



Date: 31-10-2020

Venue: KLEF (Online event)

SELF DEFENSE CLASS

Self defense is a countermeasure that involves defending the health and well-being of oneself from harm. Self-defense refers to your right to protect yourself from suffering force or violence through the use of a sufficient level of counteracting force or violence. Self defense is very much needed for girls in this present situation; however girls who learn self defence find themselves more confident.

In the self defense class conducted by the NCC unit, KLEF, cadets observed and learnt the techniques taught. Learning such tactful techniques will always help women in their difficult situations. Self defense can boost the confidence of women and it helps them to protect themselves and their family.

No. of students participated: 64

No. of Faculty participated: 03

Event Photos:



