

REPORT

International Women's Day- 08.03.2022

Report on celebration of International Women's Day at Tecnia Institute of Advanced Studies, Rohini on 08.03.2022

Event	:Nukkad Natak on Beti Bachao Beti Padhao on International Women's Day
Convener	: Ms. Vaishali Prasad, NSS- Nodal Officer
Date	: 8th March, 2022
Day	: Tuesday
Time	: 1:00 pm
Event Mode	: Offline
Venue	: Multipurpose Hall, PG Building, TIAS
Participants	: Students of MBA/BBA/BCA/BA(JMC) Programme
No of Participants	: 100



Objectives:

1. All students understood the idea behind “Beti Bachao, Beti Padhao” scheme.
2. The students understood the importance of girl’s education to bring positive changes in the society.
3. All students got to know about the issues of decline in girl child sex ratio and promote women's empowerment.
4. To understand the framework for a solid intervention aimed to push the needle for girls’ empowerment in developing contexts.

INAUGURAL SESSION:

The workshop started with an inaugural speech by Dr. Ajay Kumar, Director, TIAS. He highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis.

**REPORT:**

The students of NSS cell Tecnia Institute of Advanced Studies in association with MRIDANG Theatre organized Nukkad Natak on “Beti Bachao, Beti Padhao” on International Women’s Day

to highlight the importance of a girl child and women empowerment. The programme started with welcome remarks by Ms. Vaishali Prasad, Nodal Officer-NSS. She has discussed about “Beti Bachao, Beti Padhao” scheme which was started on January 22, 2015 as a joint initiative of the Ministry of Women and Child Development, Ministry of Health and Family Welfare and Ministry of Human Resource Development under coordinated and convergent efforts to empower the girl child. “Nukkad Natak (street Play) was performed by students at college auditorium. Through Street Play, Students have shared a strong social message to stop the discrimination of the girl child. The due importance was given on ensuring the survival and protection of girl. The Volunteers of the club has spread message to the society .

The programme was concluded with a Vote of thanks by Dr. Ajay Kumar, Director, TIAS and ACP Delhi Police.

LEARNING OUTCOMES:

1. All students understood the idea behind “Beti Bachao, Beti Padhao “scheme.
2. The students understood the importance of girl’s education to bring positive changes in the society.
3. All students got to know about the issues promote women's empowerment.

GLIMPSE





Delhi, Delhi, India
P44H+5RR, Block A, Sector 14, Rohini, Delhi,
110085, India
Lat 28.705387°
Long 77.129281°
08/03/22 01:08 PM

REPORT

International Women's Day- 08.03.2022

Report on celebration of International Women's Day at Tecnia Institute of Advanced Studies, Rohini on 08.03.2022

Event : Self-defense Programme on International Women's Day
Convener : Ms. Vaishali Prasad, NSS- Nodal Officer
Date : 8th March, 2022
Day : Tuesday
Time : 11:30 AM
Event Mode : Offline
Venue : Multipurpose Hall, PG Building, TIAS
Participants : Students of MBA/BBA/BCA/BA(JMC) Programme
No of Participants : 100



Learning Objectives

- To educate the girl students about different types of Violence's against them.
- To provide knowledge of Self Defense.
- To trained them the tricks of self Defense .
- To deal with the issues of girls relating to eve teasing cases and other domestic violence.

Purpose of the Workshop:

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that Student Welfare along with NSS can strengthen the girl students for their self-protection and women empowerment through a workshop of Self Defence.

Inaugural Session:

The workshop started with an inaugural speech by Dr. Ajay Kumar, Director, TIAS He highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis.



The Demonstration Session:

After the inaugural session and felicitation ceremony, demonstration of the self-defense technique followed through some videos:

The tips she elaborated on how to self-protect and defend are:

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. Apart from avoiding confrontation, if you can defuse a situation (talk someone down from physically assaulting you) or get away—by handing over your wallet/purse or whatever they want, do that. Hand over your money rather than fight. Nothing you own is worth more than your life or health. If violence is unavoidable, however, to really defend yourself, you'll want to know ahead of time how to fight back effectively—it's possible even against someone bigger or stronger than you.

