

Women Welfare and Advisory Committee (WWAC)
Ram Lal Anand College
University of Delhi

10 DAYS SELF DEFENCE WORKSHOP REPORT

Event: 10-Day Self-Defence Workshop (10th to 21st February, 2025)

Organized by: Women Welfare Advisory Committee (WWAC)

Collaboration with: ASMI, IQAC

Duration: 10 Days

Timings: 1:30 PM – 2:30 PM

Venue: Front Lawn, Ram Lal Anand College

The Women Welfare Advisory Committee in collaboration with ASMI and IQAC successfully organized a 10-day Self-Defense Workshop to empower female students with essential self-defence skills. The workshop was conducted in collaboration with the **Special Police Unit for Women and Children (SPUWAC)**, Delhi Police.

From 1:30 PM to 2:30 PM, 61 girls actively participated in intensive training sessions held in the front lawn. The sessions were conducted by **Constable Jyoti Kumari** and **Constable Poonam**, who trained the students in practical and effective self-defence techniques. The workshop aimed at enhancing the participants' confidence, safety awareness, and physical preparedness.

On the 10th day, demonstration of newly acquired skills by the girl students was held. To recognize the dedication and efforts of the participants, successful girls were presented certificate in a ceremony. The certificates were awarded by **Inspector Laxmi Dubey**, the Chief Guest for the occasion, along with the SPUWAC team. This impactful initiative by WWAC in collaboration with ASMI and IQAC reflects the committee's ongoing commitment to promoting women's safety, empowerment, and overall well-being.



Ram Lal Anand College

University of Delhi



**Women's Welfare Advisory Committee
&
ASMI - The Gender Sensitization Committee**
are organizing

A TEN-DAY SELF-DEFENCE WORKSHOP

(UNDER THE AEGIS OF THE IQAC, RLAC)

**Trainers from the Special Police Unit for Women
And Children (SPUWAC)
Delhi Police**



10th to 21st February 2025



1:30 pm-2:30 pm



Front Lawn

For any queries :

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SCAN TO REGISTER

Dr. M. Salome John

(Convenor)

Dr. Sudha Chaudhry

(Advisor)

Prof. Shruti Anand

(Convenor, ASMI)

Prof. Prerna Diwan

(Coordinator, IQAC)

Prof. Rakesh K. Gupta

(Principal)

ORGANISING TEAM

Dr. Sarbari Nag
(Co-Convenor)

Dr. Kirti Punia

Prof. Neena Mital

Prof. Neelam Rishikalp

Dr. Shachi Meena











Women Welfare and Advisory Committee

WWAC-ASMI-IQAC Self Defence Workshop

Ram Lal Anand College

University of Delhi

Duration: 10th to 21st February, 2025

S. N.	Name	College Roll No	Year	Course	Total (Out of 10)
1	Aarushi Agarwal	23/4533	2	B.Sc. (H) Microbiology	4
2	Aayushi Verma	22/4519	3	B.Sc. (H) Microbiology	1
3	Anamika Kumari	24/4553	1	B.Sc. (H) Microbiology	2
4	Anjali Singh	22/5516	3	B.Sc. (H) Geology	10

5	Anshika	24/5543	1	B.Sc. (H) Geology	4
6	Anshika Gupta	24/3538	1	B. Com (Hons)	8
7	Ariba Iqbal	24/3543	1	B. Com (Hons)	10
9	Avantika Dubey	22/4523	3	B.Sc. (H) Microbiology	5
10	Bhavya Sharma	23/1555	2	B.A. (H) History	3
11	DIPANWITA DAS	24/5519	1	B.Sc. (H) Geology	9
12	Divya Pandey	23/1509	2	B.A. (H) History	3
13	Farhat Jahan	23/4526	2	B.Sc. (H) Microbiology	10
14	H Sangini Chakma	24/4529	1	B.Sc. (H) Microbiology	1
15	Hensoya A Shimray	22/4512	3	B.Sc. (H) Microbiology	8
16	Himanshi Varshney	22/5503	3	B.Sc. (H) Geology	10
17	Kanchan devi	23/1511	2	B.A. (H) History	3
18	Kritika Joshi	24/4526	1	B.Sc. (H) Microbiology	2
19	Manisha	24	1	B.Sc. (H) Microbiology	4
20	Mehak	23/529	2	B.A. (H) English	3
21	Mst.Rifa Akter Ruby	23/4545	2	B.Sc. (H) Microbiology	8
22	Murshidah Ahmed	23/4543	2	B.Sc. (H) Microbiology	1

