



**2020-2021**

Name of the Department/Society: **National Service Scheme**

Name of the Event 42: Self Defence Workshop and #ChooseToChallenge Event

Date of the Event: 08<sup>th</sup> March, 2021



The world celebrates 8th of March as the International Women's Day in order to commemorate womanhood and recognize the sacrifices made by her. We, at NSS Hansraj, devoted this beautiful day to organize a Self Defence Workshop and Sanitary Napkin Donation at Yamuna Khadar. The self defence workshop was conducted by the NCC Cadets of Hansraj College. We thank them for teaching the underprivileged women and children the basics of self defence. After the workshop, the sanitary napkins were distributed among the beneficiaries. Furthermore, we went a step ahead and organized a #ChooseToChallenge campaign on social media. This was conducted with the intention to question the orthodox customs and gender stereotype. The volunteers posted their photos with raised hands to express defiance to irrational practices. Their personal views were also written. We are happy to inform that the event was a great success and extend bountiful gratitude to all the volunteers who zealously took part in the event.