



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**GRADE "A" INSTITUTE**

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**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**

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**Gender Champion Club**



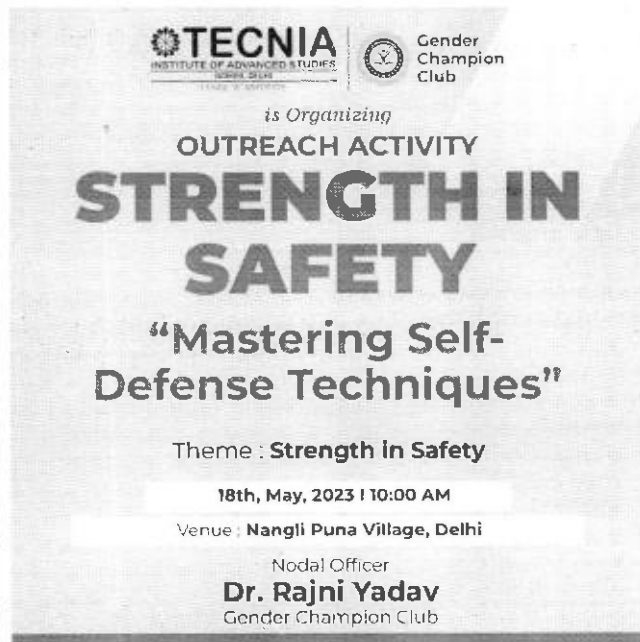
**Report on "Strength in Safety: Mastering Self-Defense Techniques"**

<b>Title of Activity*</b>	Strength in Safety: Mastering Self-Defense Techniques
<b>Values</b>	Self-Reliance, Courage, Respect
<b>Learning Outcomes</b>	Participants have learned about: 1. To impart basic and practical self-defense techniques. 2. To raise awareness about personal safety and self-defense. 3. To enhance participants' confidence in handling challenging situations.
<b>Learning Objectives</b>	1. Recognize the importance of situational awareness and preventive measures in personal safety. 2. Master basic self-defense techniques, including strikes, blocks, and escapes from holds. 3. Identify effective responses to various attack scenarios.
<b>Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *</b>	Gender Champion Club
<b>Program Theme*</b>	Strength in Safety
<b>Internal Expert</b>	Dr. Rajni Yadav
<b>Date*</b>	18 <sup>th</sup> May, 23
<b>Time*</b>	11:00 AM onwards
<b>Venue</b>	Nangli Puna village, New Delhi. (Adopted under UBA)

*Coordinator*  
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 New Delhi-110085

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

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No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	10
No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA

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(Geotag) Photograph\*



The instructor demonstrated a self-defense technique to participants



Participants practicing defensive stances and quick movements during a hands-on drill

### Detailed Report

The self-defense training session, "*Strength in Safety*," aimed to equip participants, particularly women, with essential self-defense techniques to enhance their safety and confidence. The focus was on empowering individuals to protect themselves in potentially dangerous situations by learning practical, easy-to-apply defensive moves. The self-defense training session was organized to equip participants with essential personal protection and self-confidence skills. The training was aimed at raising awareness about personal safety and empowering individuals, especially

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Neeta Chopra, Head, Gender Club  
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	<p>women, to defend themselves in times of potential danger.</p> <p>The overview of the importance of self-defense, particularly in daily life was given by trainers. The instructor emphasized the need for mental and physical readiness to face any sudden challenges. The session began with an introduction by the trainer, who discussed the importance of self-defense in today's world. They emphasized that self-defense is not just about physical strength but also about awareness, quick decision-making, and staying calm under pressure. The training highlighted that these techniques could be used by anyone, regardless of age or physical fitness. Participants engaged in hands-on practice to learn and apply the demonstrated techniques under supervision. The training concluded with a mock scenario where participants had the opportunity to apply the techniques learned during the session, boosting their confidence in handling real-world situations.</p>
Resource Person Profile	NA
Attendance Sheet*	Attached at the end of Report
Feedback	NA
Report Submitted by Convener ( <i>write faculty coordinator name</i> )	Dr. Rajni Yadav
<i>For Office Use</i>	
Signature of Event Coordinator	

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Nodal Teacher *Rajni*  
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<u>List of Beneficiaries</u>		
S.No.	Enrollment Number	Name
1	08321302421	Parth
2	08821302421	Parmeet
3	06121302421	Anshika
4	06621302421	Priyank
5	15021301721	Suraj
6	00421302422	Tarishi Rauthan
7	03821302422	Kunal Singh Rajput
8	03621302422	Prerna Sharma
9	03221302422	Priyanshu Thakur
10	00821302422	Manan Gulati

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