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. It may not dissuade all attackers, but getting loud will warn off those that were looking for easy prey.

Third tip: Remember the Most Effective Body Parts to Hit-When you're in a confrontation, you 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. So aim for the parts of the body where you can do the most damage easily: the eyes, nose, ears, neck, groin, knee, and legs. Depending on the position of the attacker and how close he is will determine where you will strike and with what part of your body you will employ. Do not step in closer, say, to strike his nose with your hand, when you can reach his knee with a kick.

Eyes: 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.

Nose: 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. If he's behind you, you can strike his nose (from the side or front) with your elbow. Either way, aim for the nasal bones.

Neck: 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.

Knee: 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. Kicking the front of the knee may cause more injury but is less likely to result in imbalance.

Use your elbows, knees, and head. Those are the parts of the body that are most sensitive when hit. Now here are the parts of the body used most effectively for inflicting damage: your elbows, knees, and head (they're your body's bony built-in weapons).

Use everyday objects. Everyday objects you carry around with you or things in your environment can also be used to your advantage as weapons. Hold a key or pen between your middle and ring finger while you're walking home in the dark for more assurance. Outdoors, you can toss some dirt or sand into your attacker's eyes. Women are often told to spray perfume or hairspray into an assailant's eyes. The point is, use whatever you can to make your defense stronger (for more inspiration, watch some Jackie Chan movies).

Leverage your weight. No matter your size, weight, or strength in relation to your opponent, you can defend yourself by strategically using your body and the simple law of physics.

Different techniques to self-defend against different forms of attacks are: Wrist Hold: What to do when an attacker has grabbed your wrist. Instead of pulling back to try to get out of the hold, squat down into a strong stance, then lean forward and bend your elbow towards him all the way towards his forearm until he can no longer hold onto your wrist. Here the point is to put strong pull either upwards or downwards depending upon where the thumb of the attacker points to. Demo on how to free from wrist hold Demo on how to free from wrist hold Demo on

how to free from wrist hold Demo on how to free from wrist hold.

Stop an outside strike: This basic defense move protects you from strikes—or slaps, or punches, or waving batons—as an attacker approaches you from the front. As the attacker approaches, bring your arms out, fingers extended, elbows slightly bent. Stop your attacker by raising your forearm inside your attacker's oncoming arm—so he can't hit your face. At the same time, use your other hand to make a perfect fist and punch your attacker in one of the soft spots in the face: the nose, the jaw, or the throat—whatever is available. Use of fist for self defence when attacked from front Use of extended fingers to attack Also use palm, hand with the outer edge when striking a target on the upper half of the body you will use your hand. Effective strikes can be made with the outer edge of your hand in a knife hand position, a palm strike or knuckle blow for softer targets or a tightly curled fist. Using slaps to stop an attacker with full force Use of forearm to stop an attacker's oncoming arm .

Escape a bear hug: It's when someone approaches from behind and grabs you, pressing your arms against the sides of your body. Drop your weight and try to hit his head with your elbows or stomp his feet with your feet. If that doesn't work, pull his fingers back to force him to release you, rotate out of his hold, and attack him with your knees/kicks. Escaping a hug from behind. Use of elbows to free from bear hug Use an open palm, strike hard and fast until his grip releases. Lunge forward slightly, and throw your elbow back to your attacker's belly/chin, turning to face him as you do. Run if you can, or continue the assault with punches to soft spots. Use of legs & knees to release from bear hug Using elbow to strike attacker

Use of hand edges to counter strike an attacker: It is one of the very effective self defence techniques which one should not miss. The main target for this technique is the neck and head, so it could be effectively used against anyone. Here you can hit the attacker's belly, neck, face, eye with the edges of your hand with full speed and force. The beauty of this technique is that it is simple, effective and easy to use even after almost no training and under a huge amount of stress and pressure. Hand edges to attack on belly Hand edges to strike on the face.

