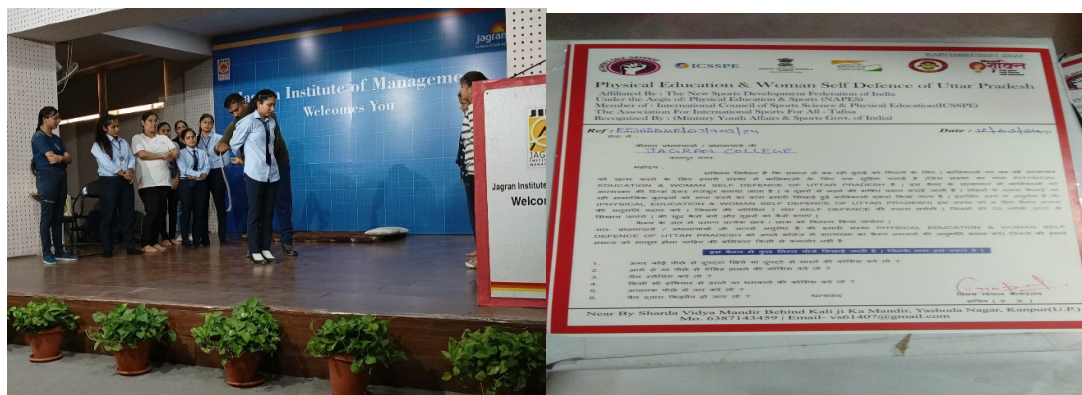


Empowering Jagran College Students through Self Defense Training



On April 28, 2022, Jagran College organized a self-defense training session aimed at equipping students with essential skills to protect themselves in various situations. The training was conducted by Mr. Vijay Srivastava, a renowned self-defense expert with years of experience in martial arts and personal safety techniques. The initiative was part of the college's commitment to promoting safety and empowerment among its students. The self-defense training session commenced with a brief introduction by Mr. Vijay Srivastava, outlining the objectives and importance of learning self-defense techniques. Students from diverse backgrounds and academic disciplines actively participated in the session, reflecting the universal need for self-protection skills in today's world. The training encompassed a range of practical techniques and strategies tailored to different scenarios, including physical assaults, verbal confrontations, and attempted robberies. Mr. Vijay Srivastava began by demonstrating basic self-defense moves such as punches, kicks, and blocks, emphasizing the importance of body posture and balance in executing these techniques effectively. The self-defense training served as a valuable learning experience for students, empowering them with the knowledge and skills needed to protect themselves and others.