



# ANWARUL ULOOM COLLEGE (AUTONOMOUS)

(Accredited by NAAC with 'A' Grade & An ISO 9001:2015 Certified Institution)

(Affiliated to Osmania University, Hyderabad)

Ref. No.

Date: 28-08-2022

## PROGRAM REPORT

**Program Name :** Self- Defence

**Date :** 27/08/2022

**Organizing Department :** Department of Sports

**Number of Participants:** 77 students

**SELF- DEFENCE TRAINING:** Self- Defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self- defence training the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in time of distress.

### OBJECTIVE :

- To empower girl students
- To until self confidence
- To enable the girl students to defend against physical assaults

### IMPORTANCE:

- Self- defence helps women protect themselves
- self- defence builds confidence in women
- self -defence teaches women discipline and thee discipline transfers over to all other areas of their lives





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## **BENEFITS /ADVANTAGES OF LEARNING SELF DEFENCE:**

- It helps to gain confidence and control over your fears and confidence.
- It improves focus and concentration
- Improving balance not only includes the physical balance of core muscles but also a mental balance for improving focus
- Self- defence helps to develop your social skills

Self -defence training aimed at creating awareness among the students girls about self- defence techniques It was organised by the department of sports on in Anwarul Uloom College.

**INSTRUCTOR :** Zafar Mohiuddin and MD. Azhar Shareef who imported students great tips of self defence.

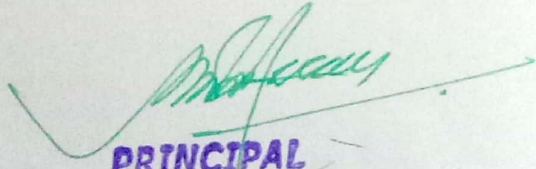
The tips they elaborated on how to self protect and defend are :-

- 1) Prevention is the best defence
- 2) Get loud and push back
- 3) Remember the most effective body parts to hit
- 4) Different techniques to self defend against different form of attack.

## **OUTCOME :**

The learning outcome from the workshop on self defence programme are :

- The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- The students participants got different self – protection tips on how to avoid /defend by the attacker, when subjected to physical abuse, violence, crime, etc.
- 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 workshops will be continued in the time to come.

  
**PRINCIPAL**  
Anwarul Uloom College (Autonomous)  
New Mallepally, Hyderabad-01.





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## DEPARTMENT: NUTRITION AND DIETETICS

DATE:10.09.2022

### CIRCULAR

All the staff and students are informed that the Department of nutrition and dietetics has organized Nutrition week celebration 2022, for the students of B.Sc., M.Sc. and PG Diploma, Nutrition and Dietetics which will be held on 19.09.2022 - 21.09.2022. The students are required to report at 9:00 am sharp in the morning, as the departure will take place at 9:30 am.

*Nazim*  
HEAD

Dept. of Nutrition & Dietetics  
ANWARUL-ULOOM COLLEGE  
New Mallepally, Hyderabad.  
Telangana-500 001.

*[Signature]*  
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PRINCIPAL

#### **COPY TO**

- 1.Honorable Chairman/secretary for kind info
- 2.Director
- 3.Principal office
- 4.CC- Hod's
- 5.Exam branch
- 6.Library
- 7.Notice board

IQAC	
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BOTANY	
BUSINESS ADMINISTRATION	
COMMERCE	
CHEMISTRY	

COMPUTER SCIENCE	
COMPUTER SCIENCE AND ENGINEERING	
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NUTRITION AND DIETETICS	
PHYSICS	
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PUBLIC ADMINISTRATION	
TELUGU	
URDU	
ZOOLOGY	
PSYCHOLOGY	

*Nagina*

HEAD

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DATE-21.08.2022

## PROGRAM REPORT

PROGRAM NAME: NUTRITION WEEK CELEBRATION 2022

DATE OF ACTIVITY: 19.09.2022 - 22.08.2022

ORGANIZED BY :- DEPARTMENT OF NUTRITION AND DIETETICS.