Glimpses of the session are: The vote of thanks was given by Ms Vaishali Prasad convener of the workshop. Expressing her gratitude she thanked Ms Mehak, BBA Student and Dr M N Jha, Dean, TIAS for their support and timely presence. She also thanked Dr. Ajay Kumar, Director,

TIAS for his support and confidence in her for giving the move ahead.

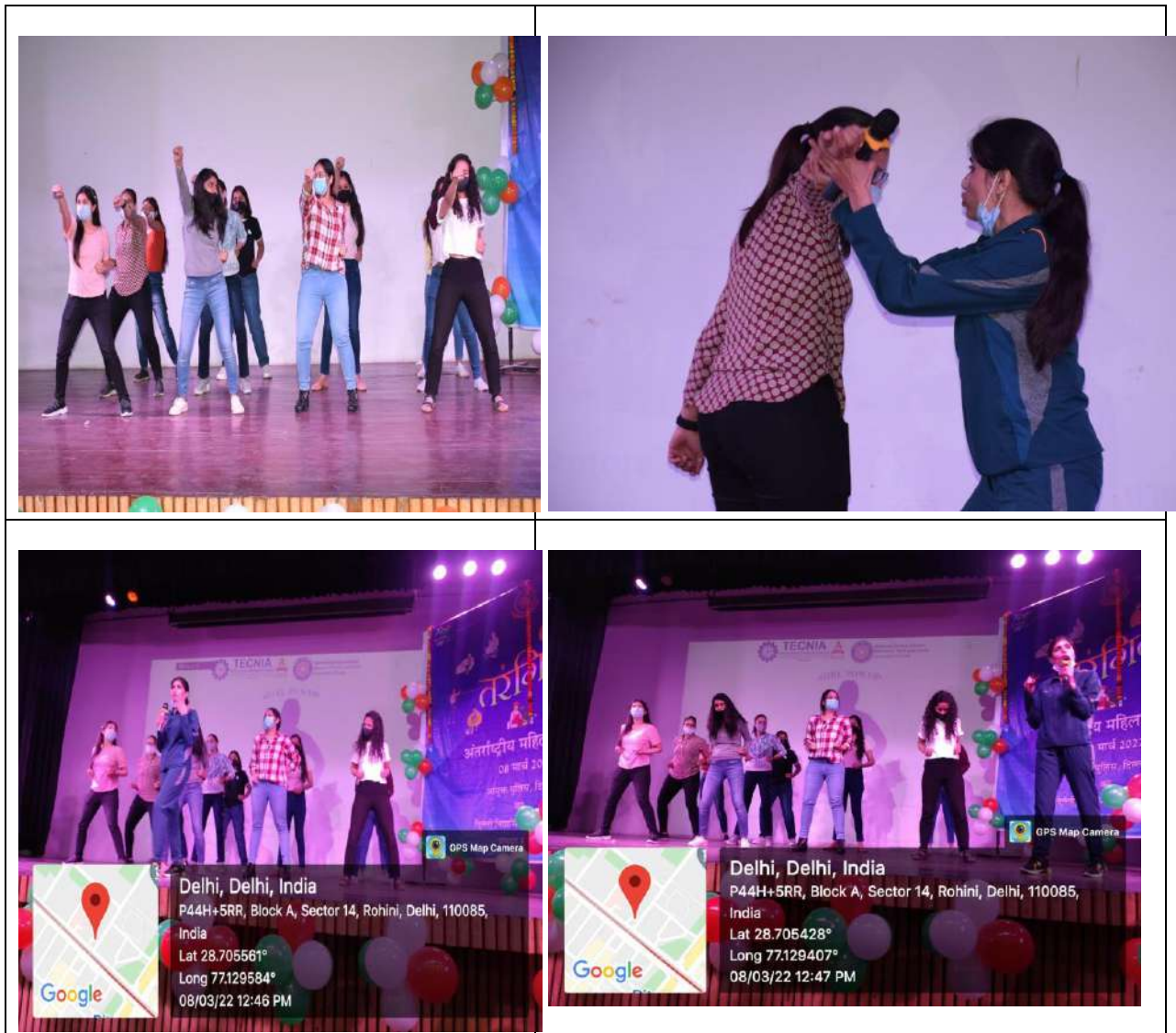
Learning Outcome:

The learning outcomes from the workshop on Self Defense Programme are:

- 1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.
- 3) The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

GLIMPSE





LIST OF PARTICIPANTS

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	SHRUTIJAIN	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

Ms. VAISHALI PRASAD
NODAL OFFICER-NSS

REPORT

WORLD AIDS DAY- 11.07.2021

Report on World AIDS Day at Tecnia Institute of Advanced Studies, Rohini on 01.12.2021

Event : Slogan Writing competition on World AIDS Day
Convener : Ms. Vaishali Prasad, NSS- Nodal Officer
Date : 01.12.2021
Day : Wednesday
Time : 1:00 pm
Event Mode : Online
Venue : MS Teams
Participants : Students of MBA/BBA/BCA/BA(JMC) Programme
No of Participants : 61


TECNIA INSTITUTE OF ADVANCED STUDIES
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 INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



TIAS NATIONAL SERVICE SCHEME (NSS) CELL





Organizes

World AIDS Day(Awareness Campaign on Health Related

Departments: MBA, BBA, BA(J&MC) & BCA


01.12.2021
Time: 1:00 PM
Platform: MS TEAMS


In Association With




Ms VAISHALI PRASAD
 NSS Nodal Officer, TIAS
 New Delhi

India's Premier ISO 9001:2015/14001:2015 Certified Institute. Rated as 'A' by Govt. NCT of Delhi 'A++' Category - Best Business School by Business India Included In Top 100 B & IT Schools by reputed publications.

OBJECTIVE

One of the objectives of World AIDS Day is to create awareness on what is AIDS. AIDS (Acquired Immune Deficiency Syndrome) is a medical condition caused by HIV (Human Immunodeficiency Virus) that sabotages the immune system of a person making it vulnerable to infections including opportunistic infections. HIV can be transmitted in many ways such as, use of contaminated syringe or drug equipment, blood transfusion from an infected person and from mother to child during giving birth or breast feeding.

REPORT

The NSS Units of **Tecnia Institute of Advanced Studies, Rohini** organized World AIDS Day on 1st December, 2021. . The programme started at 1:00 pm with the inaugural speech of Dr. Ajay Kumar, Director, TIAS who stated the importance of this celebration and observation of this day. He addressed the students and gave a very relevant speech on AIDS, HIV and causes of them, symptoms and ways to cure them. His speech included various ways how a youth can protect the society through awareness and prevention. The positive sign was the students' including the NSS Volunteers concentration and eagerness towards the problems caused by AIDS by demonstrating placards in regard to stay safe from this deadly disease. The theme this year 'Ending the HIV/AIDS Epidemic: Resilience and Impact' will be focused on creating global solidarity and providing resilient services. A slogan writing competition was also organized in which the students prepared descriptive posters and made videos demonstrating their posters. These videos were shared through online modes in order to spread knowledge about HIV myths and promote its prevention. Kanika Goyal achieved first prize in slogan writing competition. During the event, students from all streams made posters, slogans depicting the importance of AIDS awareness. Students through the help of posters and slogans highlighted the causes and prevention of this disease and also gave a message to stop all kinds of prejudices associated with AIDS so that a patient suffering from this disease should not feel outcast but should be consider as a respectable member of the society. Ms. Vaishali Prasad, NSS- Nodal Officer, highlighted the fact that the world is facing new diseases each day. She further said that "we all should take constructive steps to eliminate chronic diseases for making our planet safe and spreading awareness about AIDS disease in communities is must, which our NSS unit volunteers are doing to a great extent."

