

6th September 2024

SELF – DEFENCE IN PUBLIC PLACES

A workshop on ‘ Self – Defense in Public Places ‘ was organized by Sakhi Savitri committee for students of Junior college on 6th September 2024. It was conducted by Ms Renuka Bhirangi an alumni of our college and Mr Vedant Patil , a student of Master’s program in Food, Nutrition and Dietetics.

The aim of the workshop was to:

1. **Empower Participants:** Equip individuals with the confidence and skills needed to defend themselves in various situations, enhancing their sense of personal safety and autonomy.
2. **Teach Basic Techniques:** Introduce fundamental self-defence moves and techniques, focusing on practical and easy-to-learn skills that can be effectively used in real-life scenarios.
3. **Promote Awareness:** Raise awareness about personal safety, including recognizing potential threats, understanding body language, and staying alert to one's surroundings.
4. **Develop Situational Strategies:** Help participants understand different strategies for avoiding and de-escalating potentially dangerous situations, including verbal and non-verbal communication tactics.
5. **Encourage Physical Fitness:** Highlight the importance of physical fitness in self-defence and incorporate exercises that improve strength, agility, and overall health.
6. **Foster a Safe Learning Environment:** Create a supportive and non-judgmental atmosphere where participants feel comfortable practicing and learning new skills.
7. **Build Confidence:** Help participants develop self-confidence in their ability to protect themselves, which can also have a positive impact on their overall self-esteem.
8. **Provide Resources:** Offer additional resources for continued learning and support, such as recommended reading, local self-defence classes, or contact information for community support services.
9. **Promote Ongoing Practice:** Encourage participants to regularly practice the techniques learned in the workshop and to integrate self-defence awareness into their daily lives.

The role play activities and real life demonstrations conducted in the workshop were highly appreciated by all participants.



Importance of being alert



"Your mind-set is your primary weapon"



It is true that a victim who fights back may suffer for it, but one who does not almost certainly will suffer for it"