



**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

REPORT  
ON  
'SELF DEFENSE: A TRAINING SESSION FOR FEMALE NSS VOLUNTEERS'

Date: 25-28<sup>th</sup> September 2023

Venue: B404, B Block, 4<sup>th</sup> Floor

Event Type: Self Defense Training

Mode of Activity: Offline

Target Group: Female NSS Volunteers

Coordinators: Dr Neeraj Kumari

Organized by: NSS, K R Mangalam University, Gurugram in collaboration with Gender Sensitization Committee

Participants: 17 NSS volunteers]

Resource Person: Capt. Ujjain Singh Raghav, Ex-Army Man, Ghamroj, Sohna

Introduction:

NSS, K R Mangalam university in collaboration with Gender Sensitization Committee organized Self Défense Training for Female NSS volunteers from 25<sup>th</sup> September to 28<sup>th</sup> September 2023. The resource person for the training was Capt. Ujjain Singh Raghav. It is felt that NSS along with Gender Sensitization Committee can strengthen the girl students for their self-protection and women empowerment through a workshop of Self Defence.

Objective: The main objective to conduct the event was to organize this session is to educate the girl students about the different types of violence against them and also to provide knowledge about the different tips of self-protection to keep in mind in different situations.

Content:

The self-defence training was started from 25th September where Dr Neeraj Kumari and Dr Shobhana Jeet welcome the guest and informed the students about the importance of self-defence practices. On the first day of training, Capt Ujjain Singh taught the volunteers about Thumb lock, Single wrist lock, Double wrist lock, Hammer lock and Double hammer lock. The second day of self-defence training program proved to be an enlightening and productive experience for all participants. Building upon the foundational techniques introduced on the first day, participants were exposed to three new self-defence techniques: Collar Crossing, Hip Throw, and Hair Throw. Participants paired up to practice these new techniques in a controlled and supervised environment. The trainer provided individual guidance and corrections to ensure that everyone grasped the nuances of each technique. On 3rd day of training, various other techniques like protect from knife, gun and stick were taught. On the last of training, all the techniques taught earlier were revised and practice was done by volunteers.

#### Conclusion:

The commitment and enthusiasm displayed by all participants during the training session was commendable. The session was ended with vote of thanks by presenting the memento to the expert.

Event Outcomes: The volunteers were learnt about various forms of violence that girls and women might encounter, whether it occurs at home or in any other setting. Participants in the workshop received a variety of self-defence strategies to prevent or respond to potential attackers. These techniques included using objects and targeting vulnerable areas when confronted with physical abuse, violence, or crime.

The training program wrapped up with a commitment from both sides to continue organizing similar workshops in the future.



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Gurugram, Delhi-NCR



National Service Scheme  
in collaboration with  
Gender Sensitization Committee  
Organizes

## Self Defense A Training Session for Femal Volunteers

25th - 28th September 2023

Venue  
**B403, B Block**

**Resource Person**

**Capt. Ujjain Singh Raghav**

Ex-Army Officer (Ghamroj, Sohna)

**FACULTY COORDINATOR**

**Dr. Neeraj Kumari**

NSS Coordinator

**Dr. Sobhana Jeet**

Coordinator, Gender Sensitization Committee

**STUDENT COORDINATOR**

**Sejal and Simran**

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