NUMBER OF PARTICIPANTS:- 200

### OBJECTIVES OF THE PROGRAM:


The national nutrition week was celebrated for 3 days in the college by the department of nutrition and dietetics in order to promote the importance of good health and to impart education to maintain good health for the well- being of the people at both individual and community level. The celebration included:

Day-1: A seminar on "The holistic approach to better health by Ms. Daniya Irfan.

Day-2: First aid awareness program by Dr. Usha Dasari

Day-3: Food fest 2022

The seminars took place in the RJP Hall, AUC and the food fest took place in the department of nutrition and dietetics.

  
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Dept. of Nutrition & Dietetics  
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## OUTCOMES OF THE PROGRAM

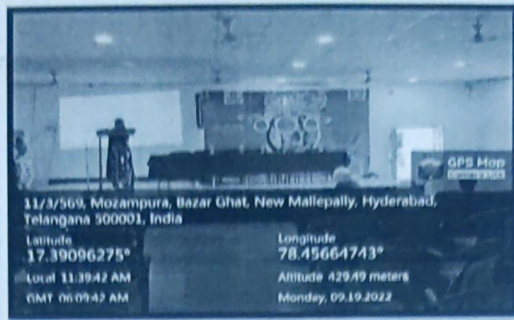
The students were happy to learn why is the health important and why must individual should look after the well- being of themselves as well as the community on the whole and how first aid will helps in saving peoples life till the medical help arrives soon after any accident occurs and the need to have the knowledge on first aid.

In the food fest the department wanted to focus on the preparation of healthy recipes with hygienic and sanitary practices in consideration not only during the cooking process but also during the serving process.



On 19.09.2022 - 21.09.2023, from our college 150 students and 5 faculties have participated in the event.

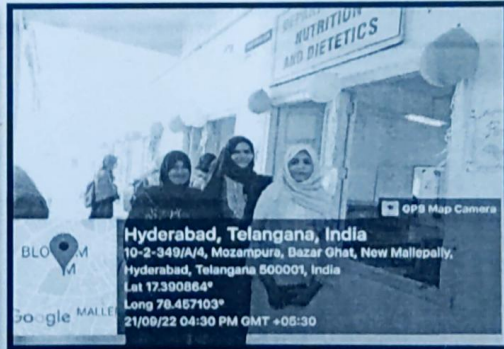
*Nagari*  
**HEAD**  
Dept. of Nutrition & Dietetics **HOD**  
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DAY-1



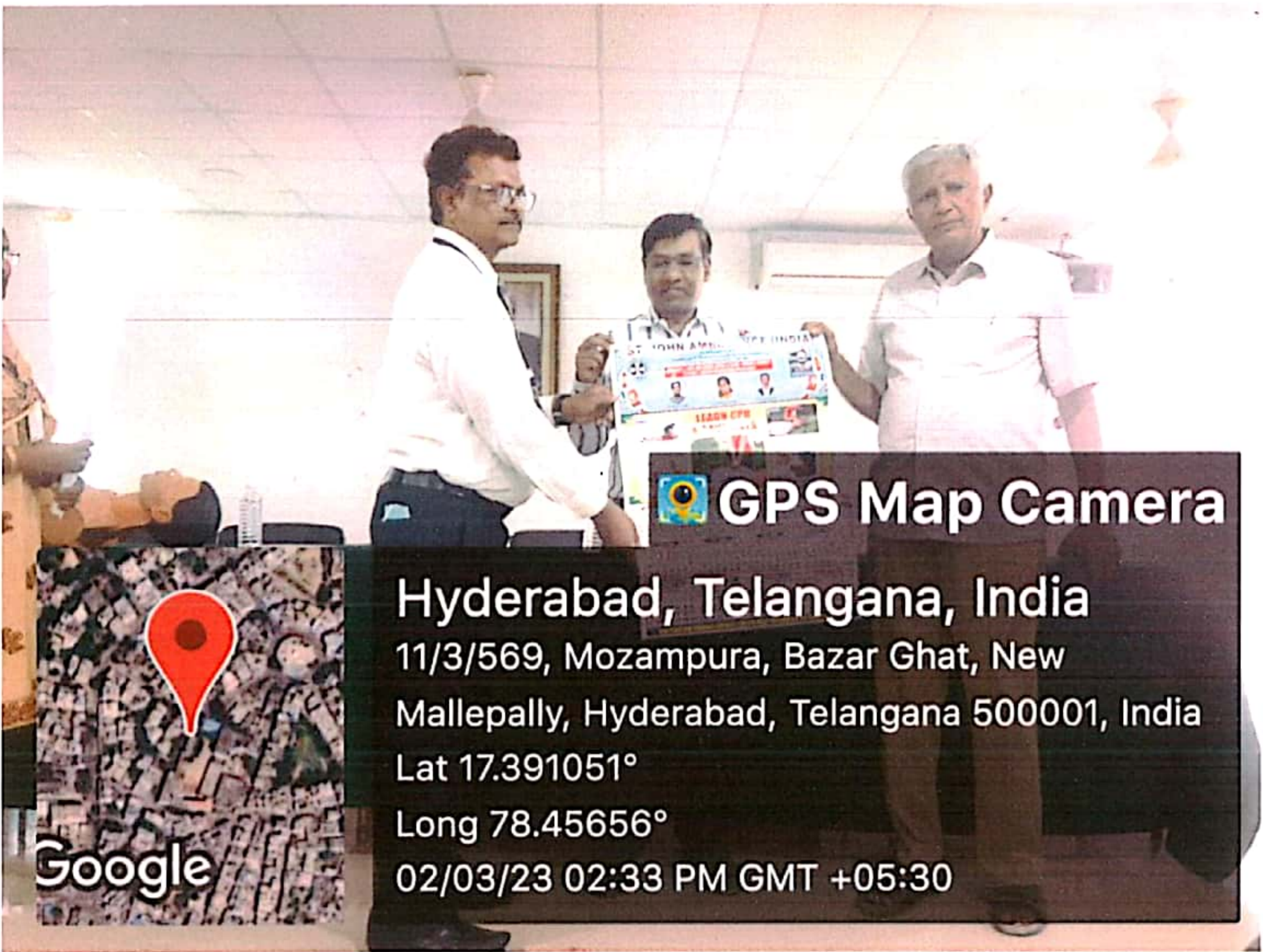
DAY-2



DAY-3

*Nargis*  
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**COORDINATOR**  
Internal Quality Assurance Cell  
Anwarul Uloom College (Autonomous)  
New Mallepally, Hyderabad.

*[Handwritten signature]*

**PRINCIPAL**  
Anwarul Uloom College (Autonomous)  
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**HEAD**  
Department of Political Science  
Anwarul Uloom College (Autonomous)  
New Mallepally, Hyderabad-500 001 T.S. India.

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Malleypally, Hyd

The department of Social

Sciences & IQAC in

collaboration with

ST. JOHN AMBULANCE ASSOCIATION  
Organizing a Training Program on  
LIFE SAVING TECHNIQUES

2nd March 2023

RJP Hall, 2 pm

Patrons

Prof. Ahmed Baig

Director, Anwarul Uloom

Convenors

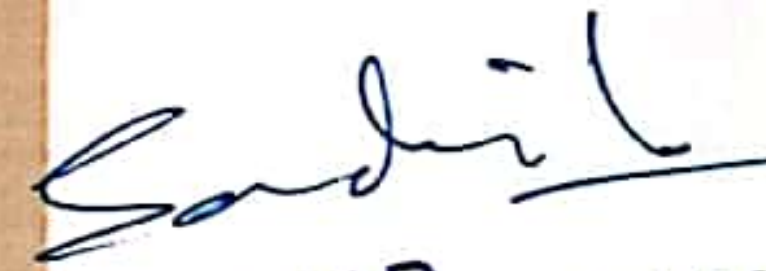
Dr Aijaz Khan

co ordinator, IQAC

Mrs. Asma Sadiah

HOD, Political Science


Mrs. Asma Parveen

25  


HEAD  
Department of Political Science  
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Department of Health  
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