

GENDER SENSITIZATION AND WOMEN DEVELOPMENT CELL

Program on 2 Days Self Defense Training (29-30th September 2023)

The Women Development and Gender Sensitization Cell organized a 2 days Self Defense Training Session for students. For the event the Cell organized a committee meeting first and decided on the event with the following program objectives:

Program Objective:

- 1.To increase students' awareness on self-defense.
2. To train students regarding self-defense.
3. To develop management skills among students.

CHRIST CHURCH COLLEGE

**Women Development and
Gender Sensitization Cell**

**Organizing
SELF DEFENCE PROGRAM**

**on
29 & 30 September,
2023**

**in collaboration with
Karate Association (India)**

**Coach expert
Mr. Vijay Kumar**

**Time: 7:30 AM to 8:30 AM
Venue: College lawns**

**Principal
Prof. Joseph Daniel**

**Convener
Prof. Shipra Srivastava**

BROCHURE

The resource person for the event was:

1. Shihan Vijay Kumar, Physical Education Coach, CSJM Kanpur University, Kanpur.

With his team of trainees from Kanpur University:

1. Ms. Mansi Maurya
2. Mr. Aryan Raj Verma
3. Mr. Pawan Raj
4. Vishi Vijay Kumar

Day 1: Introduction to Self Defense

The first day of the event started with a formal inaugural session in the presence of the Principal, Prof. Joseph Daniel, Vice-Principal, Prof. Sabina R. Bodra, Prof. Shipra Shrivastava, Convenor of the Women Development and Gender Sensitization Cell and all its Members. Firstly, Dr. Shipra Shrivastava, the convenor of the event welcomed all the guests and the participants. She also appealed everyone to realize the importance of self defense which is actually a basis learning to cope up with any unfortunate moment. She also emphasized that both males and females need to have a proper knowledge and training of self-defense.

Then, Prof. Joseph Daniel, Principal Christ Church College, Kanpur address the students through his motivational speech and encouraged the students to get a learning from all these sessions which are organized for their benefit. He also appreciated the efforts of the committee for organizing the event and blessed the entire participants for developing a good physical and mental health to live a healthy and happy life.

Then the trainer Mr. Vijay Kumar was felicitated with a souvenir from the cell. He thanked the committee for inviting him for the event and also addressed the students by stating that self-defense is not for any boy or girl but it is to protect yourself from those who are mentally sick and think of harming others. He then explicated various techniques on self-defense and conducted a practical session on it with his entire team.



DAY 1 PHOTOGRAPHS

Attendance Day 1

CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women Development & Gender Sensitization Cell

PROGRAMME: 2 Days Self Defense Training 29-Sep-2023

VENUE: College Lawn

DATE: 29/09/23

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1-	Alisha Mansha	Student	M.A 3 rd Sem	Alisha
2.	Devansh Kuchhercha	Student	B.Com. Sem-1	Devansh
3.	Paiganshu Shukla	Student	B.Com Sem1	Paigansh
4.	Arjan Pandey	Student	B.Com Sem 1	Arjan
5.	Sundhaneh Pandey Singh	Student	B.Sc. Sem I	Sundhaneh
6.	Utkarsh Sharma	Student	BA. I st	Utkarsh
7.	Ritesh Yadav	Student	B.A. III rd	Ritesh
8.	Vaishnavi Dixit	Student	M.A III rd Sem	Vaishnavi
9.	Tanay Yadav	Student	B.A. Sem 5 th	Tanay
10.	Shivansh Yadav	Student	B.S.C I st	Shivansh
11.	Alisha	Student	BA II nd	Alisha
12.	Rishabh Raj	Student	B.Sc III rd	Rishabh Raj
13.	Mancy Nigam	Student	B.Sc III rd	Mancy Nigam

CONVENER / COORDINATOR

CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women Development and Gender Sensitization Cell

