

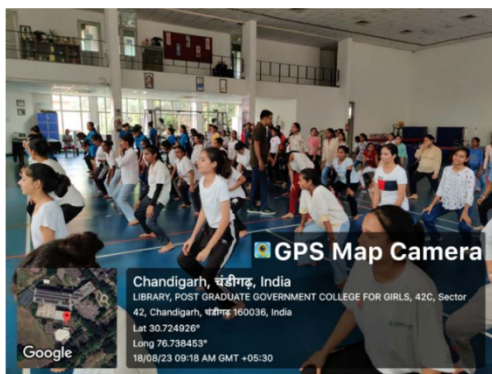
# Post Graduate Govt.College for Girls, Sec-42, Chandigarh

## Self Defence Training Session

18<sup>th</sup> August, 2023

Self Defence/ General Fitness/ Traffic Awareness and Road Safety Society of the PostGraduate Government College for Girls, Sector-42, Chandigarh organized a Self Defence Training Session for the college students on 18<sup>th</sup> August, 2023 in the College Gymnasium. It was attended by approximately 100 students. Principal mam Prof. (Dr.) Nisha Aggrawal alongwith Dean Sir Dr. Suresh Kumar graced the occasion and motivated the students. B.PEd students took lead and taught various techniques to the trainees.

Looking at the present scenario there was a need to make the girls aware of the surroundings and keep themselves safe. With this motive in mind the convener of the society Dr. Shafali Malhotra along with the members Dr. Rashmi Kohli and Dr. Vikas Sharma organized the event. Principal Mam appreciated the efforts of the society and urged more and more girls to be motivated for self defence training. Overall the event was a big success.



*Nisha Aggrawal*  
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