EMPOWERMENT THROUGH SPORTS

Date: 14th March, 2026
Time: 8:00 PM
Mode: Google Meet
Number of Participants: 100
Organised by: Girl Up Ruhi

Event Report: Interaction with Wushu Player Himanshi Malik

An interactive session with Himanshi Malik was organized to inspire students and raise awareness about women's empowerment, self defence, and the role of sports in personal development. The session provided valuable insights into the journey of a young sportsperson and the importance of confidence, discipline, and self-belief.

Himanshi Malik, a 19 year old Wushu player from Chandigarh, began the session by sharing her personal journey into sports. She explained that her father has been her trainer and mentor since childhood, and his guidance played a crucial role in shaping her career. Coming from a traditional Haryana background, her family supported her aspirations and encouraged her to pursue sports seriously.

She reflected on how she started as a normal student in Grade 5 but gradually developed her skills and confidence through consistent training and discipline. She emphasized that martial arts such as Wushu not only strengthen the body but also build mental resilience and confidence. A major part of her talk focused on the societal mindset regarding women - how women are often perceived as weak and dependent, and how such stereotypes must change.

Himanshi also spoke about the importance of independence and self defence for women. She encouraged students to learn at least basic self defence techniques, noting that self defence is not only about physical protection but also about awareness, confidence, and the ability to respond to difficult situations. She highlighted the importance of family support and referenced national campaigns such as Beti Bachao Beti Padhao in her discussion.

She discussed how movies like Dangal have helped highlight the strength and potential of female athletes and inspired many young girls to take up sports. Her key message was about self-motivation and belief - encouraging students not to be discouraged by societal judgments and to speak up and seek help from trusted individuals if they ever face uncomfortable or unsafe situations.

The session concluded with an engaging question and answer round where students interacted with her and gained deeper insights into sports, discipline, and personal growth. The message was simple yet powerful: believe in yourself, stay determined, and never let societal limitations define your potential. Overall, the session was highly motivating and enlightening, inspiring students to pursue their goals with confidence and awareness.



