

ONLINE SELF DEFENSE COURSE

Activity: ONLINE SELF DEFENSE COURSE

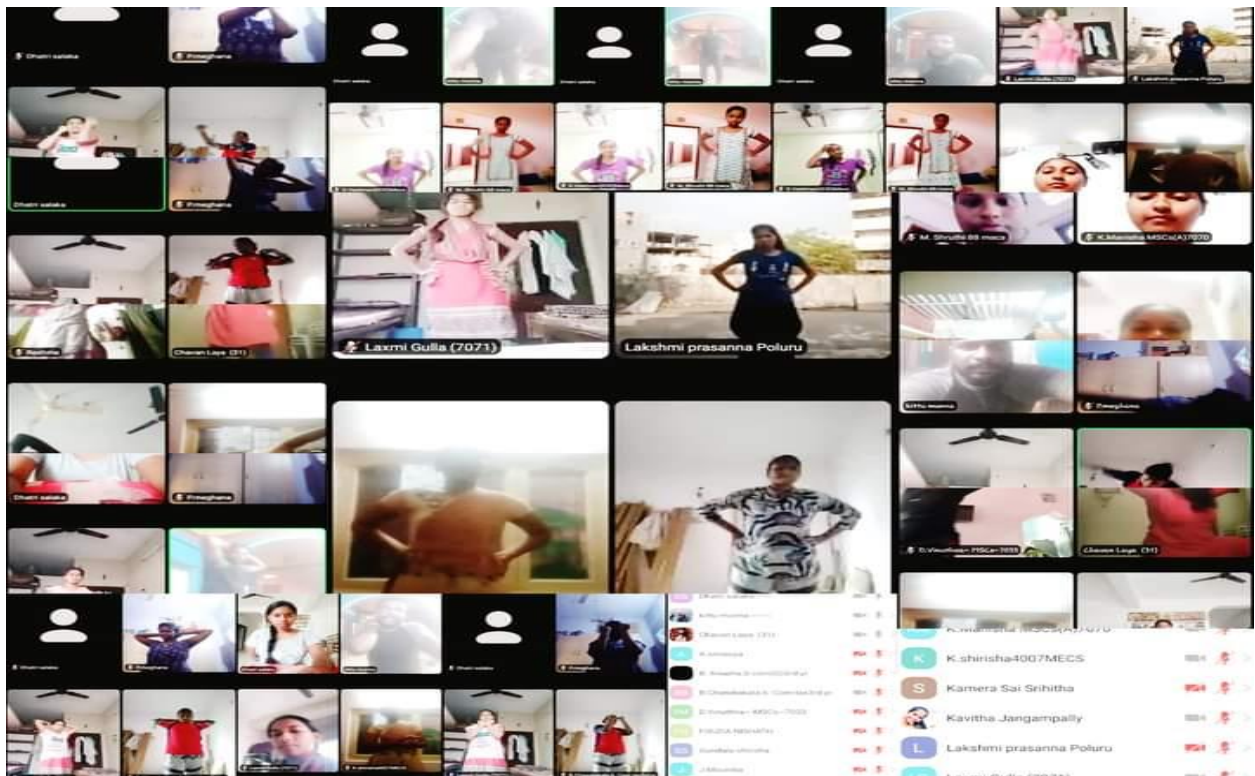
Date: 27-3-2021 to 5-4-2021

Resource Person: Instructor: Mr. B. Devender, SHE TEAM Coordinator

Organizing committee: Women Empowerment Cell

No. of students participated: 50

Due to immediate lockdown due to Covid -19 again we encouraged the students to attend online training classes. But, very few students have joined the course of about one week.



Program Outcome:

This training programme helps in

1. Building confidence
2. Developing self-discipline
3. Improving physical health and mentally strong to face unforeseen situation