PROGRAMME: 2 Days Self Defense Training 29 September

VENUE: College lawn

DATE: 29/09/23

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Anshika Jadaun	Student B.Com I st	B.Com I st	Anshika Jadaun
2.	Kashish Singh	Student B.Com I st	B.Com I st	Kashish Singh
3.	Sejal Agarwal	Student	B.Com 2 nd year	Sejal Agarwal
4.	Mahima Chauhan	Student	B.Com 2 nd year	Mahima
5.	Rashika	Student	B.Com I st	Rashika
6.	Harshita Arora	Student	B.A. V th Sem	Harshita Arora
7.	Anshika Awasthi	Student	B.Com I st	Anshika Awasthi
8.	Arijali Gupta	Student	B.S.C I st	Arijali Gupta
9.	Sanya	Student	B.Com I st	Sanya
10.	Jeshika Purohit	Student	B.Com V th Sem	Jeshika
11.	Himani	Student	B.Com II nd Sem	Himani
12.	Sadia Fikhar	Student	B.Com I st Sem	Sadia Fikhar
13.	Umme Habiba	Student	B.Com I st Sem	Umme Habiba

CONVENER / COORDINATOR

CHRIST CHURCH COLLEGE, KANPUR

CELL/COMMITTEE: Women Development & Gender Sensitization Cell

PROGRAMME: 2 Days Self Defense Training

VENUE: College Lawn

DATE: 29/09/23

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
14	Aditi Dixit	student	BA - Ist	Aditi
15	Janhavi verma	Student	BA - Ist	Janhavi
16	Kiyas-Karimjiya	student	BA - Ist	Kiyas
17	Megha Chandra	student	B.Com Sem I	Megha
18	Saumya Verma	Student	B. Com Sem I	Saumya
19	Vaibhav Verma	Student	B.A Sem II	Vaibhav
20	Esha Hazariwal	student	B.A Sem I	Esha
21	Aradhya Dubey	student	B.com sem I	Aradhya
22	Kashish Singh	student	B.A. Sem-I	Kashish Singh
23	Anushka Singh	Student	B.A - Sem-I	Anushka Singh
24	Nagendra Aradep Singh	student	M.A - Sem-III	Nagendra
25	Syed Ahmad Hasan	Student	B.Sc - Sem V	Hasan
26	Kulsum Fatima	Student	Bsc Sem I	Kulsum Fatima

CONVENER / COORDINATOR

CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization Cell

PROGRAMME: 2 Days Self Defense Training.

VENUE: ~~the~~ College Campus lawn

DATE: 29/09/23

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Mammi Shukla	Student	BA (5 th sem)	Mammi
2.	Anjali Sachan	"	M.A. Sem I	Anjali
3.	Vatshali Vishnoi	"	BA (5 th sem)	Vatshali
4.	Lucky Sharma	"	B.Sc	Lucky
5.	Ayush Maurya	"	B.A	Ayush M.
6.	Arijun Dew Shukla	"	B.Sc	Arijun
7.	Ayush Kumar Bhanoti	"	B.S (Sem I)	Ayush
8.	Shivam Yadav	"	B.A (Sem I)	Shivam
9.	Gopal Trivedi	"	B.Sc. (Sem V)	Gopal
10.	Anurag Gupta	"	B.A (Sem I)	Anurag
11.	Waqar Ahmad Siddiqui	Student	BSC (Sem I)	Waqar
12.	Rahul Dwivedi	Student	BSC-IM	Rahul
13.	Naman Verma	"	BA I	Naman

CONVENER / COORDINATOR

CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women Development and Gender Sensitization Cell

PROGRAMME: 2 days Self Defense Training

VENUE: College Hous

DATE: 29/09/23

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Samiksha Tiwari	Art's	B.A 3 rd year	Samiksha
2.	Shreya Tiwari	Art's	B.A 3 rd year	Shreya Tiwari
3.	Sneha Gautam	Commerce	B.Com 2 nd year	Sneha Gautam
4.	Sarita Kumari	Student	B-sc III Sem	Sarita
5.	Pratibha Gautam	Student	B.Sc V sem	Pratibha
6.	Umra Fatima	Art's	B.A 5 th Sem	Umra
7.	Hiba Khan	Art's	B.A 5 th Sem	Hiba Khan
8.	Tanya Singh	stu. / Science	Bsc III rd sem	Tanya
9.	Akshara Sonkar	Student	B.Com 1 st sem	Akshara
10.	Pooena Singh	Student	B-Sc III Sem	Pooena Singh
11.	Anamta Shahabuddin	Student	B.Sc SEM-I	Anamta S.
12.	Aditi Srivastava	Student	B.Sc Sem -I	Aditi
13.	Sakshi Dwivedi	Student	B.Sc Sem-I	Sakshi

