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The Programme was inaugurated on 17th October, 2020 by offering prayers to the Almighty. The **Welcome Address** was delivered by **Dr. Joseph Daniel, Principal** of the college. Thereafter, **Dr. Shipra Srivastava, Convener, Women Cell** addressed the students and outlined the objectives and theme of the workshop.

This Nine-day **Physical Training Workshop on Taekwondo and Martial Arts** was conducted by **Mr. Prayag Singh, National Trainer and Joint Secretary Taekwondo Association, Kanpur** along with **Yashi Singh**. They imparted training on techniques of selfdefence used for Purse snatching /teasing and many more and laid stress on the pressure point attack for self-defence.

DAY 1 started with the encouraging talk by **Dr. Archana Pandey, Associate Professor, BND College** on “**Sashakt Nari, Sashakt Bharat**”, wherein she stressed the importance of women empowerment and informed the participants of the Helpline number for girls 1090/112.

DAY 2 witnessed the motivational address of **Prof. Soofia Shahab, Chairperson ICC** of the College. Prof. Shahab informed the participants about the aims and activities of the Cell and urged the girls to feel free to contact the cell in case of any problem they are facing. **Dr Sunita Rathore**, Faculty of Law, Lucknow University, gave a talk on the legal scenario, regulations and Acts, POSCO and laws related to sexual harassment, eve teasing and domestic violence.

DAY 3 started with a motivational address by **Dr. Shipra Srivastava, Convener, Women Cell** of the College, who spoke about the relevance of the **Avatars of Shakti** during the auspicious festival of Navratri. Thereafter **Dr. Firdos Katiyar**, Associate Professor of the Botany Department, gave tips for a healthy and nutritious diet, particularly with reference to deficiencies and health issues of women.

DAY 4 witnessed the motivational address delivered by **Dr. Dorothy Rai**, Head, Department of English who talked about the dress code for girls while **Dr. Vibha Singh**, BHU, Varanasi gave a talk on health, “Amazing diet for amazing youth”

DAY 5 began with a motivational talk by **Dr Vibha Dixit**, Associate Professor, Department of Political Science on Women Empowerment, followed by a talk on Nutrition for Adolescents, by **Ms. Nandita Joshi**, Clinical Nutritionist Tata Memorial Hospital, Mumbai. She emphasized the importance of a balanced diet and how to adopt healthy choices for a healthy life.

DAY 6 began with a motivational address on Positive Thinking by **Dr. Shweta Chand**, Associate Professor, Department of Chemistry, while **Dr. Sidhanshu Rai**, Faculty of Management, CSJMU gave expert advice on “Self-Satisfaction is the Main key for Success”

Day 7 had the motivational address was given by **Dr Meetkamal** on the Mental Conditioning of the youth, followed by a talk on mental fitness and development of critical thinking by renowned psychiatrist, **Dr Alok Bajpai**.

On **Day 8** a talk on Introduction and benefits of NSS and NCC wings was given by **Dr Sunita Verma** and **Role of NSS** was explained by **Dr Alka Nivedan** from Lucknow, who spoke about the development of personality by joining NSS wing. **Dr. Ashutosh Saxena**, Head, Department of Political Science and **Dr. Niranjana Swaroop**, Convener, NCC gave detailed information about the NCC wing and its units, benefits and prospects of the NCC. They said that NCC helps in the holistic development of youth, imparts social skills and a patriotic spirit and is also a launchpad for the forces.

Events like Essay writing, Slogan, Poster competitions on “Swasth Nari Swasth Bharat” were also conducted. **Dr. Sujata Chaturvedi**, **Dr. Sangeeta Gupta**, **Dr. Mridula Samson** and **Shalini Kapoor** were the Judges for these competitions.



The curtains came down on the Nine-day Training Workshop on 25th October, 2020. The closing ceremony commenced with the Address of **Revd. Samuel Paul Lal, Patron & Secretary, College Governing Body**. This was followed by the Address of **Dr. Ripu Daman Singh, RHEO, Kanpur**. In the end, the Prize Distribution ceremony was held in which the winners of these competitions were awarded.



The entire program of Nine days was very efficiently and successfully conducted and coordinated by **Dr. Meetkamal, Coordinator, Balika Suraksha Aabhiyan** of the college keeping in view the holistic development of the girl students.

Such initiatives and programmes not only help to bolster the confidence and morale of the girl students, but also impart them the mental agility and physical strength to take any situation in their stride, with composure and confidence befitting a 21st century girl.

Shipra V. Srivastava
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