

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली -110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



HANSRAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

Malkaganj, Delhi – 110007

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NAAC ACCREDITED 'A++ GRADE COLLEGE

2023 - 2024

Name of the Event : Girl Child Day Self Defence Class

Name of the Department/ Society: National Service Scheme, Hansraj College

Date of the Event: 24th January, 2024

Event Timing: 2:45 PM

Venue of the Event: Yagyashala, Hansraj College

Name of the Coordinator: Anju, Aanchal

Name of Convener: Dr. Romila Rawat Bisht

Event Description:

In the spirit of empowerment, we, at, NSS Hansraj conducted an enriching Self-Defense Workshop on the occasion of Girl's Child Day on 24th January, 2024.

This event aimed to equip young women with practical self-defense skills, boost confidence, and raise awareness of situational risks.

Naveen Bhartiya, a Self-Defense Coach from the Manaveeka Foundation, was our esteemed Chief Guest. He is a skilled martial arts instructor with plenty of experience. His guidance proved to be of great help to make the event a success.

We successfully completed this event with active participation from volunteers who made a meaningful impact in upliftment of women in the society. It was

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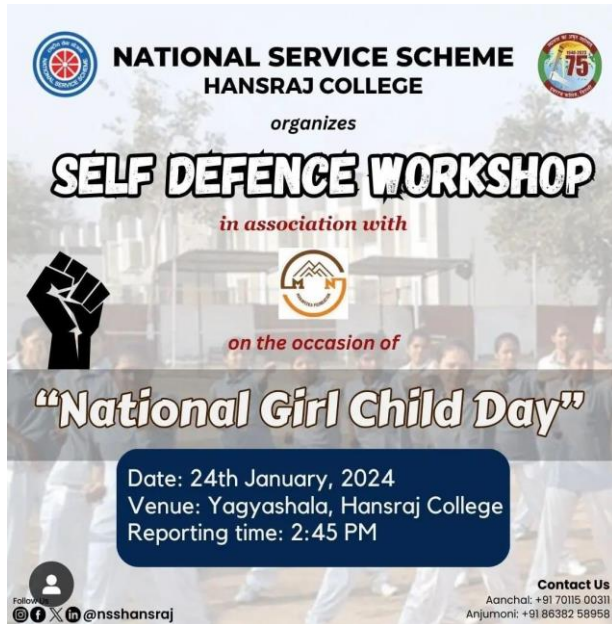
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an empowering experience where we all together, tried to forge a community where every individual felt secure and confident.

Brochure/ Poster:



Geo – tagged photographs with captions:



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List of Participants:

- Lipika
- Suramiya Lalit
- Rocky Kumar
- Kanishka
- Kunti Rao
- Sheetal Baara
- Monika Kumari
- Mahesh Yadav
- Deepak
- Juhi Gupta
- Garima
- Muskan
- Shivani