



# Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India

Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13


Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in


Ref. No. AIRSR/2022-23/4182-A

Dated 15/3/2023

## CIRCULAR

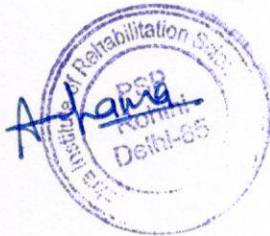
All the students are hereby informed that Self Defense Training Program will be organized on 17<sup>th</sup> March 2023 (Friday) at Tecnia Auditorium from 12:00 noon.

  
Ms. Anupama Gupta  
NSS In-charge

  
Ms. Sanjana Mittal  
Deputy Director

Copy to:

1. Dean Academics
2. All course coordinator/ Class in charges
3. Students' welfare Dept.
4. Website for updating.





# Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India  
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13  
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in



**Event:-** Self Defense Training Programme

**Date:-** 17<sup>th</sup> March 2022, Friday

**Time:-** 12:00 Noon - 02:00 PM

**Venue:-** Tecnia Auditorium

**Convener:-** Ms. Anupama Gupta (NSS Program Officer)

**Number of Beneficiaries:-** 80

### **Objective of the event:-**

- To educate girl students about the different types of violence against them
- To provide knowledge about the different tips and training of self-protection to keep in mind different situations.

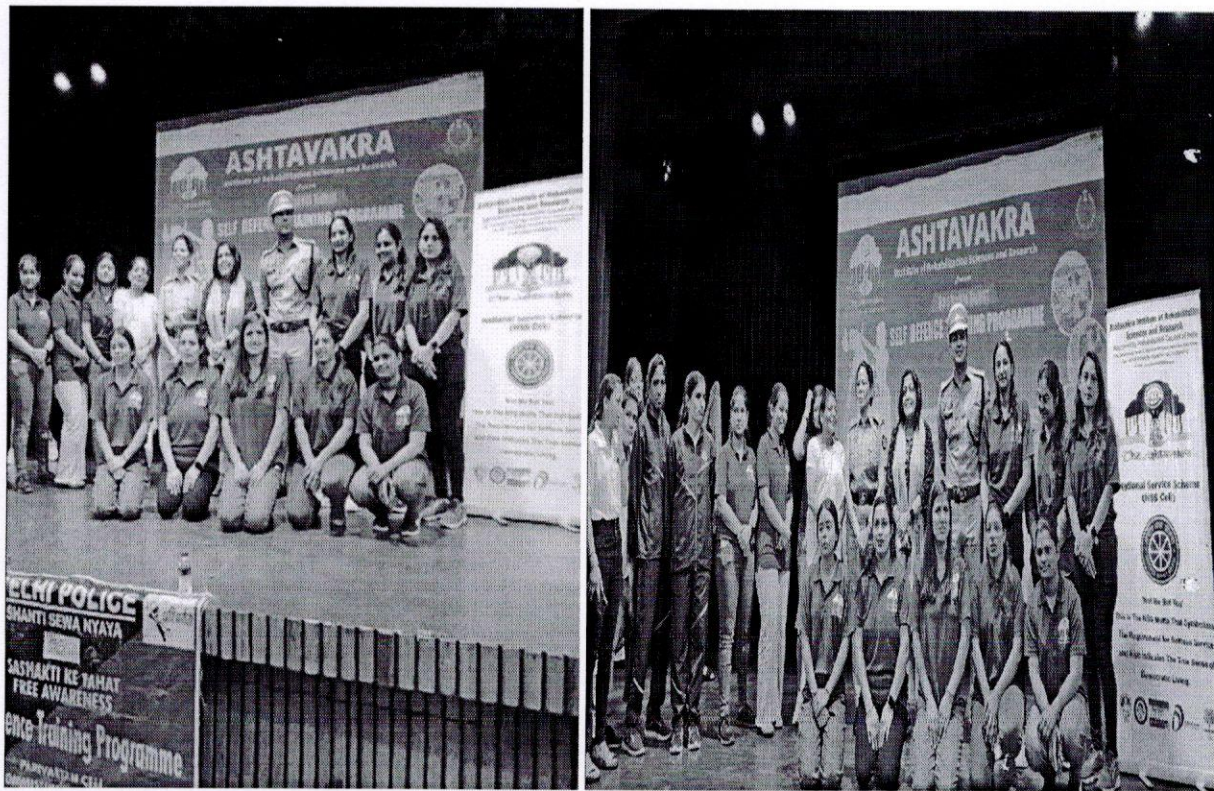
### **Report**

The workshop started with an introductory speech by Ms.Sanjana Mittal, Deputy Director in which she explained that it is indeed the need of an hour to teach girl students self-defense training, which will make all the girls independent and provide them self confidence in dealing with daily situations. Mr. Ravi Kant



Kumar(Add. DCP, Rohini District) highlighted the key points about such kinds of workshops that are required to sensitize our girls to self-protect themselves in public places as well as at home. Ms. Omsheela Gupta(in charge of Parivartan Cell) pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases, and other severe forms of violence against women and children which are pouring in on a day-to-day basis. Self-defense techniques were demonstrated by her and she gave knowledge about the Himmat Plus mobile application of the Delhi Police for women's safety. The workshop concluded with a note on the promise from both the sides that these kinds of workshops will be continued in the times to come.

