

# Babita Phogat speaks on empowerment

**T**he school invited Babita Phogat, gold medallist at the Commonwealth Games 2014 in wrestling, to interact with the students on women empowerment. "Girls have always proven their mettle in all fields, be it sports or studies. Do not consider yourself weak, be strong always," said Babita Phogat. She spoke on how a wrestler acts strongly in the ring to unnerve the opponent and win the bout. This was followed by



an interactive session with the students where she shared her experience from her personal life and sports. She encouraged students to come forward and make full use of the sports facilities available in the school. She laid special emphasis on working hard and having clear goals in life.