

St Cecilia's Public School
Morale Booster Self Defence Training Session for Girl students
by Delhi Police, SPUWAC

**“The best protection any woman can have iscourage
– Elizabeth Cady Stanton”**



The school in collaboration with Delhi Police, Special Police Unit for Women and Children (SPUWAC), Nanakpura, Moti Bagh conducted a one day Self Defence Session for girl students of Classes X and XI. A team of trained officials of Self Defence Wing under ACP/Women Safety, Self Defence, Project, Social Media, Computer Branch Ms Renu Lata visited the school on 23.08.2022 to successfully conduct the workshop for more than 100 girl students.

Taking responsibility of positive change in social skills and keeping in view, the rising number of crimes against girls in the city, it was a much needed session to provide self-defence training to girls in the school to ensure their safety and security as they move around in the outside world. The officials introduced Self-defence training as a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self defence training, the girls were taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress.

Madam Principal graced the session with her benign presence to motivate the gathering. She welcomed the officials with presentation of mementos as a token of gratitude.

The students were made aware about the need to voice themselves confidently to ward off a probable mis-happening. The one hour session included knowledge of basic skills as well as skills of advanced attack and defence techniques. Supervised by Head Constable of the SPUWAC, Delhi Police Ms Samita and her team members, the students were taught techniques like punch attacks, fist attack, finger tips attack, elbow attacks, palm attacks, blocks, kicks etc to safeguard themselves in any unpleasant situation where in they sense danger for themselves. The girls were also told how to use every day articles such as pens, safety pins, hair pins, bags, etc as weapons of opportunity/improvised self-defence weapons to their advantage.

The students were shown techniques to free oneself from hand grips and neck locks. Every action was thoroughly demonstrated and monitored by the trainers. Sharing of experiences and instances by the trainers were an integral part of the session. The students were taught that displaying anger rather than fear and shouting out loudly when attacked by unscrupulous elements are the critical measures required to be practiced.

The session indeed seated the notion that Self defence training techniques instill self confidence amongst girls and helps to promote girls safety and security education. The training session showed the students to become their own body guards.