

SELF DEFENCE WORKSHOP

6th March, 2024



PRAKRITI MSIT



NSS MSIT



Prakriti MSIT, along with NSS MSIT and UBA MSIT organised a workshop on self-defence, especially for women on 6th March, 2024. Keeping in mind the concern of female safety, and the soon to be coming occasion of International Women's Day on 8th March, Prakriti MSIT grabbed the wonderful opportunity to educate women on how to protect themselves in any situations that might be threatening to their lives. The workshop started at 11 A.M. in the MSIT ground where all the students gathered before the time to ensure a smooth running of the event.



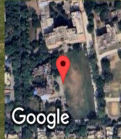
Self-defence instructor, Mr. Puneet Sharma from Lion's Institute of Martial Arts graced the event with his presence. He started off with some basic warm-up exercises, so that students can get ready for what's coming next. The students were guided by Mr. Puneet at many points during the whole workshop on how to do a certain exercise or stunt right.



The instructor also had a panel of young girls with him as well so as to motivate the girls of our college. They were really energetic and were following every command of their teacher. After the warm-up, he asked students to do some basic hits like punching and kicking. He really showed them how you can block yourself and punch the other person simultaneously.



GPS Map Camera



Delhi, Delhi, India
Maharaja Surajmal Institute of technology, New Delhi, 122001
Lat 28.620448°
Long 77.092596°
06/03/24 11:21 AM GMT +05:30



Next he taught the students to kick on a cushion bag and asked the students to do their highest powerful kick on the bag. Following that, he taught the students to knock off planks into two pieces, by their bare hands. Students felt really confident and uplifted after realising their true strengths. Puneet Sir also addressed the students to become more aware of the bad people around them and told the students that violence is never the answer, but if you find yourself in a situation, you shouldn't back off as well.



Concluding the session, our teacher coordinators handed a beautiful memento to the instructor, which was a perfect end to this wonderful workshop. At last, sir finally bid adieu to the students present there, and praised them for being patient this whole time. Our teacher coordinators also thanked him for blessing us with his presence. The workshop ended at 12 P.M. with smooth success.



The following were the participants:-

Guneet
Bhavesh
Sanjana
Kartik
Ritik
Shreya
Aditya Oraw
Niharika
Shivang
Nipun
Ayush
Ayush tomer
Nevin bali
Naman dadhich
Nikhil kimar
Navneet
Rohit sharma
Tarang kishor

Manjeet singh nagpal
Prashant
Yash Shrivastava
Sanidhya vats
Aditya bhateja
Abhas
Snehal ghosh
Ali noor
Adnan hasan
Sahil singh
Priyanshu
Rahul verma
Kapil
Aditya kumar
Vivek
Manan
Vamij
Shivam
Utkarsh
Dhruv
Ayush kumar
Sarav
Vedansh
Arpit
Aman
Sujal
Ayush
Abhimanyu
Shreya
Vaibhav
Ujjwal
Yuvraj
Nitisha
Raghav
Chhavi
Manavi
Chaitanya
Jashanpreet
Kajal sharma
Diya monga
Divya
Shivani gupta
Simran Choudhary
Avni gahlaut

Anjali singh
Anamika aggarwal
Drishya garg
Khushi pawar
Sakshi
Krishika thappar
Nancy
Prachi kumari
Gomitri gautam
Annapurna
Niharika
Ritik
Bhumika
Rajat
Himanshu deswal
Gunjan
Ojas
Sarthak
Gagan