



# SRI GURU NANAK DEV KHALSA COLLEGE

## Dev Nagar, Delhi - 110085

### Post-Event Report

<b>Event</b>	Visit to Flag Children Home
<b>Topic</b>	Self defence
<b>Organiser</b>	Project S.E.V.A.
<b>Date</b>	29 <sup>th</sup> November 2023
<b>Time</b>	3:00PM – 4:30PM
<b>Duration</b>	1.5 Hours
<b>Place/Platform</b>	Flag Children Home
<b>Number of Participants</b>	30+
<b>Guest Speaker/Trainer</b>	NA
<b>Welcome speech</b>	Janvi Rawal, BCP ,3 <sup>rd</sup> year
<b>Activities</b>	<ul style="list-style-type: none"><li>• During our visit to Flag Children Home organized in collaboration with Golden Lioness Club, Patel Nagar (NGO) in Delhi, the student members of Project S.E.V.A. led by our convenors, had a motive to educate the children about bad touch and good touch. For this we showed them short educational videos regarding good and bad touch and asked questions related with videos to check their knowledge.</li><li>• To achieve the objectives successfully the volunteers shared their knowledge about the advantages of knowing the good touch and bad touch.</li><li>• Additionally, we organised various fitness activities to make children aware of some techniques that can help in one's protection in challenging situations. Some of the activities included were stretching exercises and self-defence punches and kicks. Along with this, children were made aware about how they can use their body parts like elbow, heel, fist and voice to defend themselves.</li></ul>
<b>Main Ideas</b>	<ul style="list-style-type: none"><li>• The student's enthusiasm and dedication towards learning were evident in their proactive approach to tasks. To be able to protect themselves made them feel more confident and stronger.</li><li>• Volunteers' eagerness to contribute and make an impact on others' lives contributed to their personal growth and development. They took time to analyse and determine which activities would be the most effective in teaching the children.</li><li>• Their collective thoughtful approach along with guidance from the convenors, co-convenors and Golden Lioness Club members ensured that they are well- equipped to provide valuable insights, knowledge and strength to the children.</li></ul>
<b>Vote of thanks</b>	Janvi Rawal, BCP,3 <sup>rd</sup> year
<b>Feedback (Share the link of the Google Form &amp; attach the Excel File generated therein)</b>	NA
<b>Attendance Sheet (Attach Photocopy)</b>	NA
<b>Poster (Attach below)</b>	NA



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Pictures (Attach Five Photos)





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<p><b>Attach Photocopy of two Certificates</b></p>	<p><b>NA</b></p>

**Signature:** *Neeta Dhingra*

**Name: Dr. Neeta Dhingra**

**(Convenor)**