

VIDYA DEVI JINDAL SCHOOL, HISAR

Self-Defense Report – Phase IV

As there is a saying “Self-defense is nature’s eldest law”

In the 21st century, as the country is developing, the criminal rates are increasing alarmingly. Numerous violence’s are taking place and seem to be directed at women for instance chain snatching, acid attacks, catcalling and rape. Women are being victimized in so many different aspects of life and unfortunately it is hard for them to establish a sense of security anywhere. Ultimately the biggest benefit of martial arts for anyone is the fact that there are potentially lifesaving techniques involved in learning.

The school has organized a “Self-Defense Program - Phase IV” in the community hall for the students of class IV-XII from 4th February to 9th February 2023 with the self-defense coordinator Mr. Kshatriya Sandeep Kumar. A Special regard to Ms. Poonam Chauhan and Ms. Vijay Luxmi for handling sessions in the initial two days. Special trainers Ms. Dipti Shankar and Ms. Ekta Dubey were invited to conduct the program. The session was started by a general discussion about the significance of the hidden power to fight against an offense through a real-life story. This inspired the Jindalites to learn how to protect themselves. The trainers set different self-defense drills as per the classes. The drills for classes V-VI-VII-VIII-IX & XI were breaking the fall - Roll up and Back on feet in which the concept was to use the mind in different situations. While for classes X & XII the anti-rape drill was organised. It was followed by the student’s practicing dexterity in order to be prepared to face real life circumstances.

The main objective of this event was to develop self-confidence, empower the girls and find safety in difficult situations.

The content was well-delivered and successfully received. The skills are hoped to be wisely implemented by the girls if required.

Thank you, girls, Be strong, Be brave!

