



ENGLISH NEWS

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उत्तर प्रदेश

लखनऊ

बालिकाओं ने सीखे आत्मरक्षा के गुर

October 17, 2022 Lucknow Tribune



लखनऊ: जैक्सन ग्रुप ने लेट्स गिव होप फाउंडेशन के सहयोग से अंतर्राष्ट्रीय बालिका दिवस के उपलक्ष्य में सक्षम कार्यक्रम के तहत छात्राओं को सबल बनाने के लिए आज यहां बृजवासी लान आशियाना में एक आत्मरक्षा प्रशिक्षण कार्यक्रम आयोजित किया। मुख्य अतिथि के रूप में महापौर संयुक्ता भाटिया ने लड़कियों को हर मामले में सक्षम बताते हुए छात्राओं को आशीर्वाद दिया।

लड़कियों में निडरता की भावना पैदा करने और मानसिक शक्ति को बढ़ाने के मकसद से किये गये इस आयोजन में सिटी गर्ल्स कालेज और कृष्णादेवी गर्ल्स डिग्री कॉलेज की करीब तीन सौ छात्राएं शामिल हुईं। कैप्टन टायकाण्डो एकेडमी के अनुज, हर्षित, सुमित, इन्तेहाज, नौशाद और दिव्यांशी की टीम ने आत्मरक्षार्थ तौर-तरीकों का प्रदर्शन करके दिखाया। कोऑर्डिनेटर सुशील, हर्षिता, वाणी, भूमि, माण्डवी और इमरान के दल ने प्रदर्शन को विस्तार से समझाते हुए बताया कि आत्मरक्षा की ट्रेनिंग क्यों जरूरी है। प्रशिक्षण देते हुए टीम ने ब्लॉक, पंचिंग और किकिंग की तकनीक के गुर और उसकी बारीकियां भी बतायीं।

संकट के समय में खुद को बचाने के लिए सीखी गई तकनीकों से बालिकाओं में आत्मविश्वास बढ़ता है और वे खुद को सुरक्षित महसूस करती हैं। इस अवसर पर अतिथियों के तौर पर महिला व विभाग के अधिकारी पुनीत मिश्रा, दोनों महाविद्यालयों की प्रधानाचार्या अमृता सक्सेना व सडा. पूजा कनोडिया, ऋतु जैसवाल, अविनाश अरोड़ा, मल्लिका श्रीवास्तव, जैक्सन ग्रुप की रिबेला, कुमार अविषेक और गिव होप फाउंडेशन के संस्थापक आशीष मोर्य मौजूद थे।

ताज़ा समाचार



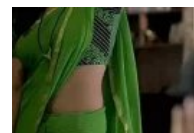
धर्म

लाइफस्टाइल

सपने में दिख जाएं ये चीजें तो समझिए आ गया अच्छा समय, मां लक्ष्मी हैं आप पर मेहरबान!

October 18, 2022 Lucknow Tribune

नई दिल्ली। शायद ही कोई ऐसा व्यक्ति हो जिसे सपने न आते हों। कुछ लोग सपनों को महज दिमाग की



निकला नतीजा

October 18, 2022



October 18, 2022

किन्नर से हुआ प्यार और 2 साल तक रहे संबंध, फिर किया कुछ ऐसा कि भयानक

पैदाइशी धनवान होते हैं ऐसे लोग, जिनके हाथ में होती है ऐसी रेखा और ये निशान

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नोट: अगर आपको यह खबर पसंद आई तो इसे शेयर करना न भूलें, देश-विदेश से जुड़ी ताजा अपडेट पाने के लिए कृपया **The Lucknow Tribune** के Facebook पेज को Like व Twitter पर Follow करना न भूलें...

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- Surgical extractions
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- Restoration of children teeth
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For Appointment 6391166006 / 6388967150
shahipriyanka09@gmail.com

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Implantologist, Dentist

Dr. Preeti Singh
B.D.S.
Cosmetic/Aesthetic Dentist, Dentist

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- Dental Implant
- Tooth Whitening
- Tooth Cleaning
- Painless Injections
- Laser Gum Treatment
- Root Canal Treatment
- Advanced Orthodontic Center
- Oral COX Certified Brush Test

TIMINGS

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10:00am - 1:00pm
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www.pushpadental.co.in
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- TOOTH WHITENING
- DENTAL IMPLANT
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- ROOT CANAL TREATMENT
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TIMING

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Tue - 06:00 pm to 08:30 pm
(Sat & Sun - Evening Consult)

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- Dentures, Crown & Bridge
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- Orthodontic Treatment
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0522-2398614, 2398615 | https://drvdc.in/

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PRATYAKSHA



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October 18, 2022

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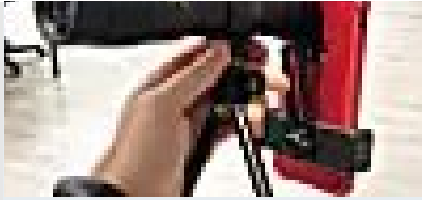


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📅 September 19, 2022

निरीक्षण

📅 October 17, 2022

छाई काली घटा, IMD ने
जारी किया बारिश का
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