CONVENER / COORDINATOR

CHRIST CHURCH COLLEGE, KANPUR

L/ COMMITTEE: Women Development & Gender Sensitization Cell

GRAMME: 2 Days Self Defense Training

UE: College Lawn

E: 29/09/23

ATTENDANCE

No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
01	Shivani Pal	Student	B.Com 1 st	Shivani Pal 9545838109
02	Misbah Inam	Student	B.Com 1 st	Misbah 9580359820
03	Nazreen Bano	Student	B.Com 1 st	Nazreen 9511460675
04	Asfi Noori	student	B.com 1 st Sem	Asfi 9565763114
	Pratima Nishad	student	B.Sc II year	Pratima 8890563850
	Siddhanta Singh	- - -	M.B (II nd Year)	Siddhanta 7860346143
	Sneha Singh Bengali	Student	B.A. I sem	Sneha 6399947195
	Shubhi Mishra	Student	B.A II Sem	Shubhi 7275298861

CONVENER / COORDINATOR



DAY 2 PHOTOGRAPHS

Appreciation Prize:

Two students were selected for their best performance by the team in the 2 days training session for their consistent efforts and quick learning. The judges and the trainer honoured them with an appreciation prize and motivated them to be more active towards self-defense learning.

S. No.	Name	Course
1.	MANVI SHUKLA	B.A. Semester V
2.	VAIBHAV SHUKLA	B.A. Semester III

In the end of the event the on behalf of the Committee Prof. Sophia Sahab extended a formal vote of thanks to the trainer and his team, the participants and the organisers for their great efforts and support. She also appealed the students to be very proactive regarding such events as these provide a life learning lessons for all.

At the end the feedback of the students was collected through a google form and the event ended up being a great success with 70 participants who were provided a certificate for their participation.

Link for Feedback Form:

<https://forms.gle/TUx3WkXqKK2KDJoP7>

Program Outcome:

1. The students in the informative session learnt about the corporate culture and the importance of developing a professional attitude.
2. The participated candidates learnt how to face interviews.
3. As the entire event was managed by the student volunteers of Career Counselling Committee so students learnt about event management.

Attendance Day 2

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CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization cell
 PROGRAMME: Self defense training program

VENUE: College lawns

DATE: 30 Sept. 2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
1.	Anurag gupta	Student	B-A (Sem-I)	Anurag gupta 6389521
2.	Ayush Maurya	Student	B-A (Sem-I)	Ayush M. 888696970
3.	Waqar Ahmed Siddiqui	Student	BSC (Sem-I)	Waqar 82997200
4.	Rahul Dwivedi	Student	BSC (Sem-I)	Rahul
5.	Shivam Yadav	Student	B-A (Sem-I)	Shivam 94159603
6.	Saumya Verma	Student	B.Com (Sem I)	Saumya 7017680
7.	Riya Karmojiya	Student	B.A. (Sem-I)	Riya 979511835
8.	Harshita Arya	Student	B.A. (V-Sem)	Harshita 9
9.	Devanshi Kushwaha	Student	B-Com (Sem I)	Devanshi
10.	Priyanshu Shukla	"	"	Priyanshu
11.	Aryan Pandey	"	"	Aryan
12.	Megha Chandra	Student	B.Com (Sem I)	Megha
13.	Vaibhav Verma	Student	B.A Sem I	Vaibhav

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CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization cell

PROGRAMME: Self defense training program

VENUE: College lawns

DATE: 30 September 2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
14.	Aditi Srivastava	Student	B.Sc I Sem	Aditi 8840149663
15.	Puarna Singh	Student	B.Sc III Sem	Puarna Singh 8318584468
16.	Swadhansh Pratap Singh	Student	B.Sc I Sem	Swadhansh 9453430643
17.	Esha Hazariwal	Student	BA I Sem	Esha 7307478280
18.	Manvi Shukla	Student	BA 5 sem	Manvi 7985403262
19.	Alisha Mansha	Student	M.A 3 rd Sem	Alisha
20.	Sejal Agarwal	Student	B.Com 3 rd Sem	Sejal Agarwal 8953760147
21.	Rheshi	Student	BA 5 th sem	Rheshi 8400746
22.	Pratima Nishad	Student	B.Sc. III sem	Pratima 8890563830
23.	Hiba Khan	Student	B.A IV sem	Hiba Khan 9151664491
24.	Umra Fatima	Student	B.A IV Sem	Umra 9120134526
25.	Ritik Pal	Student	B.A I Sem	Ritik
26.	Jitendra Saini	Student	B.Sc I	Jsaini

