

## GDC Bishnah conducted Self defence training

The Disaster Risk Management Club, in collaboration with the NSS Wing, conducted a special event on disaster management today, 23rd March, to enlighten students about forthcoming disasters, under the patronage of Dr. Shallu Sambyal, Principal of the college. The NDRF team, led by Deputy Commandant Uttam Singh, conducted the session. The disaster management event commenced with a floral welcome, after which Uttam Singh delivered a lecture on natural as well as man-made calamities, followed by a demonstration. The event provided practical knowledge on earthquakes, such as what to do after the occurrence of an earthquake, how to evacuate injured and dead from an accident site, and shift the wounded to hospitals and trauma centres for recovery. CPR was also taught to students. Disaster Risk Management Club members Dr. Koushal Kiran, Dr. Sapna Bhargav, Dr. Ashma, and Dr. Geeta Lakhotra, while attending the program, motivated the students to learn life-saving techniques.





