



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

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Gender Champion Club



Report on an Outreach Activity on Training on Self Defence

Title of Activity*	Training on Self Defence
Values	Students will be able to defend themselves that will increase their self-esteem and boost confidence
Learning Outcomes	Participants have learned about: 1. Students will learn how to protect themselves in different scenarios and understand the principles behind effective self-defense strategies. 2. They will learn for physical moves, verbal communication skills, and situational awareness.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *	Gender Champion Club
Program Theme*	Everyone has the right to feel safe and confident in their everyday lives
Internal Expert	Dr. Rajni Yadav
Date*	18 th May, 23
Time*	11:00 AM onwards
Venue	Nangli Puna village, New Delhi. (Adopted under UBA)
Poster/Flyer/Notice*	

Coordinator
 Internal Quality Assessment Cell (IQAC)
 Tecnia Institute of Advanced Studies
 New Delhi-110085



Gender Champion Club

Established By Ministry Of Women & Child Development Govt. Of India

Organising

Training on Self-Defence Outreach Activity



Thursday 18th May 2023



11:00 AM

Venue : Nangli Puna Village, Delhi

Everyone has the right to feel safe and confident in their everyday lives.

Join us and develop the skills and confidence to protect yourself!

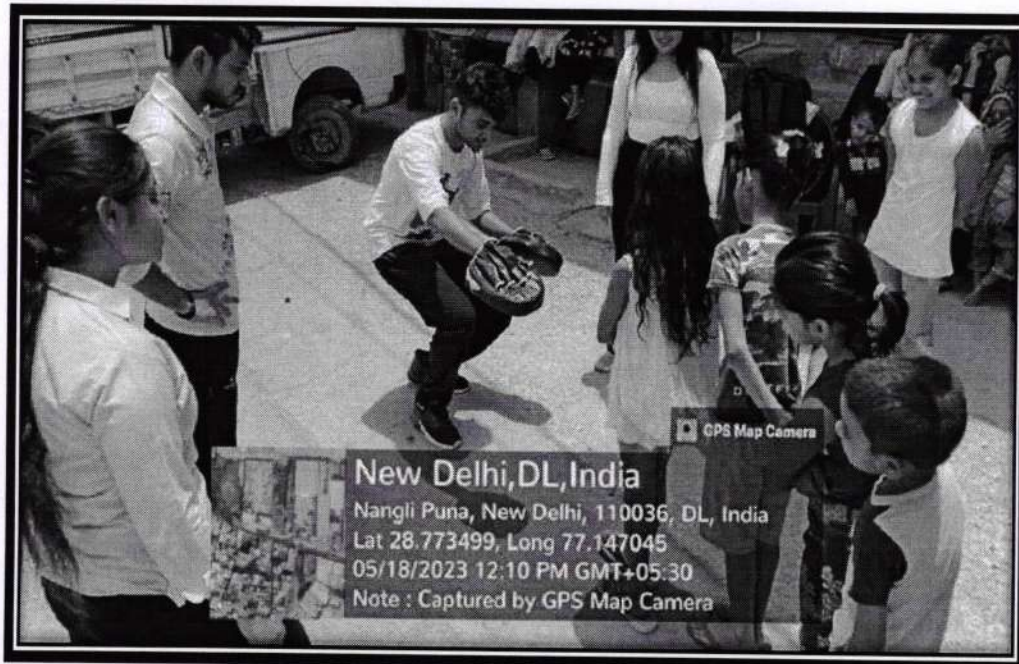
Nodal Officer : Dr. Rajni Yadav, Assistant Professor
Dept. of Journalism & Mass Comm.

Student Coordinator : Suraj, Mob.: +91 9650526240

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Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/tecniaofficial?igsh=eXA4b2hxbTd5NDJq
No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	10
No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA
(Geotag) Photograph*	

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Self Defense Training Volunteers Dispensing Self-Defense Tactics




Rural Girls Practicing Defense Techniques

The Outreach Activity for the Training on Self-Defence is a key initiative aimed at empowering and safeguarding the safety of community people. This outreach task, which emphasized personal safety and self-defense, functioned as a bridge between the Gender Champion Club and the locals of Nangli Puna hamlet. By actively engaging the community, the students were able to raise awareness of the subject matter and promote participation from individuals of all backgrounds and ages.


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It was created to answer the community's specific needs and concerns, emphasizing the value of personal protection and self-defense abilities in today's environment. The students were able to provide community members with the tools they needed to protect themselves through interactive workshops, presentations, and conversations that took into account cultural sensitivity as well as community customs and traditions.

The training program provided an opportunity to interact, inform, and engage with community people. The Gender Champion Club aims to empower individuals, promote personal safety, and develop a stronger, more resilient community in Nangli Puna village through raising awareness, addressing concerns, and mobilizing local support.

Resource Person Profile	NA
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	NA
Report Submitted by Convener (write faculty coordinator name)	Dr. Rajni Yadav
For Office Use	
Signature of Event Coordinator	 Nodal Teacher Gender Champion Club Tecnia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85

List of Beneficiaries An Outreach Activity on Training on Self Defence		
S.No.	Enrollment Number	Name
1	8321302421	Parth
2	8821302421	Parmeet
3	6121302421	Anshika
4	6621302421	Priyank
5	15021301721	Suraj
6	00421302422	Tarishi Rauthan
7	03821302422	Kunal Singh Rajput
8	3621302422	Prerna Sharma
9	3221302422	Priyanshu Thakur
10	821302422	Manan Gulati


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