



SELF-DEFENSE WORKSHOP FOR GIRLS

It is said that ‘Self-Defense is the best form of defense’. Considering the current scenario prevailing in the society, Summer Fields School organized a ‘Self-Defense Workshop’ for girls, in collaboration with the Delhi Police. The duration of workshop is over a period of 10 days w.e.f. 3rd Oct’2022 to 18th Oct’2022.

The Principal, Ms. Geeta Karunakaran, welcomed the award-winning ASI Ms. Bharti Sijwali along with her team and entrusted them with the task of empowering our vivacious young students. All the girls of Classes IV-VI participated with lots of enthusiasm and verve.

At the outset, the trainer, ASI Sijwali highlighted the fact that Self-Defense is more of a ‘mindset’ than a ‘set of techniques’. The training encompassed strategies like ‘How to stay calm under pressure’, ‘Enhance focus’, ‘Take constructive decisions’, ‘Use improvised weapons’, ‘Hand to hand combat’ etc. She also expertly sensitized the youngsters about ‘The good touch’ and ‘The bad touch’. The students particularly imbibed the sessions based on real life hostile situations.

The Workshop ended on a high note with the team sharing the information about Delhi Police Safety Application- Himmat Plus and other emergency numbers.

