



	Report
Name of Activity	Workshop on "Self Defense"
Date	03/07/2021
Venue	Microsoft Teams
Organized by	Department of Education
Participated by	80 (Department of Education)
Resource Person	Ms. Shikha Chakraborty (Self Defense trainer)
Content	<p>The workshop started with an inaugural speech by Ms. Vandana Srivastav, She highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour.</p> <p>After the inaugural session and felicitation ceremony, demonstration of the self defense technique followed under the command of Ms. Shikha Chakraborty.</p> <p>The tips she elaborated on how to self protect and defend are:</p> <ol style="list-style-type: none">1 Prevention is the best self-defense.2. Loud and Push Back.3 Remember the Most Effective Body Parts to Hit <p>Different techniques to self defend against different forms of attacks are-</p> <p>Stop an outside strike.</p> <p>Escape a bear hug.</p> <p>Use of hand edges to counter strike an attacker.</p> <p>Ms. Shikha Chakraborty pointed out why it is necessary to attend and train oneself with this kind of workshop and training programs. She said that having knowledge about self defense techniques not only help defend but also it builds confidence in oneself. She gave advices and tips to our girl students on how to</p>



	<p>avoid situations and circumstances that may lead to unwanted/untoward incident. Ms. Shikha Chakraborty, Head trainer speaking at the occasion .Around 80 Participants and faculty members participated in the workshop. Workshop was hosted by Ms .JuhiBidhuri.</p> <p>The vote of thanks was given by Mr. Yogesh Kumar . Expressing his gratitude He thanked Ms.Shikha Chakraborty (Self Defensetrainer) & her team for their support and timely presence at the Microsoft teams on the date of the workshop. He also thanked to Faculty and students for support..</p>
Objective	<p>Objectives: 1) To educate the students about the different types of violence against them. . 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations. 3) To show case and give demo on different self defense techniques. Purpose of the Workshop: The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them.</p>
Outcome of Activity	<p>Learning Outcome: The learning outcomes from the workshop on Self Defense Program are:</p> <ol style="list-style-type: none">1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.3) The students have the chance to see the live demo of the self defense techniques as demonstrated by the trainer and the companion cadets.