

# **Rukmini Devi Institute of Advanced Studies**

**Madhuban Chowk, Rohini, Delhi-110085**

**(Approved By AICTE &Affiliated With GGSIP University)**

## **DOSSIER**

**On**

**10 days Training Program for Women**

**On**

**“Self Defense”**

**Activity by**

**Women Cell and “Parivartan Cell” Delhi Police**

**From**

**August 28 – September 09, 2017**



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## FORM A

### Proposal:

- **Name of the event to be organized:** 10 days Self Defense Workshop for all RDIAS female members.
- **Date:** August 28, 2017 to September 09, 2017
- **Time:** 11:30 AM – 12:30 PM
- **Venue:** Terrace, Floor IV, B Block
- **Motivation for the activity:** Safe and unharmed is not merely a physical status, but a mental and emotional one as well. The objective of the workshops is to let participants understand basic predatory behavior, including common methods of engaging prey, safety protocols and techniques to protect in any susceptible situation.
- **Organized by:** Women Cell, RDIAS

## **FORM B**

### **Part 1**

#### **Aim of the event**

Women Cell, RDIAS organized a “*10-days workshop on Self-Defense for female members*” of RDIAS from August 28 – September 09, 2017 in collaboration with ‘**PARIVARTAN CELL**’: A *Campaign for the Safety of Women in Delhi* by Delhi Police to deal with the unceasing wave of attacks faced by women on a daily basis. The program was initiated by trainer Mr. Kaptan & Ms. Geeta (Constable, Delhi Police), associated with “Parivartan Cell” Delhi Police.

The aim was to provide information in terms of:

1. Learning basic steps of an assault or attack, and what requirements must be fulfilled for an assault to occur.
2. Learning and practicing awareness of surroundings, positioning, and vocalization.
3. The legal aspects of self-defense, regarding actions prior to an assault, legal actions during an assault, and effective self-defense after an assault.
4. Explicit definition of their moral and ethical limits on reaction levels regarding physical techniques in lethal force situations.

### **Part 2**

#### **Abstract**

In an increasingly crime inflicted society, self-defense has become the need of the hour particularly for women to help them protect their dignity and safety in the present day environment. Self-defense, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever.

A 10 Days self-defense workshop was conducted at RDIAS from August 28 – September 09, 2017 in association with Parivartan Cell Delhi Police. The workshop was organized to spread awareness on issues of personal development, safety and self-defense. The aim was to prepare the female at the institute to be alert, confident and quick in responding to situations where their security and safety is under threat. The workshop was held under the guidance of trainer Mr. Kaptan and Ms. Geeta.

It is in this context that Delhi Police started an intervention program '**PARIVARTAN**' (change) on 29th August 2005 against rape, domestic violence or any other issues that makes women uncomfortable. The initiative is implemented by deploying women police constables (WPCs) in field in partnership with parents, teachers, psychologists, sociologists, lawyers, students, youth, area security committee members, not-for-profit organizations and resident welfare associations (RWAs) in a well-planned program. RDIAS being socially active therefore associated with Delhi Police for in a bid to make the women safer.

The trainers taught the student participants about various moves that women can use to save themselves. They emphasize that women should be careful in everything they do and everywhere they go. For example, if they are alone at home during such an attack, they should run to kitchen and find knives and chilli powder to make up to a deadly weapon. They should also first note down the registration number of taxis if they are travelling alone in late night etc. The trainer shared self-defense techniques every woman should know to give herself the best shot at escaping an attacker. Furthermore, they explained that all of these moves are inspired by your natural instincts. Also important to keep in mind: If you're in a situation where you have to use one or more of these techniques, remember that being aggressive is crucial.

### **Move 1: Straight Punch**

If someone is in front of you and you've identified him or her as a threat, a straight punch can be very effective. Really drive from the ground, and don't let your elbow flip up; your contact area should be the pointer and middle finger knuckles, not your ring and pinky finger knuckles. Also, keep in mind that aiming your punch for a vulnerable area—for example, your attacker's eyes, nose, or throat—will be most effective.

