

Delhi School of Professional Studies and Research
Affiliated to G.G.S Indraprastha University
(NAAC Accredited "A" Grade Institution)

DOSSIER

On

"Self Defence Training Workshop"

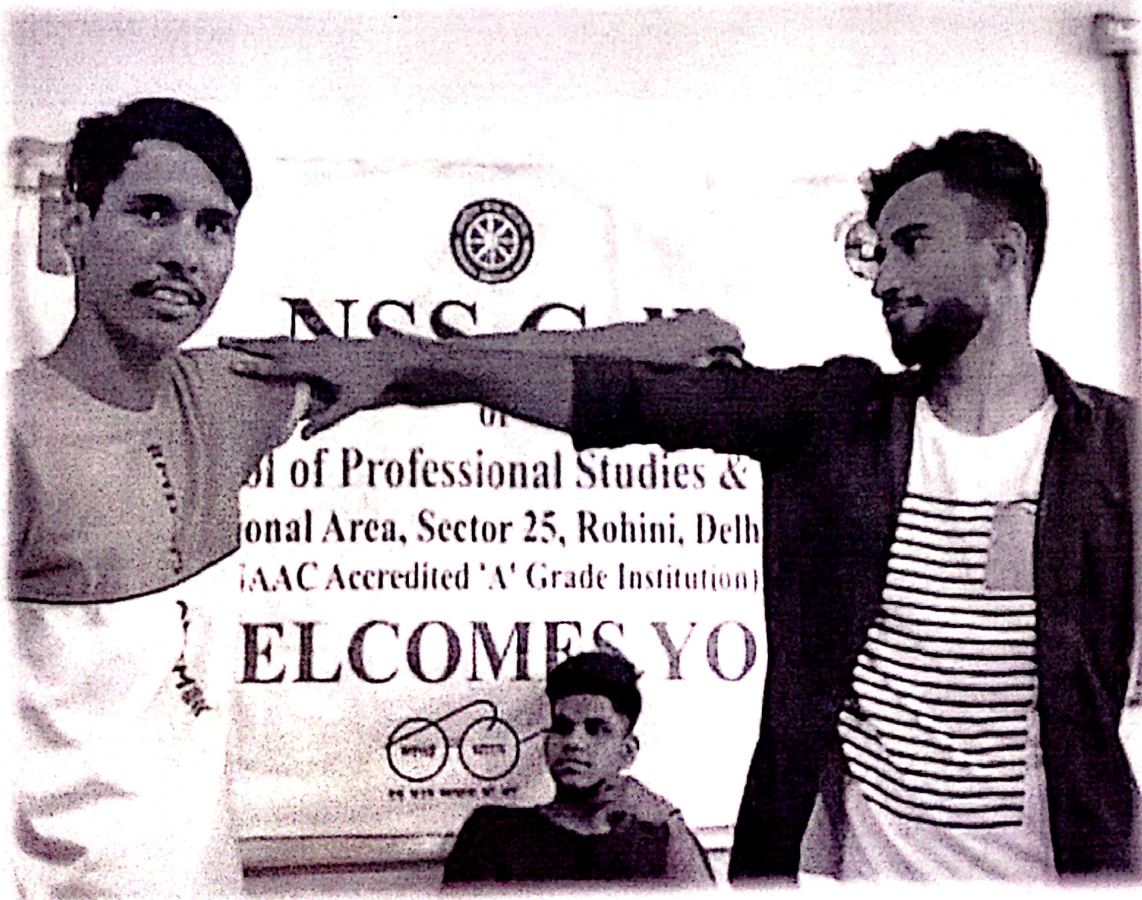
On

27th August 2022

Title	Self Defence Training Workshop
Date and Time	27 th August 2022, 12:30 Pm
Platform	Seminar Hall
Resource person	Faculty Coordinator, NSS-Ms. Princy Aggarwal
Participants	45
Summary	<p>Self-defence is the use of force to protect yourself against someone who is attacking you. Now a days it is very important for everyone to learn how to defend yourself. NSS cell of DSPSR organized a Self Defence Training Workshop under the scheme "Self Defence" on 27th August 2022 for the college students and children of J. J. Colony. Our NSS volunteers went to JJ Colony and brought children to the college.</p> <p>Two NSS volunteers who are certified in Self Defence gave training to JJ Colony children and all the college students present there.</p> <p>This Training was done with the objective of learning how to Protect yourself. This type of workshop is very essential for girls and children. Everyone enthusiastically participated in the workshop and practiced different tips shared by the trainers..</p>

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Photographs of the event:



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