



**ST. THOMAS COLLEGE, BHILAI**  
**COMMITTEE FOR PREVENTION OF SEXUAL HARASSMENT**  
**(CPOSH)**  
**Session 2022-23**

**Date & Day - 16<sup>th</sup> November 2022**

**Topic/ Activity- One Day Workshop on Self Defense for Girls**

**Number of Beneficiaries- 160 students**

A workshop was organised by CPOSH on 16<sup>th</sup> November 2022 on Self Defense for Girls, Sensei Sandeep Tamrakar, Chief Technical Director Creative Karate Academy Bhilai, & Sempai Anjana Rajveer Singh, Women Self Defense Expert Bhilai was the Trainer/ Instructor. Total 160 students were benefited.





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**Session 2022-23**

**Date & Day - 10<sup>th</sup> March 2023**

**Topic/ Activity- Day Celebration- International Women Day**

**Number of Beneficiaries- 18**

An essay writing competition has been conducted on 10<sup>th</sup> March 2023 to celebrate International Women Day, the topic was (1) Women Entrepreneurship 2. Women Empowerment, 3. Women participation in Decision Making, 4. Women Rights, 5. Women Leadership, a total of 18 students actively participated in the competition.

