

Certificate Course on 'Self defence training for girls'

Dates: 07.09.2022 to 20.09.2022

Time: 08:00 A.M. to 09.00 A.M (Everyday)

(Duration: 20 Hours)

Internal Quality Assurance Cell with Women Development Cell of Swami Shraddhanand College, University of Delhi, in association with **Sashakti** - Self defence training cell of the Delhi Police under Special Police Unit for Women and Children, organized a Certificate Course on "Special Safe Riding Training by Road Safety Cell", from 07th September 2022 to 20th September 2022.

Patron : Prof. Parveen Garg

IQAC Convener : Prof. Pradeep Kumar

WDC Convener : Prof. Namrata

Course Coordinators : Dr. Aishwarya Jha, Ms. Akanksha Gupta

No. of Students Registered: 71

About the course

The course aims at providing the female students of our college the opportunity to learn self defense and protecting oneself against any unsolicited incidents at home or in the outside world.

Sashakti - Delhi Police Special Police Unit for Women and Children(SPUWAC) taught the students about the basics of self defense and the techniques involved with protecting oneself from different kinds of physical attacks on them. The course also helped the girls to build up stamina and taught them to speak up and express themselves whenever they felt the need for it. Delhi police personnel helped train the students and make them independent and confident in life to step up for anything.

Course Poster

Sashakti is Delhi Police's initiative to promote self-defence training for women



IQAC-Swami Shradhdhanand College

10 Days Self Defence Training Workshop

7-20 September 2022 (Mon-Fri)

Timing: 1 PM-2 PM

Venue-Amphitheater, New Building,

Training will be conducted by the Delhi Police-
Special Police Unit for Women & Children
(SPUWAC), Nanakpura Unit.



Prof.Parveen Garg Prof.Pradeep Kumar Dr.Aishwarya Jha Ms. Akanksha Gupta

Principal

Convener, IQAC

Coordinator

Coordinator

■ For Female Students of Swami Shradhdhanand College (University of Delhi) only

■ Self-defense training not only helps you to protect yourself but others too.

■ Training helps you become physically and emotionally fit.

■ Register your name for the training program by Scanning Google Form

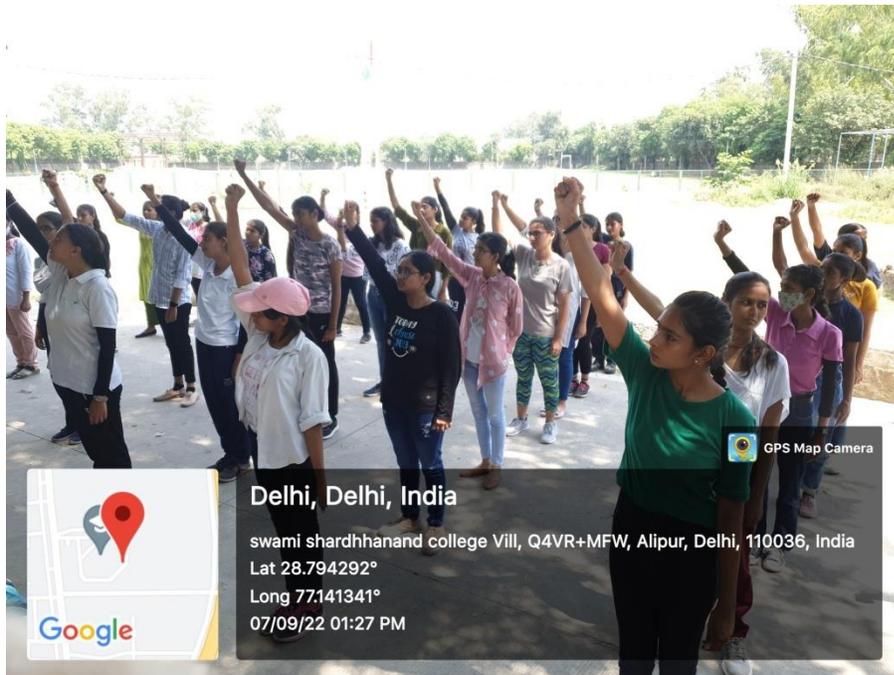
Certificate of participation for participants.

Student's details

| Name (Ms.) | Course Name with Semester |
|---------------------|---|
| Aarfeen Hussain | Bsc applied life science (5th sem) |
| Aashi | Bsc Hons microbiology , 2nd semester |
| Amrita | BA programme, section -E |
| Anantika | B.com hons (semester 2) |
| Anjali | B A programme history+ Pol. science 5th semester |
| Anjali | Bsc applied life sciences, 3rd semester |
| Anjali Chawla | Ba programme (computer application+economics) semester -3 |
| Annu | B.A programme(economics+mathematics), 3rd semester |
| Annu | B.Com(Hons) semester-3 |
| Annu | B.Com(Hons) semester-3 |
| Archana | B.com (hons). 3rd semester |
| Arti Kumari | Hindi honours 3rd semester |
| Asha | Ba programme 3 Rd semester |
| Babita | BA(HONS.) ENGLISH, 3RD SEM. |
| Bharti sharma | History honours (5th sem) |
| BHAWNA | Course - B.com hons. , semester - 3rd |
| Deeksha Sharma | Bcom(prog.) 5 th semester |
| Devyani Singh | BA program (economic+political science) |
| Diksha | BSc physical science with chemistry, Third semester |
| Divya | Bsc(prog) life science 3 semester |
| Fahima Usmani | Bsc life sciences 5th semester |
| Inaana Pandey | microbiology 3rd sem |
| Indu kanojia | B. Com (prog) 5th semester |
| Ishika Jain | B.A Program 5th semester |
| Kanak Kaushik | Ba English Hons 3rd semester |
| Kanika | B.A Program (5th semester) |
| Khushboo Negi | B.Com(hons.) , 3rd semester |
| Komal Kushwaha | B.A prog.(Eco + Pol science) , 3rd sem |
| Komal Singh | B.Sc(H) Microbiology, 3rd Semester |
| Lavisha | BA Programme (5th semester) |
| MEGHA | Bsc honors zoology 5th sem |
| Ms.Varsha | BA program 5th semester |
| Ms.Vrinda Chaudhary | BA English honors |
| Ms.Vrinda Chaudhary | BA English honors (5th semester) |
| Muskan | BA Hindi honors 3 semester |
| Muskan | Ba programme,3 semester |
| Naina | BA English Hons (3 semester) |
| Neha | Bsc physics hons, 5th sems |
| Niharika Sain | English Hons. (3rd Semester) |
| Prachi | BA Hons English, semester 3 |
| Preeti Kumari | Ba programme (history+political science) |
| Priya | B.A ENGLISH HONS. 3 SEMESTER |
| Priyanka | BA program 5th semester |
| Priyanka | B.com(h) semester -3 |
| Priyanka kumari | Bcom hons, 3rd semester |
| Rakhi | Ba programme history political |
| Rani | History+political (5 semester) |
| Rani | BA. Program (5)semester |
| Ritika Garg | Bcom prog , sem-5 |

