

SELF DEFENCE CAMP REPORT

Mata Sundari College for Women, University of Delhi, hosted a comprehensive self-defense camp from August 29 to September 6, 2024, under the Internal Quality Assurance Cell (IQAC). The Department of Physical Education and Sports Science organized this empowering initiative to equip women with essential self-defense skills and confidence, fostering a safer and more secure environment.

The camp was expertly conducted by Indu Sharma, a renowned Judo player and Black Belt, Second Dan. Her extensive experience and expertise ensured participants received top-notch training. The opening ceremony set the tone for the camp, featuring a motivational speech by Dr. Sharda Garg. Dr. Sunil Kumar felicitated Indu Sharma, acknowledging her contributions to women's empowerment through self-defense.

Dr. Ranjit Kaur, Department Head, delivered the inaugural address, emphasizing the importance of self-defense and personal safety. The comprehensive training covered various aspects of self-defense, including basic stances and postures, effective punches and kicks, escape techniques, and awareness and safety strategies. Participants actively engaged with the training, developing valuable skills and confidence through interactive sessions and practical demonstrations.

Throughout the camp, participants demonstrated remarkable enthusiasm and dedication. The initiative achieved its objective, promoting self-defense and personal safety among women. Participants praised the effectiveness of the camp and Indu Sharma's expertise, requesting future self-defense programs. The department plans to organize more such initiatives.

The closing ceremony marked the successful conclusion of the self-defense camp. Participants received certificates, expressing gratitude for the life-changing experience. The department's dedication to women's empowerment and safety was evident throughout the camp. With its commitment to holistic education and women's safety, Mata Sundari College continues to pave the way for empowered women, equipped to handle challenging situations with confidence and skill.