



# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT\* - I



## REPORT

### Workshop on Self Defence Programme for girl students by DCP station police:special police unit for women & children Malviya Nagar, New Delhi-17

<b>Event Category</b>	:Workshop
<b>Topic</b>	:Workshop on Self Defense for girls
<b>Date</b>	:20 March, 2018, Tuesday
<b>Time</b>	:11:00 am to 1:00 pm
<b>Venue</b>	:Tecnia Seminar Hall
<b>Resource Person with Designation</b>	:Ms. Shivani & Ms. Madhu ,Senior Constables
<b>Organization</b>	:DCP Station Police, Malviya Nagar, New Delhi-17
<b>Beneficiaries</b>	:Girl students, TIAS
<b>Convener</b>	:Dr. Surbhi Jain, Member Secretary, Internal Complaint Committee
<b>Co- Convener</b>	:Ms. Shilpa Bhandari
<b>No. of Beneficiaries</b>	:31

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**Workshop on Self Defence Programme**  
 (by DCP Station Police Unit for Women and Children Malviya Nagar, New Delhi-17)

**Tuesday, 20<sup>th</sup> March, 2018**

India's Premier ISO 9001:2015;14001:2015 Certified Institute. Rated as 'A' by Govt. NCT of Delhi; "A++" Category - Best Business School by Business India; Included in Top 100 B & IT Schools by reputed publications.

## LEARNING OBJECTIVES

- To educate the girl students about different types of Violence's against them.
- To provide knowledge of Self Defence.
- To trained them the tricks of self Defence .
- To deal with the issues of girls relating to eve teasing cases and other domestic violence.

## REPORT

The workshop was organized for girls Students, TIAS on 20<sup>th</sup> March, 2018 on the topic- Self Defense for girls, 2018 at Tecnia Seminar Hall. Trainers gave demo to girl's students on self-defense. They suggested the tricks for self-defense through their demo that may help the girls to deal with day to day real life issues and atrocities in environment. Trainers created an environment for the audience wherein, girls can share their personal issues and can discuss with them without any hesitation and apprehension.

**Dr. Ajay Kumar, Director TIAS** addressing the students. He Highlighted different incidence of violence against women and said this type of program will strengthen the women for their self-protection and women empowerment. He said that, he is concern about the safety and security of Girls because atrocities against women have emerged as major cause of concern now a day. Further, he added, this kind of workshop will be fruitful for the girls as it objects to determine the various tricks which can be useful for girls to deal with eve teasing issues and other domestic violence cases.

The workshop was organized for the Girl students of all the programme of TIAS, for two hours and fifty one students participated in the program. Two trainers – Ms. Shivani & Ms. Madhu of DCP Station police unit present demos on different situations and different tricks of self-defense to the students attained the programme. They also answer the queries of individual students. To create awareness among the girls, they shared different real life stories of the girls of Delhi, who were victimized by their known at different situations. Trainers inspires the students and also motivates them for women empowerment.

She concluded the entire seminar by highlighting the key issues that has been addressed, particularly in the area of self-defense tricks related to eve teasing & other domestic violence. Her deliberations can be summed up as:

- Issues that girls are facing on day to day basis while travelling, and the various actions that can be taken.
- Encouraged girl students to be alert & proactive while travelling and should be aware about basic self-defense tricks.
- Real time issues were discussed which girls are facing like domestic violence, eve teasing and so on, and motivated them to face such issues in an appropriate manner.

## GLIMPSE





## LEARNING OUTCOME

- This workshop provides knowledge and different self-protection tricks .
- Firsthand knowledge regarding Domestic as well as other violence's prevailing in the society.
- Created awareness among girls regarding the importance of self-defense to deal with day to day issues.
- Dealt with the issues that girls are facing related to domestic violence and eve teasing cases.

**NSS CLUB**  
**LIST OF STUDENTS**  
**SELF DEFENCE PROGRAMME FOR GIRL STUDENTS**  
**DATE : 20<sup>TH</sup> MARCH , 2018**

<b>S.NO.</b>	<b>ENROLLMENT NO.</b>	<b>NAME</b>	<b>Event</b>
1	14217001718	DISHA BANSAL	SELF DEFENCE PROGRAMME
2	04017001718	HARSHITA ASIJA	SELF DEFENCE PROGRAMME
3	11917001718	HIMANSHI GOGIA	SELF DEFENCE PROGRAMME
4	12717001718	JAHNVI NAYYAR	SELF DEFENCE PROGRAMME
5	12017001718	KANISHKA KALRA	SELF DEFENCE PROGRAMME
6	10717001718	KHYATI KHANNA	SELF DEFENCE PROGRAMME
7	05417001718	TWINKLE DHINGRA	SELF DEFENCE PROGRAMME
8	03617001718	YASHIKA TANWAR	SELF DEFENCE PROGRAMME
9	13017001718	MANSI BHARDWAJ	SELF DEFENCE PROGRAMME
10	11621301718	NANCY SALHOTRA	SELF DEFENCE PROGRAMME
11	02017001718	PANSY KHAJURIA	SELF DEFENCE PROGRAMME
12	14017001718	PRIYA TIWARI	SELF DEFENCE PROGRAMME
13.	00517003918	AKSHITA CHAUHAN	SELF DEFENCE PROGRAMME
14.	00217004417	AKANKSHA KUKREJA	SELF DEFENCE PROGRAMME
15.	00517004417	AMRITA	SELF DEFENCE PROGRAMME
16	03717002419	RUCHIKA RAWAN	SELF DEFENCE PROGRAMME
17	03917002419	PRIYAM PURANG	SELF DEFENCE PROGRAMME
18	04017002419	KANISHKA GARG	SELF DEFENCE PROGRAMME

19	04117002419	ISHITA SHARMA	SELF DEFENCE PROGRAMME
20	01117002020	AYUSHI PANWAR	SELF DEFENCE PROGRAMME
21	01317002020	DEEPANSHI BANSAL	SELF DEFENCE PROGRAMME
22	02217002020	ISHIKA GULATI	SELF DEFENCE PROGRAMME
23	02317002020	ISHTI JAIN	SELF DEFENCE PROGRAMME
24	03117002020	PRIYANSHI JAIN	SELF DEFENCE PROGRAMME
25	03417002020	RIYA GUPTA	SELF DEFENCE PROGRAMME
26	00317002019	ANANDITA	SELF DEFENCE PROGRAMME
27	01117002020	AYUSHI PANWAR	SELF DEFENCE PROGRAMME
28	35817002420	ISHITA GOYAL	SELF DEFENCE PROGRAMME
29	03817002420	KAVYA SWAROOP	SELF DEFENCE PROGRAMME
30	04217002420	NANDINI SHARMA	SELF DEFENCE PROGRAMME
31	05617002420	NIDHI	SELF DEFENCE PROGRAMME
32	00617002019	VANSHITA VERMA	SELF DEFENCE PROGRAMME