



ONE DAY'S TRAINING PROGRAMME IN SELF DEFENCE ON 11.10.2021

One Day Training Programme in Self Defence One Day Training Programme in Self Defence was organized by Life Skills Committee of Shri Guru Govind Singh Ji Government Degree College, Paonta Sahib on 11th October 2021. This Training Programme in Self Defence was conducted in two sessions. Dr. Veena Rathore, Principal Shri Guru Govind Singh Ji Government Degree College, Paonta Sahib graced the occasion as the esteemed Chief Guest. Mr. Wazid Tiger Shizohan was the technical expert of the programme. The main objective of this self-defence training was to empower students with techniques to handle an attack independently. The stress was on keeping calm and being strategic in case of any sudden attack. The programme was commenced with the auspicious lighting of the lamp by the Chief guest, resource person, the convenor of the committee and the senior professors of the college. The honorable Principal of the college welcomed the revered resource person Mr. Wazid Tiger Shizohan, technical expert of the programme, other dignitaries, teachers and participants. The Principal, Dr. Rathore stressed on the fact that untoward and threatening situations can never be pre-empted with certainty. However, it is imperative that whenever faced with such a situation, one should stay alert, calm and composed and avoid getting panicked. Self-defence deals with physical as well as mental aspects of defending oneself. In addition to the safety aspects, it is one of the best ways to attain the physical and mental strength which in turn gives the confidence in oneself pertaining to self-protection. Mr. Wazid Tiger Shizohan, the technical expert focused that Self-Defence is the method by which one can protect oneself with one's own strength. It involves various techniques but the first step towards it is Fitness. Learning self-defence through fitness is of prime importance as there are tremendous power imbalance and unsafety where we live today. Convenor of the Life Skills Committee, Prof. Vimmi Rani stressed that law allows people to use force to defend themselves, and others. Every individual is authorized to use force to defend oneself, in case there is an objectively reasonable fear of harm to oneself or others. Various techniques and stunts were taught to the girls and boys. Tips were also given to them how to defend and protect themselves in every situation by the technical expert. In the end of the programme, certificates were distributed among students and the staff members who attended this training programme. Approximately 104 students along with the staff members attended this training programme. Dr. Pooja conducted the stage and Dr. Vinita Pal offered vote of thanks. The programme was ended with National Anthem.


Internal Quality Assurance Cell (IQAC)
Shree Guru Gobind Singh Ji
Government College Paonta Sahib
Dist. Sirmour (H.P.)-173025



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Dr. PRAMOD PATIAL
Principal
Shree Guru Gobind Singh Ji
Government College
Paonta Sahib
Dist. Sirmour (H.P.)-173025



Photograph 22 Self Defence Training Programme in MPH



Photograph 23 Self Defense Training Programme in MPH



Photograph 24 After Self Defense Training Programme in MPH



Photograph 25 Self Defense Training Programme in MPH

