



TECNIA INSTITUTE OF ADVANCED STUDIES

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Ref:.....



Date:.....

REPORT

Self Defence Training Programme

Event- Workshop on Self Defence Programme for Girl Students

Day & Date- 26th & 27th October 2020

Timing- 11 AM – 12 AM

Participation : BBA

Faculty Convener- Dr. Kirti Miglani –NSS Incharge

Venue: Online Platform

Objectives:

- 1) To educate the girl 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 defence techniques.

Purpose of the Workshop:

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that Student Welfare along with NSS can strengthen the girl students for their self-protection and women empowerment through a workshop of Self Defence.

Inaugural Session:

The workshop started with an inaugural speech by Dr. Rashmi Gujrati Dean Management , TIAS. She highlighted the key points why such kinds of workshops are 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 as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis.

The Demonstration Session:

After the inaugural session and felicitation ceremony, demonstration of the self defence technique followed through some videos :

The tips she elaborated on how to self protect and defend are:

First tip: Prevention is the best self-defense- Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets. So be sure to follow general safety tips like being aware of your surroundings, only walking and parking in well-lit areas, keeping your keys in hand as you approach your door or car, varying your route and times of travel, and other personal security precautions. Apart from avoiding confrontation, if you can defuse a situation (talk someone down from physically assaulting you) or get away—by handing over your wallet/purse or whatever they want, do that. Hand over your money rather than fight. Nothing you own is worth more than your life or health. If violence is unavoidable, however, to really defend yourself, you'll want to know ahead of time how to fight back effectively—it's possible even against someone bigger or stronger than you.

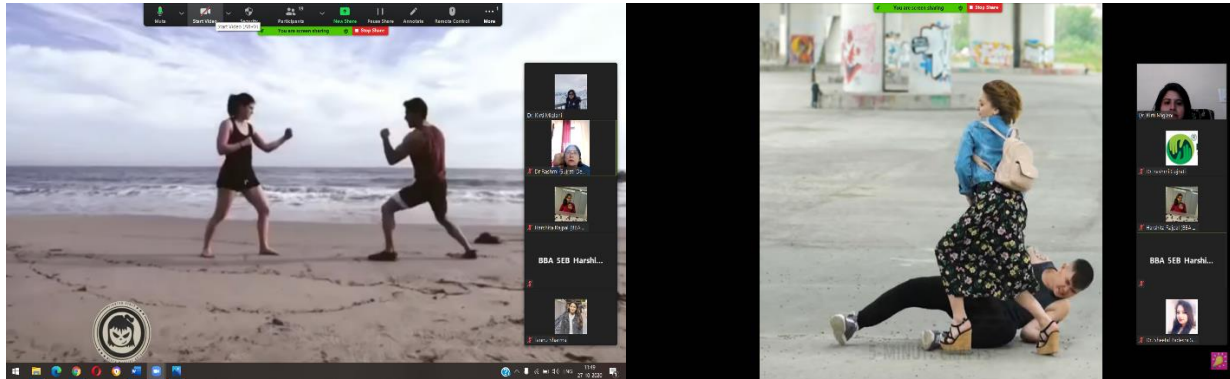
Second tip: Get Loud and Push Back-As soon as the attacker touches you or it's clear that escape isn't possible, shout loudly (-BACK OFF!!) and push back at him or her. This does two things: it signals for help and it lets the attacker know you're not an easy target. It may not dissuade all attackers, but getting loud will warn off those that were looking for easy prey.

Third tip: Remember the Most Effective Body Parts to Hit-When you're in a confrontation, you only have a few seconds and a few moves to try before the fight may be decided. Before an attacker has gained full control of you, you must do everything you can— conserving as much energy as possible—to inflict injury so you can get away. So aim for the parts of the body where you can do the most damage easily: the eyes, nose, ears, neck, groin, knee, and legs. Depending on the position of the attacker and how close he is will determine where you will strike and with what part of your body you will employ. Do not step in closer, say, to strike his nose with your hand, when you can reach his knee with a kick.