LEARNING OUTCOME

Students understand the

1. meaning of World AIDS Day and the Red Ribbon symbol
2. difference between HIV and AIDS
3. HIV routes of transmission
4. impact of HIV related stigma and prejudice
5. consider ways to counter HIV stigma and discrimination

GLIMPSE



LIST OF BENEFICIARIES

S.No	Enrollment No	Name	Course
1.	217002019	SAMRIDDHI SHARMA	BBA
2.	35517002019	RAGHAV PAREEK	BBA
3.	1317002020	BALRAM	BBA
4.	4517002020	RITIKA MADHUKAR	BBA
5.	35317002020	SRISHTI	BBA
6.	35617002020	SHUBHASHISH LALL	BBA
7.	1917002020	NAMAN VIJ	BBA
8.	3917002020	AYUSHI BADONI	BBA
9.	4617002020	SHRUTI DWIVEDI	BBA
10.	9117001719	AYUSH BHATIA	BBA
11.	8017001719	ANKUR BANSAL	BCA
12.	3817002019	BHAVYA AGGARWAL	BCA
13.	3517002020	SHIVANI	BCA
14.	617002020	ANANDITA	BCA
15.	4417002020	NAKUL GUPTA	BCA
16.	4417002019	DEEPANSHI BANSAL	BCA
17.	2817002020	RIYA GUPTA	BCA
18.	2117002020	KARAN MALHOTRA	BCA
19.	417002019	GOVIND VIJAY	BCA
20.	1217002019	PRIYANSHI JAIN	BCA
21.	3817002420	ISHITA GOYAL	BA(J&MC)
22.	2217002420	AYUSH MEHROTRA	BA(J&MC)
23.	8921302420	SUMIT SHUKLA	BA(J&MC)
24.	4217002420	KAVYA SWAROOP	BA(J&MC)
25.	16512	ANAMIKA PANDEY	BA(J&MC)
26.	8021302419	HIMANSHU SINGH	BA(J&MC)
27.	O2321302420	DIVYANSHU MISHRA	BA(J&MC)
28.	721302420	AMIT KUMAR	BA(J&MC)
29.	02617002019	VANSHIKA	BCA
30.	13617001720	VASU NARANG	BBA

31.	01117002020	AYUSHI PANWAR	BCA
32.	01317002020	DEEPANSHI BANSAL	BCA
33.	02217002020	ISHIKA GULATI	BCA
34.	02317002020	ISHTI JAIN	BCA
35.	02717002020	NAKUL GUPTA	BCA
36.	03117002020	PRIYANSHI JAIN	BCA
37.	03417002020	RIYA GUPTA	BCA
38.	04117002020	SUDIPTO	BCA
39.	00317002019	ANANDITA	BCA
40.	01117002020	AYUSHI PANWAR	BCA
41.	35817002420	DEVANG SABHARWAL	BAJMC
42.	35817002420	ISHITA GOYAL	BAJMC
43.	03817002420	KAVYA SWAROOP	BAJMC
44.	04217002420	NANDINI SHARMA	BAJMC
45.	05617002420	NIDHI	BAJMC
46.	05817002420	RUPALI DAS	BAJMC
47.	07317002420	SNEHIL WADHWA	BAJMC
48.	08817002420	DHRRITHI KHANNA	BAJMC
49.	05021301720	GAURAV ARORA	BBA
50.	03321301720	BALRAM	BBA
51.	35221301720	DEEPANSHI	BBA
52.	05421301720	HARSHITA PAL	BBA
53.	02217002035	HIMANSHI JAIN	BBA
54.	07821301720	NAMAN VIJ	BBA
55.	07921301720	NAMRATA RANA	BBA
56.	02217002028	PIYUSH GUPTA	BBA
57.	10517001720	RIYA GUPTA	BBA
58.	12021301720	SHRUTI JAIN	BBA
59.	41917001718	MAYANK SELVAN	BBA
60.	3821301718	SAHIL	BBA
61.	41817001718	SHUBHAM RAJOURH	BBA