### *Glimpses of the activity*



### **Learning Outcomes**

- The students were able to learn about the different kinds of violence that may be faced by girls or by women in any place including at home.
- The students were able to learn different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.





## Ashtavakra Institute of Rehabilitation Sciences & Research Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India

Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13  
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

### LIST OF BENEFICIARIES

S.No.	GGSIU Enrollment No	Name
1.	00152312422	MANVI MITTAL
2.	00252312422	HARSHPREET KAUR
3.	00352312422	RASHMI VERMA
4.	00452312422	AROOSHI NANDWANI
5.	00552312422	PRIYANKA
6.	00652312422	ASHISH
7.	00752312422	GEETIKA YADAV
8.	00852312422	KAVITA
9.	00952312422	PRIYANKA ARORA
10.	01052312422	ASHA BAIRWA
11.	01152312422	POOJA BANKOTI
12.	01252312422	KRITI DHUNNA
13.	01352312422	KIRAT KAUR MATHARU
14.	01452312422	BHARTI
15.	01552312422	MUSKAN
16.	01652312422	SUMAN
17.	01752312422	SUNAINA SHARMA
18.	01852312422	ANCHAL KUMARI
19.	01952312422	KANISHKA SHARMA
20.	02052312422	HARSHITA GUPTA
21.	02152312422	FIRDAUS
22.	02252312422	ANJALI KAUR
23.	02352312422	MANIKA
24.	02452312422	NIKITA
25.	70152312422	PRAGATI
26.	35352312422	SAKSHI MATHUR
27.	35152312422	SHRUTI RANA
28.	35252312422	MANISH
29.	00352312520	URMI AGRAWAL
30.	01252312520	DEEPIKA
31.	01952312520	RUHI
32.	01152312520	BHAWNA
33.	00652312520	ANKUR BHARDWAJ
34.	00852312520	AASHIMA AGARWAL
35.	01852312520	HIMANSHI DHINGRA
36.	00152312520	ANKIT CHHIKARA
37.	00952312520	NIKITA ARORA



38.	01452312520	TANNU MALIK
39.	00552312520	PARUL JINDAL
40.	01352312520	UMA KUMARI
41.	00452312520	SAKSHI
42.	00252312520	MANASVI
43.	01752312520	MUSKAN RANA
44.	02352312520	MANISHA
45.	01552312520	HIMANI BENIWAL
46.	02252312520	MINKU
47.	01052312520	AASHIMA NANDA
48.	02052312520	INDU NIGAM
49.	35252312520	SHIVANI
50.	35152312520	VANDANA SHARMA
51.	01652312520	SANCHITA KHANNA
52.	00352312420	SHRISHTI SINGHAL
53.	01052312420	VANSHIKA
54.	00452312420	MANISHA TIWARI
55.	01252312420	MONIKA SHARMA
56.	00652312420	JYOTI NAHARIA
57.	00152312420	SONALI SWAROOP
58.	00752312420	HIMANI SHARMA
59.	01152312420	ABHISHEK RAGHAV
60.	00552312420	SAKSHI JOSHI
61.	00252312420	NAMAN KUMAR
62.	01352312420	MANMEET KAUR SETHI
63.	00852312420	SAFEZ MALIK
64.	01552312420	SANJAY
65.	01852312420	SUMIT
66.	02152312420	AAKANSHA SINGH
67.	02252312420	MUSKAN WADHWA
68.	01652312420	KIRAN KUMARI
69.	01952312420	SALONI
70.	01752312420	DIVYA GUPTA
71.	00952312420	LAKSHMI HARIKA AKEY
72.	02052312420	SANA
73.	01452312420	SHELIKA MADAN
74.	35252312420	NITI MEHRA
75.	01052312220	POOJA KUMARI
76.	01452312220	TANU
77.	01552312220	KHUSHALI
78.	01652312220	PRATIBHA
79.	00352312220	VARSHA MEENA
80.	00952312220	PRIYANKA SHARMA
81.	00552312220	VIBHA GUPTA
82.	00152312220	TEENA KHANNA
83.	00252312220	KOMAL SHARMA
84.	01752312220	PAYAL NAGPAL
85.	00852312220	SAKSHI
86.	01252312220	MEGHA BISHT
87.	00452312220	NIRUKTA TRIPATHI



88.	01152312220	BHAVIKA
89.	00752312220	SHIVANI YADAV
90.	01852312220	BABITA POUDEL
91.	01952312220	SAKSHI YADAV
92.	35152312220	KAJAL RATHEE
93.	35252312220	KAVITA
94.	02052312220	SHELLY JAIN
95.	00352312520	URMI AGRAWAL
96.	01252312520	DEEPIKA
97.	01952312520	RUHI
98.	01152312520	BHAWNA
99.	00652312520	ANKUR BHARDWAJ
100.	00852312520	AASHIMA AGARWAL

