



"Only Knowledge can provide salvation"

# KESHAV MAHAVIDYALAYA

NAAC Accredited Grade 'A'- Cycle 2  
H-4-5 Zone, Sainik Vihar, Pitampura, Delhi -  
110034

(University of Delhi)



**NATIONAL SERVICE SCHEME (NSS)**

**WOMEN SELF DEFENCE SESSION**

**20<sup>th</sup> January, 2023**

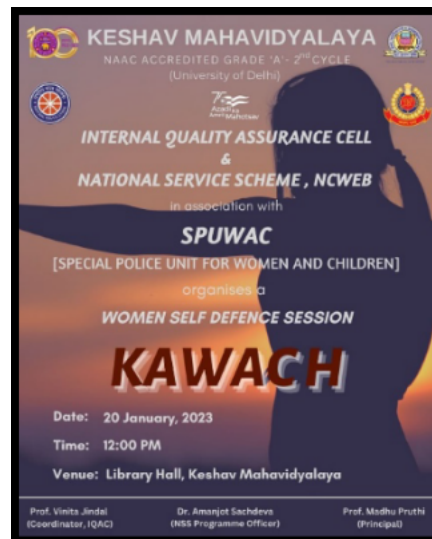


# National Service Scheme



## WOMEN SELF DEFENCE SESSION

Self-defence, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, **self-defence for women has become a necessity more than ever**. Self-Defence is the method by which one can protect oneself with one's own strength.



(POSTER OF THE EVENT)

The NSS unit of Keshav Mahavidyalaya on 20<sup>th</sup> January 2023, held a self-defence session for women, "KAWACH" to spread awareness about the importance of women safety in recent times. The Head Constable Samita Gajraj and Head Constable Samisthta of SPUWAC (Special Police Unit for Women And Children) were invited to educate the students about the significance of self defence training and they demonstrated some techniques that would help to defend oneself from the attack. The duration of the session was 1.5 hours and, in that time, the Police Officers shared such experiences and stories with the students that not only boosted their confidence but motivated them to fight for their fellow females as well. They instructed the students to download 'Himmat Plus' app in their mobile phones, it is an emergency service, comprised of a mobile emergency application, which can send a distress call or emergency message to Delhi Police officials and specified contact or group in an emergency situation faced by a woman. The students actively took a part and gained a lot of knowledge from the session.



(Photos from the event)