

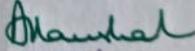
### Report on Self Defence Training Session

A Self Defence Training Session was organized by Self Defence/ General Fitness Society of PGGCG-42, Chandigarh on 8<sup>th</sup> November, 2025 in the Gymnasium Hall. The aim of the session was to empower students, especially girls, with techniques and strategies for personal safety and self-protection in real-life situations.

The program was graced by the presence of our respected Principal Mam Prof. (Dr.) Anita Kaushal, Dean Mrs. Anju Trikha, Vice Principal Dr. Abha Sudharshan, Convenor Dr. Shefali Malhotra and committee members Dr. Rashmi Kohli, Dr. Dajinder Kaur and Dr. Vikas Sharma. Principal Mam addressed the gathering and encouraged the students to stay vigilant, confident, and self-reliant. The training was conducted by Gungun (Black Belt), Khushi (Green Belt) and Sangam (White Belt) (students of B.PEd) who demonstrated various defensive techniques including how to escape from holds, blocks against attacks and the use of everyday objects for protection. Students actively participated in the hands-on training, showing great enthusiasm and curiosity.

The event concluded with a thank-you speech expressing gratitude to the Principal, the trainers, faculty members and the supporting staff for organizing such an enriching and practical session.

Overall, the Self Defence Training Session was a great success, equipping students with essential life skills and reinforcing the message of "Empowered, Aware, and Safe Youth."

  
Principal  
P.G. Govt. College for Girls  
Sector-42, Chandigarh