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VENUE: College lawns

DATE: 30 Sept. 2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
27.	Anjali Sachan	Student	M.A. Sem I	Anjali
28.	N. Shikarsh Gupta	Student	B.A Sem I	Nishkarsh
29.	Anushka Singh	"	B.A sem I	Anushka
30.	Anjali Gupta	"	B.Sc. Sem	Anjali
31.	Akshara Senkar	"	B.Com. Sem I	Akshara
32.	Gopal Trivedi	"	B.Sc. Sem I	Gopal
33.	Asfi Noori	"	B.Com	Asfi
34.	Siddhartha Singh	"	M.Sc. Sem I	
35.	Anamta Shahabuddin	"	BSC - I Sem	Anamta
36.	Sanksh Tiwari	"	B.A V Sem	Sanksh
37.	Shruya Tiwari	"	B.A V Sem	Shruya
38.	Jeshika Kumar	"	B.Com sem II	Jeshika
39.	Himani	"	B.Com sem II	Himani

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CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization cell

PROGRAMME: Self defense training program

VENUE: College lawn

DATE: 30/September 2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
40.	Suraj Uttam	Student	B.com V	Suraj
41.	Amoghika Bappai	Student	B.com I	Amoghika Bappai 8887562548
42.	Nahima Chauhan	"	B.com 2 nd year	Nahima 8429505905
43.	Vikhyat Dubey	Student	B.A I	Vikhyat 788090176
44.	Tanya Singh	Student	b.sc III sem	Tanya 9555610206
45.	Ritesh Yadav 6391480717	"	B.A Sem I	Ritesh
46.	Anshika Jadaun	"	B.com I sem	Anshika
47.	Kashish Singh	"	"	Kashish 6390206315
48.	Sarita Kumari	"	B.sc III sem	Sarita
49.	Alisha	"	BA III sem	Alisha 8269783464
50.	Erin fatima	Student	B.sc I sem	Erin 9781044197
51.	Vaishnavi Dixit	student	MA III rd sem	Vaishnavi 7307749636
52.	Kulsum fatima	Student	BSC sem I	Kulsum 9026711890

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CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization Cell

PROGRAMME: Self defense training program

VENUE: College lawns

DATE: 30/09/2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
52	Anshika Anandhi	student	B.com	Anshika Anandhi 6307175281
54	Umme Habiba	student	B.com	Umme Habiba 905466307
55	Sadiqna Iffikhar	u	B.com	Sadiqna 6393892603
56	Tariq Yaqub	TA	B.A. Sem V	Tariq
57	Syed Ahmad Hasan	TA	B.A. Sem V	Syed
58	Rishabh Raj	TA	B.Sc sem V	Rishabh Raj
59	Manas Nigam	TA	B.Sc sem V	Manas Nigam
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CHRIST CHURCH COLLEGE, KANPUR

