



Report	
Name of Activity	Workshop on "Self Defense"
Date	14 th November 2019
Venue	Microsoft Teams
Organized by	Department of Education
Participated by	Students of Department of Education
Activity - Incharge	Dr. Meenakshi Sharma
Resource Person	Ms. Shikha Chakraborty (Self Defense Trainer)
Objective	<ol style="list-style-type: none">1) To educate the students about the different types of violence against them.2) To provide knowledge about the different tips of self-protection to keep in mind in different situations.3) To show case and give demo on different self defense techniques. The need of the hour in the society is to safeguard the girls and the women against violence committed against them.
Content	<p>The workshop started with an inaugural speech by Lt. Dr. Seema Pundir, she highlighted the key points why such kinds of workshops were required to sensitize our girl child/students to self-protect themselves in public places as well as at home. She also pointed out that this is the demand of the hour.</p> <p>After the inaugural session and felicitation ceremony, demonstration of the self defense technique followed under the command of Ms. Shikha Chakraborty. The tips she elaborated on how to self protect and defend are:</p> <ol style="list-style-type: none">1. Prevention is the best self-defense.2. Loud and Push Back.3. Remember the Most Effective Body Parts to Hit Different techniques to self defend against different forms of attacks are – eyes, nose, neck, knee4. Stop an outside strike.5. Escape a bear hug.6. Use of hand edges to counter strike an attacker. <p>Ms. Shikha Chakraborty pointed out why it is necessary to attend and train oneself with this kind of workshop and training programs. She said that having knowledge about self defense techniques not only defends but also it builds confidence in oneself. She gave advices and tips to our girl students on how to avoid situations and circumstances that may lead to unwanted/untoward incident. Around 80 participants and faculty members participated in the workshop. Workshop was hosted by Ms. Juhi Bidhuri.</p> <p>The vote of thanks was given by Mr. Yogesh Kumar. While expressing his gratitude he thanked Ms. Shikha Chakraborty (Self Defense Trainer) & her team for their support and timely presence. He also thanked the faculty and students for support.</p>
Outcome of Activity	<ol style="list-style-type: none">1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.2) The student participants got different self-protection tips on how to



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	<p>avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.</p> <p>3) The students have the chance to see the live demo of the self defense techniques as demonstrated by the trainer and the companion cadets.</p>
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