Eyes: Gouging, poking, or scratching the attacker's eyes with your fingers or knuckles would be effective, as you can imagine. Besides causing a lot of pain, this should also make your escape easier by at least temporarily interfering with his vision.

Nose: If the attacker is close in front of you, use the heel of your palm to strike up under his nose; throw the whole weight of your body into the move to cause the most pain and force him to loosen his grip on you. If he's behind you, you can strike his nose (from the side or front) with your elbow. Either way, aim for the nasal bones.

Neck: The side of the neck is a bigger target, where both the carotid artery and jugular vein are located. You could possibly temporarily stun your attacker with a knife hand strike (all fingers held straight and tightly together, with thumb tucked and slightly bent at the knuckle) at the side of the neck.



Demo on how to use arms Use of fist for self- defense when attacked from front

Knee: Knee is an ideal self-defense target, vulnerable from every angle and easily kicked without risk of your foot being grabbed. Kick the side of the knee to cause injury or partially incapacitate your attacker. Kicking the front of the knee may cause more injury but is less likely to result in imbalance.

Use your elbows, knees, and head. Those are the parts of the body that are most sensitive when hit. Now here are the parts of the body used most effectively for inflicting damage: your elbows, knees, and head (they're your body's bony built-in weapons).

Use everyday objects. Everyday objects you carry around with you or things in your environment can also be used to your advantage as weapons. Hold a key or pen between your middle and ring finger while you're walking home in the dark for more assurance. Outdoors, you can toss some dirt or sand into your attacker's eyes. Women are often told to spray perfume or hairspray into an assailant's eyes. The point is, use whatever you can to make your defense stronger (for more inspiration, watch some Jackie Chan movies).

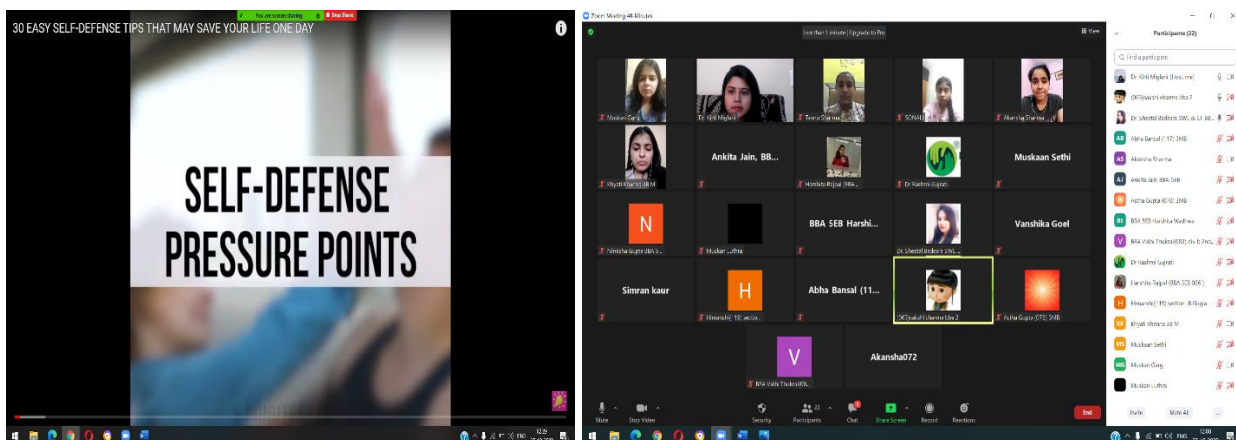
Leverage your weight. No matter your size, weight, or strength in relation to your opponent, you can defend yourself by strategically using your body and the simple law of physics.

Different techniques to self defend against different forms of attacks are: Wrist Hold: What to do when an attacker has grabbed your wrist. Instead of pulling back to try to get out of the hold, squat down into a strong stance, then lean forward and bend your elbow towards him all the way towards his forearm until he can no longer hold onto your wrist. Here the point is to put strong pull either upwards or downwards depending upon where the thumb of the attacker points to. Demo on how to free from wrist hold Demo on how to free from wrist hold Demo on how to free from wrist hold Demo on how to free from wrist hold.