## **Move 2: Front kick to the groin**

Similar to the straight punch, the front kick to the groin is a powerful move to a vulnerable spot that can help you go on the offensive. After you've kicked, recoil your leg back to its original position as quickly as possible. This strike can give you enough of an opportunity to get away, or might catch your attacker off guard so that you're able to deliver a few more blows to other vulnerable areas, such as the eyes, ears, or throat, to finish the fight.

## **Move 3: Knee kick**

If the person is close to your body, the attacker may be too close for you to throw a straight punch. If that's the case, kicking with your knee can be very effective. Use this if someone is in front of you, inside your personal space, and powerfully drive your knee straight up to hit the groin of your attacker. Keep in mind you want to use the bony tip of your knee, not your thigh—this will cause more pain. If possible, before you throw the knee kick, try to grab your attacker between the person's neck and shoulders, and hold on to as much skin, muscle, or clothing as possible. This will give you more leverage to knee-kick harder.

## **Move 4: Bear hug defense**

If your attacker tries to "bear hug" you—a common type of move when it's a male attacking a female where the attacker grabs his victim from the front or behind around the shoulders—your first reaction might be to grab his elbows to try to pry arms away from your body. However, your best defense is to drop as low as you can toward the ground and squirm as much as you can to wriggle out of your attacker's hold. Lowering your center of gravity has another big benefit: It makes you more stable and harder to lift, and it gives you a new angle from which you can knee-strike, groin-kick, or throw a punch or elbow to your attacker's eyes, throat, neck, or ears, giving you more time to get away.

## **Move 5: Choke defense**

If your attacker starts to choke you, there's a good chance you'll immediately move your hands toward your neck. However, instead of trying to pull the attacker's hands off of your neck—a

feat you're unlikely to succeed at, especially if you're smaller than your attacker—use your hands like hooks and "pluck" at your attacker's thumbs. If you're able to pluck your attacker's thumbs away, it'll be harder for him or her to maintain a choke, giving you time to strike back and get away. "Keep in mind you only have between 3 and 8 seconds to get your attacker's hands off your throat before you start to lose oxygen and pass out.

Along with these moves the trainers also dictated some quick tricks and tips for self-defense.

1. Pretend to be submissive at first and fight back when the attacker is off-guard.
2. Stay fit enough to run fast.
3. Keep a check when walking on the road to avoid groping or chain-snatching from behind.
4. Keep your purse to your front and walk paying full attention around.
5. Try avoiding high-heeled footwear when you have to walk a long distance and in unknown territories.
6. Say out 'STOP' in a loud and aggressive voice when need be but avoid using swear words or threats.

After successful completion of the training of 10 days, closing ceremony was conducted on the last day i.e. September 09, 2017. The participants showed the performances and techniques, learnt in past 10 days of workshop. Followed by performances, the Delhi police certificates were awarded to all the participants from Delhi Police team of delegates and respected Director, RDIAS. ASI Om Shila Hooda, DCP Office, Begumpur, Const. Soniya, Prashant Vihar Police Station, Rohini, Trainer Mr. Kaptan and Const. Geeta along with respected Director RDIAS, Prof. (Dr.) Raman Garg, faculty members and participants of workshop graced the ceremony with their presence. Our honourable dignitaries addressed the audience and appreciated them for commendable performances and learning through the workshop.

### **Part 3**

#### **Conclusion**

The 10 days Self Defense Training program was a learning experience to all the participants and was highly interactive & informative. The workshop was specially structured to empower participants with the physical skills to protect themselves as well as empower them mentally and

spiritually to face their fears and overcome them. The training methodology and techniques was par excellence and boosted the confidence of participants. The workshop was conducted with utmost professionalism and received a great feedback.

## The Kodak Moments



The Defense Training where the female students are learning how to defend themselves..!!



The concluding ceremony where certificate are distribution and memento are awarded as a token of appreciation to the delegates..!!



The appreciation note by Delhi Police Delegate to the female participants of the “**Self Defense Workshop**”..!!