



# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT - I



Donate Blood  
Save Life



Don't Smoke  
Don't Drink



Mouth  
Care



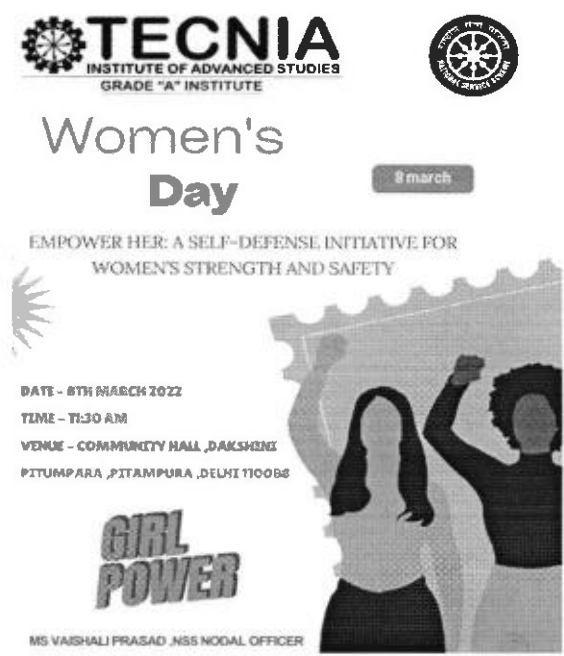
Tree  
Plantation

## Report on Empower HER: A Self-Defense Initiative for Women's Strength and Safety

<b>Title of Activity</b>	<b>Empower HER: A Self-Defense Initiative for Women's Strength and Safety</b>
<b>Values</b>	Women Empowerment
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>Learners were gain practical self-defense techniques and strategies that empower them to protect themselves in potentially dangerous situations, enhancing their physical and mental resilience.</li> <li>Learners were experience increased self-confidence and a sense of empowerment as they acquire self-defense skills, promoting a positive self-image and a greater belief in their ability to handle challenging situations.</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>To Teach Practical Self-Defense Techniques</li> <li>To Raise Awareness of Personal Safety Issues</li> <li>To Enhance Confidence and Self-Efficacy</li> <li>To Promote Community Support and Networking</li> </ul>
<b>Organized by</b>	National Service Scheme
<b>Program Theme</b>	Mission Shakti Yojna
<b>Internal Expert</b>	Ms. Vaishali Prasad

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*Vaishali*  
Programme Officer, NSS (SFU)  
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Madhuban Chowk, Rohini, Delhi -05

<b>Date</b>	8th March, 2022
<b>Time</b>	11:30 AM onwards
<b>Venue</b>	Community Hall, Dakshini Pitampura, Pitampura, New Delhi, Delhi, 110088
<b>Poster/Flyer/Notice*</b>	
<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	NA
<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	100
<b>No. of Faculty*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	0
<b>No. of External Participants</b> (students + faculty) [write NA if not applicable]	NA
Photograph of the Event with the Caption	

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**Trainer explains Self Defense Techniques**



**Self Defense Techniques Learned by TIAS Students**



**Students are motivated by Trainer**



**Students are motivated by Trainer**

**Report:**

On 08th March 2022, a program titled "Empower HER: A Self-Defense Initiative for Women's Strength and Safety" was Organized by NSS Club at Community Hall, Dakshini Pitampura, Pitampura, New Delhi, commencing at 11:30 AM onwards.

**First tip: Prevention is the best self-defense-**Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets. So be sure to follow general safety tips like being aware of your surroundings, only walking and parking in well-lit areas, keeping your keys in hand as you approach your door or car, varying your route and times of travel, and other personal security precautions.

**Second tip: Get Loud and Push Back-**As soon as the attacker touches you or it's clear that escape isn't possible, shout loudly (-BACK OFF!!) and push back at him or her. This does two things: it signals for help and it lets the attacker know you're not an easy target.

**Third tip: Remember the Most Effective Body Parts to Hit-**When you're in a confrontation, you

	<p>only have a few seconds and a few moves to try before the fight may be decided. Before an attacker has gained full control of you, you must do everything you can— conserving as much energy as possible—to inflict injury so you can get away.</p> <p><b>Eyes:</b> Gouging, poking, or scratching the attacker’s eyes with your fingers or knuckles would be effective, as you can imagine. Besides causing a lot of pain, this should also make your escape easier by at least temporarily interfering with his vision.</p> <p><b>Nose:</b> If the attacker is close in front of you, use the heel of your palm to strike up under his nose; throw the whole weight of your body into the move to cause the most pain and force him to loosen his grip on you.</p> <p><b>Neck:</b> The side of the neck is a bigger target, where both the carotid artery and jugular vein are located. You could possibly temporarily stun your attacker with a knife hand strike (all fingers held straight and tightly together, with thumb tucked and slightly bent at the knuckle) at the side of the neck.</p> <p><b>Knee:</b> Knee is an ideal self-defense target, vulnerable from every angle and easily kicked without risk of your foot being grabbed. Kick the side of the knee to cause injury or partially incapacitate your attacker.</p>
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Report Submitted by Convener (write faculty coordinator name)</b>	Ms. Vaishali Prasad
<b>For Office Use</b>	
<b>Signature of Event Coordinator</b>	

