

Govt. Zirtiri Residential Science College  
NAAC Accredited

## **SELF DEFENCE TRAINING FOR FEMALE STUDENTS**

**Sponsored by RUSA-GZRSC**

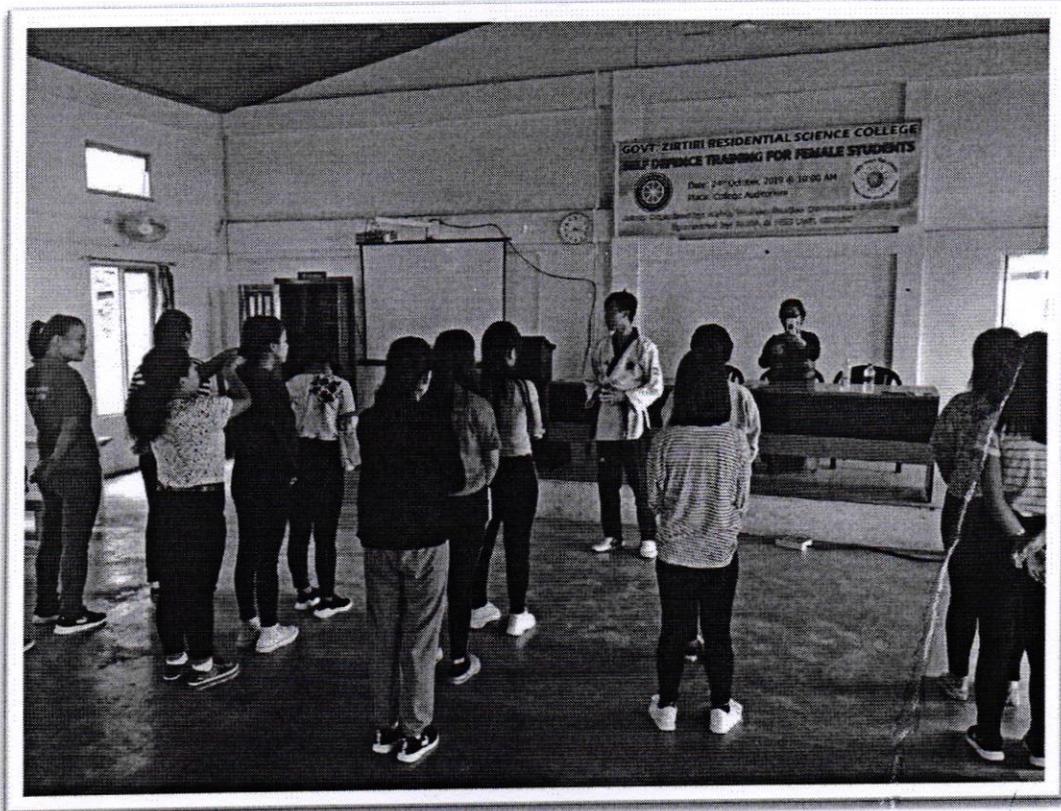
- 1.Type of activity : Self Defence Training for final year female students
- 2.Place of Activity : College Auditorium.
- 3.Dates of activity : 24<sup>th</sup> October 2019.
- 4.No.of participants : 35
5. Organisers : IQAC, Women Cell and NSS Unit, GZRSC

The main objective of the programme is to empower women, to enable them to defend against any type of physical assault, to build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training. Final year female students were selected to participate in the training.



(LALRINSANGI NGHINGLOVA)  
Secretary  
Women Study Cell, GZRSC

## Activity Report





  
Prof. B. ZOLIANA  
Principal  
Govt. Zirtiri Resi. Sc. College  
Aizawl : Mizoram