

**DATE: 29th March, 2021**

**EVENT: Emotional Self-Defense Presentation**

**Report:**

Topic: Emotional Self Defense

Presenter: Anushka

Total participants: 40

Start time: 12:00 pm

The session was held for 4th and 6th-semester B.Tech students on the WebEx platform. It started with an ice-breaking session in which there were three jumbled words related to the topic itself. The session acknowledged what is emotional self-defense, the PROI technique, warning signs, three rules for self-defense, tips for emotional self-defense.

The audience was engaged and the feedback form circulated revealed that the session was positively received. Arpan Pradhan sir conveyed his gratitude to all the volunteers involved, following this we ended the session at 12:55 pm.

**Photo:**

