



RUKMINI DEVI

Institute of Advanced Studies

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Web Report on “Self Defense Workshop” organized by Women’s Cell

Title	Women’s Cell activity “Self Defense Workshop”
Date	From August 28 - September 9, 2017
Summary	<p>Realizing the importance of arming students with self-defense strategies, Women’s Cell RDIAS has conducted a “Self-defense workshop” in association with “Delhi Police Parivartan Cell” for the female students and faculty members. The objective of this workshop was to let our participants understand basic predatory behavior, including common methods of engaging prey, safety protocols and techniques to protect themselves in any susceptible situation. With the raise in sexual assaults and harassment there is a need to prepare our young ladies and make them feel empowered and confident. Around 65 students enthusiastically participated in this workshop to learn the basic steps of self-defense.</p> <p>It was a 10 days training program where Mr. Kaptan and Ms. Geeta, the self-defense trainer form Delhi Police provided an informative and demonstrative sessions focusing on an array of defense strategies, counter attacks, preparedness, and awareness.. Several techniques like basic single & double jab cross Punch, basic kick, knife technique, jab straight punch, between 2 leg, front kick, neck hold techniques), basic push kick, defensive blocks, elbow attack on taller opponent, leg pulling & Back hold techniques) were taught in their able guidance.</p> <p>On the last day, participants performed in groups the different techniques they have learned and were given certificates by Ms. Om Sheela Hudda (Inspector Delhi Police), the Chief Guest of closing ceremony. The chief guest shared her experiences in Delhi Police with participants and motivated them to keep practicing the self-defense techniques, they have learned during the workshop. The level of training was well accepted and appreciated by the students and faculty members.</p>