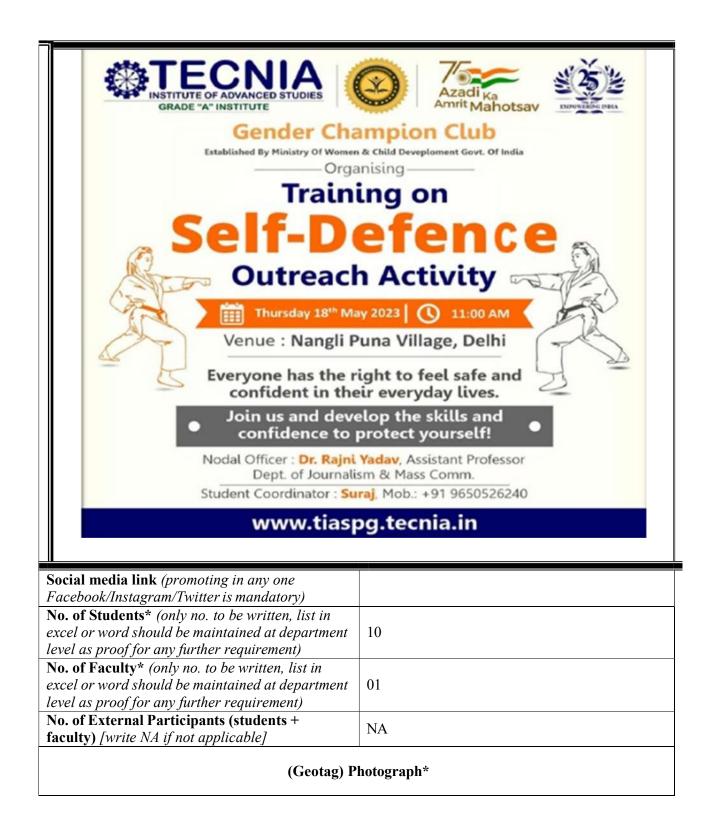


Mahotsay

## Report on an Outreach Activity on Training on Self Defence Training on Self Defence **Title of Activity\*** Students will be able to defend themselves that will increase their self-esteem and boost Values confidence Participants have learned about: 1. Students will learn how to protect themselves in different scenarios and understand the principles behind effective self-defense strategies. **Learning Outcomes** 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	
External Expert / Internal Expert	Dr. Rajni Yadav	
Date*	18 <sup>th</sup> May,23	
Time*	11:00 AM onwards	
Venue	Bazar Road, Nangli Puna village, New Delhi. (Adopted under UBA)	
Poster/Flyer/Notice*		

Gender Champion Club Jodal Tes Tecnia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85







**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.



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*	Attached at the end of Report
Feedback	NA
<b>Report Submitted by Convener</b> (write faculty coordinator name)	Dr. Rajni Yadav
For Office Use	
Signature of Event Coordinator	Nodal Teeday Gender Champion Club Teeday Institute of Advanced Studies Teeday Institute of Advanced Studies Machuban 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

ø Nodal Teacher Gender Champion Club Techia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85

Director Deceir Institute of Advanced Studie: (Affiliated te GGSIF, University Delhi) Medhuban Chowk, Rehini, Defhi-85