

### **Report on National Service Scheme's Self Defence Program for Women**

The National Service Scheme (NSS) Unit of the Institute of Vocational Studies organized a 10-day Self-Defence Camp for Women from 17th to 27th September 2024. The program was held at the Multipurpose Hall and Awadh Ground, in collaboration with the Delhi Police.

The aim of the camp was to create awareness and empower the girl students, along with female faculty members, by teaching them essential self-defence techniques for personal safety and confidence.

The event began with a formal inauguration ceremony. Dr. Mandira Gupta, Principal of IVS, graced the occasion as the Chief Guest and inaugurated the program by lighting the ceremonial lamp.

Following the inauguration, Ms. Babita, Ms. Priyanka Yadav, and Ms. Hansa from the Delhi Police addressed the participants. They spoke about the growing challenges faced by women in society and emphasized the importance of physical fitness, mental alertness, and self-defence skills in ensuring personal safety.

Ms. Priyanka Yadav encouraged students to maintain a healthy lifestyle, consume nutritious food, and engage in regular physical exercise. She also conducted demonstrations of Karate and Martial Arts techniques, giving students practical insights into defending themselves in threatening situations. Ms. Hansa highlighted how self-defence training can be a powerful tool for women during emergencies. She also shared information about the Delhi Police Women Helpline, urging students to remember and utilize it whenever they feel unsafe. Additionally, she explained various safety measures that women can adopt while traveling in the metro or in public spaces.

IVS Principal, Dr. Mandira Gupta, appreciated the efforts of the Delhi Police and the NSS team for organizing such a meaningful program. She emphasized that the Institute of Vocational Studies takes pride in being a ragging-free institution and constantly works toward the welfare, security, and empowerment of its female students. She assured that similar training programs will continue to be organized in the future to strengthen the safety and confidence of young women.

Overall, the NSS Self-Defence Camp for Women was a highly impactful and motivating event, promoting awareness, confidence, and a sense of preparedness among participants.

