

## **Field trip to Women Police station & starting of self-defense training course for girls**

On April 18, 2022, under the aegis of women cell Aggarwal College Ballabgarh, girl students were taken to the Ballabgarh Women Police Station. Under the able guidance of Principal Dr. Krishna Kant Gupta, many programs are organized throughout the year to empower girl students physically, mentally and economically. This field trip was organized in the same series. At present, the woman is working shoulder to shoulder with the man and she is working outside the boundaries of the house. Therefore, she has to face problems somewhere, for this purpose, 66 girl students visited Women Police Station Ballabgarh under the supervision of Dr. Geeta Gupta, Dr. Rekha Sain and Dr. Renu Maheshwari Incharges Women Cell. SHO Officer Ms. Neha Rathi made them aware how complaints and other actions are taken in the Women Police Station. Head Constable Ms. Sonia told them the procedure of FIR and many cases of domestic violence, molestation and sexual harassment at workplace, how girls can register their problems in the Women Police Station. Constable Ms. Lata provided detailed information about helpline numbers etc. It was definitely a worthwhile field trip.

In order to deal with the complex problems of today's modern era, it is necessary for a woman to be strong not only intellectually, mentally but also physically. In view of this need, the Women Cell Aggarwal College has signed an MoU with Haryana Kick Boxing Association under the direction of Principal Dr. Krishan Kant Gupta, in which 40 girl students are given free self-defense training every year. This year this course is being started from 18th April, 2022, in which coach Mr. Ajay Kumar and Ms. Anju trained them in self-defense tricks. After completion of the course, students will be awarded certificates.