

SELF DEFENSE TRAINING PROGRAM FROM 9TH – 22ND NOVEMBER' 2022

Self-defense is important, especially in today's time because of the increasing crime rate against women in India. Being cautious is key as criminals select the targets that are unaware of their surroundings. Self-defense for women makes them aware, cautious and equipped in times of danger. This can also mitigate the count of crimes against women. Alumni Club of the Institute organized a 10 days training program on "Self Defense" for female students in their campus in associated with Special Police Unit for Women and Child of Delhi Police. All the students and their parents appreciated the initiative. Ms. Anju and Ms. Priyanka took the training session every day for the girls wherein they not only taught them different techniques of combat but also made them aware of different places they can seek help. They also counselled the students about different crimes against women and how to prepare oneself against them. Certificate distribution ceremony was kept on 22 Dec'22 wherein ACP Ms. NeerajTokas from Special Police Unit joined us for Women and Child and Inspector MsSeema Singh from Self Defense to felicitate and motivate the participating students.

