

**St. Cecilia's Public School**  
**Self Defense Camp for Girl students by Delhi Police, SPUWAC**

**“Self defense not only allows girls to tangibly defend themselves against physical attacks, but also sparks various abilities of an individual.”**



In our persistent dedicated vision for safety and security of girl child, the school organized a self defense camp for 10 days in the month of April 2023. The camp was conducted by Delhi Police, Special Police unit for Women and Children (SPUWAC). It was an initiative wherein girl students of classes VIII and IX were trained in easy to learn self defense techniques. Madam Principal graced the opening day with her benign presence to encourage the students.

Supervised by lady officials from SPUWC, Delhi Police – Ms. Pooja and Ms. Snehlata, the camp trained students to boost their self confidence and to develop skills to act alertly in unfavorable circumstances. The girl were taught techniques like bunch attacks, fist attack, finger tips attacks, elbow-palm attacks, blocks etc of the basic level.

At successful completion of the self defense training camp, each girl participant received a certificate from SPUWC Delhi Police. Madam Principal emphasized that the safety of the girls is our first priority and our social responsibility as well.

The camp was much appreciated and seen as a boon by all participants as they felt empowered to tackle real life situations and protect themselves in unsafe circumstances.