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|---------------------|---|
| Ritika Garg | BCOM PROGRAMME, Sem-5 |
| Sakshi | Ba.program(Hindi+pol.sci) |
| Shalu Yadav | BSC Emergency medical technology Dseu Okhla phase 2 |
| Sheen | B.A. programme 5th semester |
| Sheetal | Bsc botany honours v sem |
| Shivangi Yadav | B.com(hons.) Semester -3rd |
| Shivani | B.com (prog.) , 3rd year |
| Shivani dhama | Bsc physical science with chemistry 3rd sem |
| Shrashti Aggarwal | Ba program 3rd sem |
| Shreeya bakshi | Bcom hons 3rd semester |
| Sonal kumari | Bsc life sciences (third semester) |
| Suman Mathur | Bsc prog applied life sciences 5th semester |
| Swati kumari | Ba english honour 3rd |
| Swati kumari | BA ENGLISH Honors 3rd |
| Tanishka Chauhan | Bsc life sciences sem 5 |
| Tarushi Tyagi | BA program (5th semester) |
| Udita Mukherjee | BSC Hons Microbiology, 5th sem |
| Vanshika Mendiratta | B.com (prog) 3rd sem |
| Vanshika Mendiratta | B.Com (Prog) 3rd Semester |
| Vanshika sharma | B.sc life science, semester 3 |
| Vishakha | Bcom Hons 3rd Semester |

Gallery









Feedback from Students

| Name (Ms.) | Feedback for the course |
|---------------------|--|
| Aarfeen Hussain | Wonderful course |
| Aashi | Learnt a lot from police women |
| Anjali | Thank you for teaching self defence |
| Anjali Chawla | Learned tips and tricks for self defence |
| Annu | Thanks WDC and Delhi Police for teaching self defence to us |
| Asha | It was a great course and we got to learn everything needed for self defence |
| Babita | Very nice course thnk u SSNC and delhi police |
| Bharti sharma | Maam was very cooperative and taught us everything with patience |
| BHAWNA | Thank you for a great course |
| Divya | Excellent |
| Fahima Usmani | Good training with everything included |
| Inaana Pandey | Training was excellent |
| Indu kanojia | Good course for girls |
| Ishika Jain | Tiring but very informative |
| Komal Singh | Very nice experience with delhi police |
| Lavisha | Training is excellent thank you so much |
| MEGHA | Very good excellent |
| Ms.Varsha | good |
| Muskan | Informative and learning course |
| Naina | Learned a lot about self defence |
| Neha | Thanks to akanksha maam and sushma maam for this course |
| Niharika Sain | Great learning experince with ssn and delhi police |
| Prachi | Timing could be more but nice course |
| Priyanka kumari | Gave me strength and confidence in myself |
| Rakhi | Thanks mam |
| Ritika Garg | Very good training course |
| Ritika Garg | Self defense is a state of mind i have learnt |
| Sakshi | Excellent course |
| Shalu Yadav | Thank you |
| Sheen | Good learning and self defense and training |
| Sheetal | Good |
| Shivangi Yadav | Very good course for girls and women |
| Shivani | Nice... |
| Shivani dhama | Organize more courses thanks it was very good |
| Shrashti Aggarwal | Learned everything about protecting me |
| Shreeya bakshi | Wonderful |
| Sonal kumari | Please do more such courses thanks |
| Suman Mathur | Very good course for girls |
| Swati kumari | Got to learn and build stamina thanks |
| Swati kumari | Thank you to all good course |
| Tarushi Tyagi | Sushma maam is a good police woman and taught us well |
| Udita Mukherjee | Thanks delhi police |
| Vanshika Mendiratta | This course gave me the confidence to go out indeoendently |

Certificate of Participation for the Students



SPECIAL POLICE UNIT FOR WOMEN AND CHILDREN NANAKPURA, MOTI BAGH, NEW DELHI

This is to certify that Ms.....SHAGUN.....
Resident/student of.....B:A: Prog:.....has successfully
completed the programme " **Training in Self-Defence Techniques** " held from
...07: 09: 2022..... to ...20: 09: 2022..... by IRAC and Women Development Cell
At Laxmi Shroddhanand College, University of Delhi.




For Deputy Commissioner of Police
SPUWAC, Nanakpura, Moti Bagh, New Delhi