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NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-25

WOMEN'S DEVELOPMENT CELL, HANSRAJ SELF DEFENCE SEMINAR

Date: 6th September

Venue: Old Seminar Room, Hansraj College

Speakers:

- Maj Gen Javed Iqbal
- Prof. Geeta Singh, Director, CPDHE, UGC-HRDC
- S.K. Shrivastav, Former Chief Secretary of Delhi and Goa

A Self-Defence Seminar was held on 6th September at Hansraj College to promote awareness and practical skills in personal safety. The event was graced by S.K. Shrivastav, the former Chief Secretary of Delhi and Goa, along with Maj Gen Javed Iqbal and Prof. Geeta Singh, who shared their expertise on self-defense's physical and psychological aspects.

S.K. Shrivastav discussed the growing importance of self-defense in urban areas, particularly for women and students, emphasizing quick decision-making in critical situations.

Maj Gen Javed Iqbal demonstrated basic yet effective self-defense techniques and stressed the role of mental and physical preparedness.

Prof. Geeta Singh focused on women's psychological barriers and the need for mental resilience in personal safety.

The seminar concluded with a vote of thanks, empowering participants with practical self-defense knowledge and a strong sense of personal safety. The event was a meaningful contribution towards fostering a safer environment for the college community.

