



# Event Report

## Self Defence Workshop

26-28 March, 2018



## Self Defence Workshop

The Workshop was held at E-104, Pandit Deendayal Petroleum University. The event had 3 days schedule from 26<sup>th</sup> -28<sup>th</sup> March, 2018. About 20-25 girls from various schools had participated for this workshop of Self Defence. The vision of this workshop was to aware girls about various techniques to defend themselves in appropriate situations. The workshop comprised of several phases through which the participants underwent in three days which helped them gain awareness and agility towards their own safety.



## Day 1: 26<sup>th</sup> March (Monday)

The session started with inaugural ceremony and brief orientation by Dr. T P. Singh. The session then commenced towards discussion on safety precautions at road, home, schools, public places and also while using internet. The topic of prevention of child abuse was also discussed in detail so that the students could guide their younger siblings and classmates. The trainers explained various types of criminals around the society. The session also briefed them about how girls and women are subjected to sexual abuse and domestic violence and their role in pre-empting the abuse. They were informed about the Women Helpline and various safety app meant for safety and security for women. The session ended with refreshments.



## **Day 2: 27<sup>th</sup> March (Tuesday)**

The trainers showed the various techniques to incapacitate the attacker using wrist hand moments, weak areas, various things as weapons and escape positions. The participants took turns and performed various techniques practically to gain practical knowledge. The session needed with some brief visual examples of defending ourselves in adverse situations.



## **Day 3: 28<sup>th</sup> March (Wednesday)**

The main agenda of this session was to fight from fear and panic. The trainers taught the participants to overcome their fear and also the importance of keeping a stable mind during various situations. A small activity to overcome fear was performed in which participants were asked to blow out fire with their own hands. Extreme care and precautions was taken so that no one was injured during the

experiment. The session ended with discussing a few key points on safety and certificate distribution.



This workshop truly served its purpose by gathering young girls on a single platform to learn about best practices on self-defence and also share their own experiences.

## Memories, Worth Recording:



**Inaugural Ceremony**



**Lighting of Lamp during Inaugural Ceremony**



**Students Practising Various Moves**



**Participants Having Practical sessions**



**Certificate Distribution Ceremony**



**Members of Women's Cell with Mr Pragnesh Mesaria and his volunteers**





**Quality passionate participants attending the Workshop**