



THE ICFAI UNIVERSITY, JAIPUR

NATIONAL SERVICE SCHEME

REPORT ON SELF DEFENSE TRAINING SESSION

October 15, 2025



The ICFAI University, Jaipur  
National Service Scheme  
Self Defense Training Session  
The Nirbhaya Squad  
Kalika Patrolling Unit

October 15, 2025

Football Ground  
10:45 am onwards

ORGANISING COMMITTEE

DR. SUGANDHA VERMA, PROGRAMME OFFICER, NSS  
DR. RANI SHARMA, MEMBER, NSS  
MR. VIJIT SINGH, MEMBER, NSS  
MS. CHAHANA CHATURVEDI, MEMBER, NSS



## **Introduction**

The NSS Unit of ICFAI University, Jaipur organized a Self-Defense Training Session on October 15, 2025, with the objective of promoting personal safety awareness and empowering students with practical self-defense skills.

The session was conducted by the Nirbhaya Squad- Kalika Patrolling Unit under the Commissionerate, Jaipur. The initiative aimed to strengthen students' awareness regarding safety measures, and emergency support systems available in the city.

**Objectives of the Session:** The primary objectives of the session were:

- To equip students with basic self-defense techniques for personal safety.
- To raise awareness about women's safety and crime prevention measures.
- To inform students about digital safety tools such as the RajCop Citizen App.
- To spread awareness regarding toll-free helpline numbers and emergency response systems.

## **Key Highlights of the Session**

The members of the Nirbhaya Squad conducted a practical demonstration of self-defense techniques, teaching students how to respond effectively in threatening situations. The training included:

- Basic escape techniques
- Defensive body movements
- Immediate response methods during emergencies

The session was highly interactive, with students actively participating in live demonstrations and practice drills under the guidance of the officers.

In addition to physical training, the team also shared valuable information about the RajCop Citizen App, explaining its features such as emergency reporting, complaint registration, and access to police services. Students were encouraged to download and use the app for enhanced safety.

The officers further informed participants about important toll-free helpline numbers, women safety helplines, and other support resources provided by the Jaipur Police to ensure quick assistance in times of need.

## **Outcomes of the Session:**

- Students gained practical knowledge of basic self-defense techniques.
- Increased awareness about emergency response systems and safety resources.
- Enhanced confidence among participants to handle risky situations.
- Improved understanding of digital tools like the RajCop Citizen App for personal safety.

Dr Sugandha Verma, Programme Officer, NSS coordinated and conducted the event. Dr. Rani Sharma, Mr. Vijit Singh, and Ms. Chahana Chaturvedi faculty coordinators from each department of the university provided active support.

## **Submitted by:**

Dr Sugandha Verma

Programme Officer, NSS

The ICFAI University, Jaipur

**Glimpses:**



