



Koneru Lakshmaiah Education Foundation

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Report on Safety, Security and threat awareness workshop

Conducted by

K L E F Women's forum on 23rd August 2019

KLEF women's forum is organized a workshop on "safety, security and threat awareness" for girl students on 23.08.19. Colonel K. Vijaya Bhaskar Reddy, Resource person, Hyderabad (Certified trainer & Assessor-Security Sector Skill Development Council, Govt of India) He said reality is that we live in an increasingly violent society in which the fear of crime is ever-present. **Personal safety has become an issue of importance for everyone, but especially for women,** and he gave some tips for girl students, how to protect themselves when they are alone through power point presentation, that one should know about personal safety.

Practice Awareness: The first, and probably most important, component in self-defense is awareness: awareness of yourself, your surroundings, and your potential attacker's likely strategies.

Use your sixth sense.

"Sixth sense." "Gut instinct." Whatever you call it, your intuition is a powerful subconscious insight into situations and people. Especially women, have this gift, but very few of us pay attention to it. **Learn to trust this power and use it to your full advantage.** Avoid a person or a situation which does not "feel" safe — you're probably right.

Take self-defense training.

It is important to evaluate the goals and practical usefulness of a women's self-defense program.



Escape is always your best option.

What if the unthinkable happens? You are suddenly confronted by a predator who demands that you go with him — be it in a car, or a building. Run away, throw a rock through a store or car window — do whatever you can to attract attention. And if the criminal is after your purse or other material items, throw them one way while you run the other.

You have a right to fight.

It is important to understand that you CAN and SHOULD defend yourself physically. Aim for the eyes first and the groin second. Remember, though, to use the element of surprise to your advantage — strike quickly, and mean business. You may only get one chance.



Pepper spray is not your secret weapon.

Pepper spray, like other self-defense aids, can be a useful tool. However, it is important to understand that there can be significant drawbacks to its use. **Never depend on any self-defense tool or weapon to stop an attacker.** Trust your body and your wits, which you can always depend on in the event of an attack.

Safeguard against home invasions.

This crime is on the rise. The primary way to prevent a home invasion is simply to **never, ever open your door unless you either are certain you know who's on the other side** or can verify that they have a legitimate reason for being there (dressing up as a repair person or even police officer is one trick criminals use). Such a room should be equipped with a strong door, deadbolt lock, phone (preferably cell phone), and a can of pepper spray or fire extinguisher.

Be prepared when you travel.

As with home safety, **never open your door unless you are certain the person on the other side is legitimate**, and always carry a door wedge with you when you travel. A wedge is often stronger than the door it secures.



Use the Internet wisely.

Although the Internet is educational and entertaining, it can also be full of danger if one isn't careful. When communicating online, use a nickname and always keep personal information such as home address and phone number confidential. Instruct family members to do the same. Keep current on security issues, frauds, viruses, etc. by periodically referring to.

After his power point presentation about women safety, he gave a practical session also performed by showing different security tips. Dr V.Krishna Reddy, Coordinator, FED and Women faculty and staff also participated in this workshop



The programme is ended with a vote of thanks to the resource person Col. K. Vijaya Bhaskar Reddy by Dr. M. Sreedevi Convener women's Forum, Dr V. Krishna Reddy, Coordinator, FED felicitated the Guest, with a memento.


