

A Report on NSS “Self Defence Programme for Women”

20 May to 4 June 2023

“A 10 Days Women’s Self Defense Camp” programme aimed at creating awareness among second year B.Ed girl students (20) about self-defence techniques was organised from 20-05-2023 to 4-6-2023 in Multipurpose Hall ,in collaboration with Delhi Police. Professor Ilyas Husain participating as the Chief Guest after lighting the ceremonial lamp, Karate Black Belt Champion and international level medal winner Ms. Suman Lata Yadav and Ms. Priyanka Yadav addressed the girl students and said that girls were faced with many complex challenges in the present day society, with atrocities and violence against women being on the rise. She urged the girl students to be on the alert always and take care of their physical fitness by consuming nutritious food and cultivating healthy habits and regular physical exercise regimen. She captivated the audience by demonstrating several Karate and Martial Arts techniques as part of self-defence. Mrs. Suman Lata said that self-defence techniques come handy of the helpless girls in times of risk to their lives and urged the students to make use of emergency helpline no. recently introduced by the State Government in the emergency situations and explained the multiple steps being initiated by the Police department.

Speaking on the occasion, Dr. Mandira Gupta Principal, said that the Institute of vocational studies enjoys the distinction of being the ‘ragging free’ institution and that many measures were being initiated for the society, security and welfare of the girl students.