



OFFICE OF THE PRINCIPAL ,SHAHEED CAPTAIN
RIPUDAMAN SINGH RAJKIYA MAHAVIDYALAYA

SAWAI MADHOPUR

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-: Physical Fitness and self defence :-

The student today must be shielded from different types of abuse and violence that they might face. And all this is happening because they don't have that vulnerability and ability to fight back. The self defense training programme has been introduced for the students of our college which will empower them and fill them with self confidence and make them able to defend themselves against any sort of physical assault. It will enable them to be fearless and be physically fit to self- defense themselves. The program takes a synergist job in today's unique circumstances and helps our student to deal with various hardships that they might encounter on a day to day basis.



Cordinator (Women Cell)


Dr. Panchali Sharma