



OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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PRESS RELEASE

In a bid to empower women with shielding techniques, the 11 Rajaputana Rifles of 163 Brigade conducted a Self Defense Workshop for the female staff and girl students of Govt. Degree College Nowshera on Tuesday in collaboration with Women Empowerment cell of the college. Speaking on the occasion Principal of the college Dr.Surinder Kumar, said that the workshop was organized with an objective of addressing the fear of women and to cement their perspective of being mentally and physically strong enough to defend themselves against all odds.

The demonstration was conducted by Maj.N.K.Aley and other officials of army. The techniques involved the usage of daily need objects and items like mobile phones, body spray bottles, pen, head scarfs, ATM Cards etc at the time of need and adverse circumstances.

After the demonstration, Naib Subedar Mubarik Khan of 16 Gn. Recipient of Shaurya Chakra deliver a motivational lecture replete with personal examples to the students exhorting them to do well in life.

The demonstration was attended by about 250 Students and Staff of GDC Nowshera. The event propagated a feeling of care and safety among the spectators and further imbibed the sense of Stronger Women, Stronger Society within them.



Sd/-
Principal
GDC Nowshera