

Under the able guidance of Principal Dr. Krishan Kant Gupta, a self defense workshop was organized on 20th January 2020 in Aggarwal College Ballabgarh. This workshop was organized by Youth Red Cross and Women Cell in collaboration with Haryana Kick Boxing Association, Faridabad. The college has signed an MOU with this association under which self defense training is provided to girl students. Coach Mr. Ajay Saini and Mrs. Anju Sharma demonstrated various moves and tricks of self defense and told students to face any difficulty with courage and patience. In present scenario, self defense training has become a necessity. Girl students were made aware to how to use their purse, dupatta, spray and hair pins to protect themselves in critical situations. Dr. Jaypal Singh, Dr. Shobhna Goyal and Dr. Geeta Gupta played a key role in organizing this workshop. Around 155 students participated in it. Self defense training develops self confidence, self independence, physical and mental agility. Students of Aggarwal College have brought laurels in the field of Kick Boxing. Recently in C.M. Trophy tournament organized in Lingyas University, Fbd. on 3-5 January 2020, students bagged 10 gold medals 5 silver medals. 4 students of Aggarwal College Ballabgarh are practicing hard to participate in International kick boxing tournament going to organize in Talkatora Stadium, New Delhi on 9-13 February 2020.