



# RUKMINI DEVI

## Institute of Advanced Studies

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### 15 days self defense workshop in association with Delhi Police Parivartan Cell

<b>TITLE</b>	Submission of Web Report for 15 days self defense workshop in association with Delhi Police Parivartan Cell.
<b>Resource Person/ Facolitorator</b>	Madam Jyoti and Madam Geeta from Delhi Police
<b>Date</b>	09/10/2018
<b>Summary</b>	<p><b>Women’s Cell activity “Self Defense Workshop”</b></p> <p>From September 25th to October 9th, 2018</p> <p>Realizing the importance of Self-defense in today’s scenario, 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 is to let participants understand basic predatory behavior, including common methods of engaging prey, safety protocols and techniques to protect in any susceptible situation. With the raise in sexual assaults and harassment there is very much urgency in this field to maximize the awareness and play a positive character to help women. Around 48 students enthusiastically participated in this workshop to learn the basic steps of self-defense.</p> <p>On the opening ceremony of the workshop, anchors gave brief introduction of Ms. Jyoti and Ms. Geeta, the self-defense trainer and Constable from Delhi Police to the participants. Several techniques of self-defense like Punch, Temple Attack, Palm Thrust, Knife technique, Elbow Attack, front kick Neck hold (techniques), Basic push kick, Different Techniques of suggi and sids to push were taught in the able guidance of Ms. Jyoti and Ms. Geeta.</p> <p>On the closing ceremony, participants enthusiastically performed in groups for the different techniques they have learned. Participants were given certificates by Ms. Om Sheela Hudda(Assistant Sub Inspector Delhi Police), followed by Ms. Sonia(Constable Delhi Police) who were the Chief Guest of closing ceremony. The chief guest, shared their experiences in Delhi Police with participants and motivated them to keep practicing the self-defense techniques, they have learnt during the workshop. The work was well accepted and appreciated by the students and faculty members.</p>