Stop an outside strike: This basic defense move protects you from strikes—or slaps, or punches, or waving batons—as an attacker approaches you from the front. As the attacker approaches, bring your arms out, fingers extended, elbows slightly bent. Stop your attacker by raising your forearm inside your attacker's oncoming arm—so he can't hit your face. At the same time, use your other hand to make a perfect fist and punch your attacker in one of the soft spots in the face: the nose, the jaw, or the throat—whatever is available. Use of fist for self defence when attacked from front Use of extended fingers to attack Also use palm, hand with the outer edge when striking a target on the upper half of the body you will use your hand. Effective strikes can be made with the outer edge of your hand in a knife hand position, a palm strike or knuckle blow for softer targets or a tightly curled fist. Using slaps to stop an attacker with full force Use of forearm to stop an attacker's oncoming arm .

Escape a bear hug: It's when someone approaches from behind and grabs you, pressing your arms against the sides of your body. Drop your weight and try to hit his head with your elbows or stomp his feet with your feet. If that doesn't work, pull his fingers back to force him to release you, rotate out of his hold, and attack him with your knees/kicks. Escaping a hug from behind. Use of elbows to free from bear hug Use an open palm, strike hard and fast until his grip releases. Lunge forward slightly, and throw your elbow back to your attacker's belly/chin, turning to face him as you do. Run if you can, or continue the assault with punches to soft spots. Use of legs & knees to release from bear hug Using elbow to strike attacker

Use of hand edges to counter strike an attacker: It is one of the very effective self defence techniques which one should not miss. The main target for this technique is the neck and head, so it could be effectively used against anyone. Here you can hit the attacker's belly, neck, face, eye with the edges of your hand with full speed and force. The beauty of this technique is that it is simple, effective and easy to use even after almost no training and under a huge amount of stress and pressure. Hand edges to attack on belly Hand edges to strike on the face.



Training Sessions for Students

Glimpses of the session are: The vote of thanks was given by Dr. Kirti Miglani convener of the workshop. Expressing her gratitude she thanked Dr. Sheetal Badesra and Dr. Rashmi Gujrati team for their support and timely presence. She also thanked Dr. Ajay Kumar, Director, TIAS for his support and confidence in her for giving the move ahead.

Learning Outcome:

The learning outcomes from the workshop on Self Defence Programme are:

- 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 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.
- 3) The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

List of Beneficiaries
Event:- Self Defence Workshop

S. No	Name	Enrollment No	Class
1	09921301719	SIMRAN KAUR MAKANIA	BBA
2	10021301719	KAJAL JAIN	BBA
3	00921301719	NEHA GUPTA	BBA
4	01021301719	KHUSHI ARORA	BBA
5	06317001719	SAKSHI SHARMA	BBA
6	11717001719	Abha Bansal	BBA
7	11917001719	HIMANSHI GOGIA	BBA
8	12017001719	KANISHKA KALRA	BBA
9	12117001719	AARUSHI SAXENA	BBA
10	12217001719	MUSKAN AGGARWAL	BBA
11	08321301719	VIDHI THUKRAL	BBA
12	08621301719	HARSHITA RAJPAL	BBA
13	08721301719	RITIKA MADHUKAR	BBA
14	06221301719	SRISHTI JAIN	BBA
15	03421301719	RASHI KHER	BBA
16	03521301719	SRISHTI GUPTA	BBA
17	04021301719	MANSI SINGH	BBA
18	04121301719	AADITI TOKISH	BBA
19	36817001719	GURPREET	BBA
20	14017001719	PRIYA TIWARI	BBA
21	42021301718	NIMISHA GUPTA	BBA
22	42121301718	SHIVI TYAGI	BBA
23	45321301718	ASTHA MITAL	BBA
24	45421301718	SIMRAN	BBA
25	45821301718	VIDHI KAPOOR	BBA

