

Self Defence Workshop in collaboration with NSS

A Self Defence Workshop in collaboration with NSS was organized by IQAC on 5th February 2020 in the Tutorial Hall of the college. Mr. Devansh Sekhri, a karate instructor was invited to impart the training. He talked about how in the absence of a weapon one's body could be used not only to defend but also to attack a potential perpetrator of crime. Techniques like straight punch, elbow and hammer strike were also taught to the students.