal

Ankit Mishra (Student Member)

Ankit

Anisha Sharma (Student Member)

Anisha Sharma

Principal
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Vrindava
eilly Road, L





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Date: 08 March,2019

Action taken report -

S.No.	Minutes of meeting	Action taken report
1	Celebration of the International Women's Day to be done on 08 March 2019 .	International Women's Day celebrated on 08 March 2019.
2	Speech competition is to be organized on Beti bachao Beti Padhao.	Speech competition was organized on Beti bachao Beti Padhao.
3	Name of the interested students of B.Com, B.Sc. and B.Ed. are to be collected by the class in charges before 23Feb .	Names of the interested students collected by the class in charges before 23 Feb.
4	Speech competition will be organized in Auditorium.	Speech competition was conducted in the auditorium.


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Date : 20-02-2019

NOTICE

Dear Students and Esteemed Faculty Members, we are delighted to announce the celebration of International Women's Day on 08 Mar, 2019 at Sri Krishna Dutt Academy.

In this regard speech on topic "Beti Bachao Beti Padhao" has been organized.

Interested student should register their name to the cultural committee head till 23-02-2019.


Principal
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Report

International Women's Day celebration at Sri Krishna Dutt Academy

Date: 08-03-2019


On March 8, 2019, our college celebrated Women's Day with great enthusiasm and a focus on the "**Beti Bachao Beti Padhao**" campaign. The highlight of the event was a speech competition organized to raise awareness about the importance of saving and educating the girl child.

The competition saw active participation from students across various grades. Each participant delivered a heartfelt speech, emphasizing the need to protect and empower girls through education. The speeches covered various aspects, including the significance of equal opportunities for girls, the challenges they face, and the role of education in overcoming these challenges.

The event began with an inspiring address by our principal, who spoke about the importance of Women's Day and the relevance of the **Beti Bachao Beti Padhao** campaign in today's society. This was followed by the speech competition, where students showcased their oratory skills and shared powerful messages.

Judges for the competition included our senior teachers and a guest speaker, a prominent social worker known for her efforts in women's empowerment. They evaluated the speeches based on content, delivery, and overall impact.

At the end of the competition, three winners were announced. The first prize went to **Rabi Singh from B.Ed.** who spoke passionately about the need to eliminate gender discrimination. The second prize was awarded to **Swati Sharma from B.Sc.** for her insightful speech on the importance of girls' education in rural areas. The third prize went to **Atika Bano from B.Sc.** who highlighted the achievements of women in various fields despite societal challenges.


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Raibareilly Road, Lucknow



The event concluded with a vote of thanks by the event coordinator, who expressed gratitude to all participants, judges, and the audience for making the event a success. The competition not only celebrated Women's Day but also reinforced the message of the Beti Bachao Beti Padhao campaign, inspiring everyone to contribute towards the cause of empowering girls through education.

Overall, the speech competition was a meaningful and engaging event that left a lasting impact on all who attended.



Speech Competition organised on Womens Day 8 March 2019

Principal
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Kaibareilly Road, Lucknow