CELL/ COMMITTEE: Women development and Gender Sensitization cell

PROGRAMME: Self defense training program

VENUE: College lawns

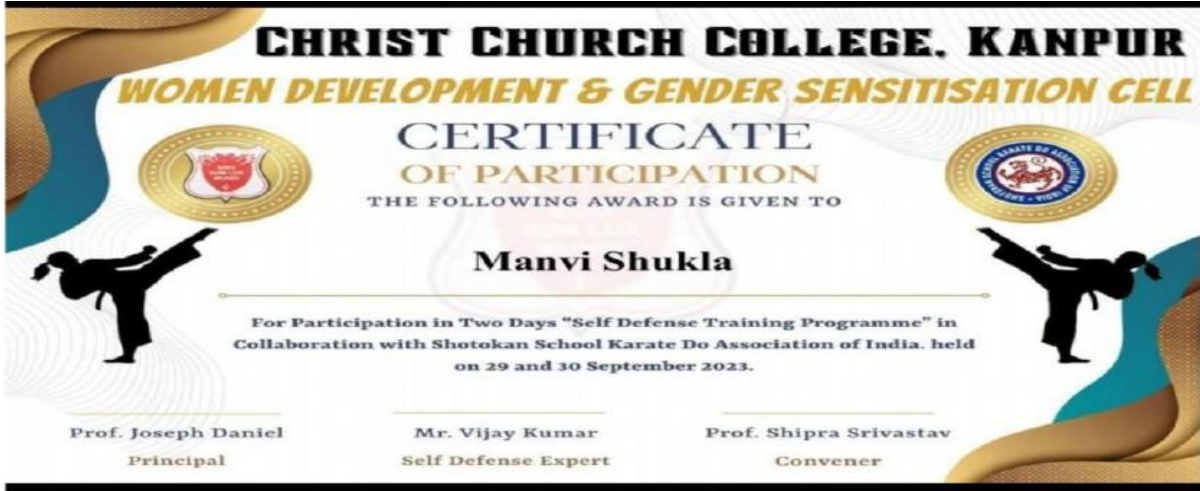
DATE: 30 sept. 2023

ATTENDANCE

S.No.	Name	Student/ Research Scholar/ Faculty	Class/ Designation	Signature
X	Sheepa Srivastava	Faculty		
1	Sheepa Srivastava	Faculty	Coordinator of Cell	Sheepa Srivastava
2	Sorfiya Shahab	Faculty	Asst. Prof.	Sorfiya Shahab
3	Ankita Jaiswal	Faculty	Asst. Prof.	Ankita Jaiswal
4	Ashish K. Dubey	Faculty	Assit. Prof.	Ashish K. Dubey
5	Rahul Kumar Keshav	Faculty	Lab Asst.	Rahul

CONVENER / COORDINATOR

COPY OF CERTIFICATE



PRESS RELEASE

कार्यशाला में सेल्फ डिफेंस के गुर सिखाए
 कानपुर। शुक्रवार को क्राइस्ट चर्च कॉलेज में दो दिवसीय सेल्फ डिफेंस, वूमन डेवलपमेंट एंड जेंडर सेंसिटाइजेशन सेल आत्मरक्षक कार्यशाला का आयोजन हुआ। जिसमें अंतरराष्ट्रीय स्तर के कराटे कोच विजय कुमार ने बच्चों को विभिन्न सेल्फ डिफेंस स्किल की जानकारी दी। जिसमें फ्रंट पंच, बैक पंच, हुक पंच, लॉना पंच और फ्रंट किक शामिल रहा। उन्होंने 1090 हेलपलाइन नंबर और पिंक चौकी के बारे में भी बताया। प्रिंसिपल प्रोफेसर जोसेफ डेनियल ने कार्यक्रम की शुरुआत की। इस मौके पर प्रो. शिप्रा श्रीवास्तव, प्रो. सोफिया साहब, उप प्राचार्य प्रो. सबीना बोदरा, प्रो. शालिनी कपूर, डॉ अंकिता, डॉ. आशीष कुमार दुबे आदि मौजूद रहे। (संवाद)

शिक्षण आज अपने दिवस में फ्रंट पंच, बैक पंच हुक पंच, लॉना पंच, और फ्रंट किक के बारे में विस्तृत जानकारी दी गई, 1090 हेल्पलाइन नंबर का किस तरह से इस्तेमाल किया जाए यूसेन पावर लाइन का कैसे इस्तेमाल किया जाए पेंक चौकी के बारे में विस्तार से जानकारी दी गई। कार्यक्रम के प्रारंभ में कार्यक्रम समन्वयक प्रोफेसर शिप्रा श्रीवास्तव द्वारा सेल्फ डिफेंस की महत्ता के विषय में बताया एवं एक्सपर्ट कोच का परिचय कराया।

कार्यक्रम में संरक्षक एवं प्रिंसिपल प्रोफेसर जोसेफ डेनियल ने एक्सपर्ट वैजय कुमार को मोमेंटो देकर स्वागत किया, प्रोफेसर सोफिया साहब ने प्रिंसिपल को पादप देकर उनका स्वागत किया इस अवसर पर जेंडर सेंसिटाइजेशन के सेल के सदस्य उप प्राचार्य प्रोफेसर सबीना बोदरा, प्रोफेसर शालिनी कपूर, डॉ अंकिता तथा डॉक्टर आशीष कुमार दुबे आदि उपस्थित थे। बच्चों ने अत्यंत उत्साह के साथ भागीदारी की। उक्त कार्यक्रम में प्रिंशेरा, मानवी, वैष्णवी, शिवांस, अंजलि, तरंग, आयुष आदि का विशेष योगदान था।

ShipraSrivastava