**LIST OF PARTICIPANTS IN “SELF-DEFENCE PROGRAMME ON INTERNATIONAL WOMEN’S DAY”**

S.NO	PARTICIPANTS	COURSE
1.	MUSKAN	BCA
2.	RISHIKA ARORA	BCA
3.	ANISHA SHARMA	BBA
4.	DHWANI AGGARWAL	BBA
5.	ANSHIKA KHER	BBA
6.	NAMYA GANDHI	BBA
7.	DIKSHA WADHAWAN	BBA
8.	DHWANI AGGARWAL	BBA
9.	DIYA SURANA	BBA
10.	ISHIKA BHANDARI	BBA
11.	ISHITA SAKLANI	BBA

12	JIYA CHORARIA	BBA
13	APEKSHA NEGI	BBA
14	HARDIKA ANAND	BBA
15	KRITI VERMA	BBA
16	MEGHA	BBA
17	AYUSHI GOEL	BBA
18	NATASHA GUPTA	BBA
19	CHAHAT BHARTI	BBA
20	MONISHA GUPTA	BBA
21	NEHA KUMARI MANDAL	BBA
22	RIA KOCHER	BBA
23	RIYA JAIN	BBA
24	DIVYA PARMAR	BBA
25	SAKSHI SAJNANI	BBA
26	SAUMYA SHARMA	BBA
27	SIMRAN GANDHI	BBA
28	SHREYA MANGLA	BBA
29	TEJASWINI SHARMA	BBA
30	VANSHIKA MITTAL	BBA
31	BHAVYA JAIN	BBA
32	VANSHIKA VERMA	BBA
33	BHAVAY BALI	BBA
34	MEHAK GOEL (GUEST)	BBA
35	CHAHAT DARYANI	BA(J&MC)
36	ANSHITA SHARMA	BA(J&MC)
37	AARTI SHARMA	BA(J&MC)
38	AASTHA GAUR	BA(J&MC)
39	ANUSHKA TOMAR	BA(J&MC)
40	ASTHA SURI	BA(J&MC)
41	VANSHIKA NEGI	BA(J&MC)
42	MUSKAN	BA(J&MC)
43	DIKSHA WADHAWAN	BA(J&MC)
44	AAKRITI SETHI	BA(J&MC)
45	SHRUTI	BA(J&MC)
46	GARIMA SHARMA	BA(J&MC)
47	ANSHIKA NEGI	BA(J&MC)
48	YASHIKA RAWAT	BA(J&MC)
49	IRA SHARMA	BA(J&MC)
50	ISHIKA TAYAL	BA(J&MC)
51	SRISHTIGUPTA	BA(J&MC)
52	ISHIKA KAPOOR	BA(J&MC)
53	KHUSHI PRUTHI	BA(J&MC)
54	KAVITA KUMARI	BA(J&MC)
55	BHAWYA GARG	BA(J&MC)

56	KHYATI LUTHRA	BA(J&MC)
57	SHRUTI JAIN	BA(J&MC)
58	YASHYADAV	BA(J&MC)
59	VANSHIKABANSAL	BA(J&MC)
60	SHRUTIBHANDARI	BA(J&MC)
61	PAESHA	BCA
62	TISHA AGGARWAL	BA(J&MC)
63	VAANYAKANSAL	BA(J&MC)
64	TANISHQAGUPTA	BA(J&MC)
65	JIYA CHORARIA	BA(J&MC)
66	TANYA GERA	BA(J&MC)
67	TANISHQ	BA(J&MC)
68	KASHISH MALHOTRA	BCA
69	RIYA PRABHAKAR	BCA
70	KUSUM YADAV	BBA
71	MUSKAN DHAMIJA	BCA
72	NEHA KUMARI	BCA
73	KHUSHI GAUR	BCA
74	AARCHI SINGAL	BCA
75	MEGHA	BCA
76	RICHA YADAV	BCA
77	RIA KOCHER	BCA
79	SAKSHI SAJNANI	BCA
80	TRIPTIKHNADLWAL	BCA
81	LAKSHITA	BCA
82	KANIKA GOYAL	BBA
83	TANISHA KANDOI	BCA
84	RIYA JAIN	BCA
85	NATASHA GUPTA	BCA
86	NAMYA WADHWA	BCA
87	MALIKA ANEJA	BCA
88	KANISHKA	BCA
89	MEHAK PARNAMI	BCA
90	KOHIMA SHARMA	BCA
91	MANEESHA	BBA
92	KRITI VERMA	BBA
93	LAKSHITA SHARMA	BBA
94	KASHISH AZMANI	BBA
95	JANVIE VERMA	MBA
96	AANCHAL	MBA
97	SHIKHA	MBA
98	ANAM AHMED	MBA
99	DIVYA	MBA
100	MUSKAN AGGARWAL	MBA