23	Nidhi Sharma	23/2305	2	B.Sc. (H) Geology	4
24	Nitya Rastogi	23/4536	2	B.Sc. (H) Microbiology	1
25	Niyati Sabharwal	22/4503	3	B.Sc. (H) Microbiology	4
26	Prachi	24/4533	1	B.Sc. (H) Microbiology	3

27	Priya Jha	24/4501	1	B.Sc. (H) Microbiology	3
28	Sharia	23/4537	2	B.Sc. (H) Microbiology	1
29	Somya Kumari	24/5540	1	B.Sc. (H) Geology	9
30	Sonam yangkey	24/4528	1	B.Sc. (H) Microbiology	1
31	Sunaina	22/4506	3	B.Sc. (H) Microbiology	4
32	Tannu jaiswal	23/4516	2	B.Sc. (H) Microbiology	5
33	Tanvi Rastogi	22/4517	3	B.Sc. (H) Microbiology	4
34	Tanzin Odsel	24/4509	1	B.Sc. (H) Microbiology	1
35	Tasmia Akter	23/4544	2	B.Sc. (H) Microbiology	5
36	Yuvika Saikia	23/4514	2	B.Sc. (H) Microbiology	4
37	Jiya chaudhary	24/5547	1	B.Sc. (H) Geology	2
38	Gitashree Baruah	23/1518	2	B.A. (H) History	4
39	Aditi Rani	24/4556	1	B.Sc. (H) Microbiology	3
40	Aarohi Mohanty	24/4550	1	B.Sc. (H) Microbiology	2
41	Payal sisodia	23/1539	2	B.A. (H) History	4
42	Sneha Paliwal	23/4512	2	B.Sc. (H) Microbiology	4
43	Swati jha	24/5507	1	B.Sc. (H) Geology	8
44	Munchun kumari	22/ 5526	3	B.Sc. (H) Geology	10
45	Chhavi Gupta	22/5504	3	B.Sc. (H) Geology	10
46	Nishika	22/09	3	B.A (P)	10
47	Chandani	22/5528	3	B.Sc. (H) Geology	10
48	Aheli	22/5511	3	B.Sc. (H) Geology	10

49	Priyanka	23/4527	2	B.Sc. (H) Microbiology	9
50	Deepika	24/4537	1	B.Sc. (H) Microbiology	3

51	Sania Rehman	24/4540	1	B.Sc. (H) Microbiology	8
52	Sweety	22/1541	3	B.A. (Hons) History	8
53	Shagun	22/5506	3	B.Sc. (H) Geology	4
54	Yashika	24/2081	1	B.A. (Hons) Pol. science	6
55	Ujala	24/2092	1	B.A. (Hons) Pol. science	7
56	Bhumika	22/4518	3	B.Sc. (H) Microbiology	3
57	Babita Rawal			Dept. of Microbiology	6
58	Deeksha	24/4552	1	B.Sc. (H) Microbiology	2
59	Sana Ahmad	22/4516	3	B.Sc. (H) Microbiology	10
60	Mansi Maini	23/6540	2	BMS	8
61	Kapil Mohan Gupta	23/5540	3	B.Sc. (H) Microbiology	10
62	Arpit Singh (Office bearer)	23/5540	2	B.Sc. (H) Geology	10
63	Aryan (Volunteer)	23/5553	2	B.Sc. (H) Geology	10

Saibon Nag

Co-convener
WWAC