



## REPORT

### Self Defence Training Programme (Parivartan)

**Event:** Workshop on Self Defense Programme for Girl Students

**Day & Date:** 8<sup>th</sup> March, 2020

**Timing:** 10 AM – 11 AM

**Students :** BBA, BA (J&MC), BCA, MBA

**Faculty convener:** Dr. Kirti Miglani –NSS Incharge

**Venue:** Multipurpose hall, PG Building

**No. of Students:** 33

**Head Trainer :** Kimati Rani

**TECNIA INSTITUTE OF ADVANCED STUDIES**  
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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

**TIAS NATIONAL SERVICE SCHEME (NSS) CELL**

**Organizes**

**Workshop on Self Defence Programme  
for Girl Students**

**Departments: MBA, BBA, BA(J&MC) & BCA**

**8<sup>th</sup> March, 2020**  
**Time: 10 AM – 11 AM Onwards**  
**Platform: Multipurpose hall,  
PG Building**

Dr. Kirti Miglani  
NSS Nodal Officer, TIAS  
New Delhi

In Association With

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#### OBJECTIVES:

- To educate the girl students about the different types of violence against them.
- To provide knowledge about the different tips of self-protection to keep in mind in different situations.
- To show case and give demo on different self-defense techniques.

**Purpose of the Workshop:**

The need of the hour for the girls and women in the society is to safeguard them against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence in collaboration with the Delhi Police (Special Police Unit).

**About the Training Agency:**

Special Police Unit for Women and Children (SPUWAC) is a special body of Delhi Police, which aims to safeguard the rights of women and children in the Capital. While on one hand it enquires the complaints and investigates the cases related to dowry and other crimes against women, primarily matrimonial disputes specified in section 498-A and 460 of IPC, on the other hand it caters to children by building a cadre of child-friendly police and child-friendly police stations across the city. The Juvenile Justice model is based on the assumption that children are too vulnerable and immature to pre-empt the repercussions of their impulsive actions. The details of the Special Police Unit for Women and children are available at <http://spuwac.com/>. As a Nodal body, it works with various NGOs, schools, colleges and other agencies to gather insights and spread legal and social awareness about various issues concerning women and children in the present times, thereby, striving to create a more enabled and emphatic ecosystem.

**Inaugural Session:**

The workshop started with an inaugural speech by Dr. Ajay Kumar, Director TIAS. He 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. He 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.

Ms. KimatiRani , the head trainer from the Special Police Unit, spoke largely on the kind of violence's that is committed against women. She narrated some instances related to Domestic Violence, Dowry, Cruelty by husband & in-laws, Sexual Harassment in public, private, or the workplace, Stalking, Obscene Calls that comes to the Special Police Unit for assistance. She pointed out why it is necessary to attend and train oneself with this kind of workshop and training programmes. She said that having knowledge about self defence techniques not only help defend 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/unwanted incident. W/HC Ms. Kimati Rani, Head trainer speaking at the occasion .A cadet from Delhi Police at the felicitation ceremony Girl students from the four different departments of Tecnia Institute of Advanced Studies participated in the workshop.

### **The Demonstration Session:**

After the inaugural session and felicitation ceremony, demonstration of the self-defense technique followed under the command of Ms. Kimati Rani .

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:** Su says the 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-defense 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 theface.



**Training Sessions for Student**

**Valedictory session:** A brief interaction of the visiting team with the students followed after the demo session. A group of girl students interacted with the Delhi Police team about the different aspects of training imparted by the Special Police Unit of Delhi Police



**Group Photograph of TIAS 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 the Delhi Police (Special Police Unit) team for

their support and timely presence at the venue on the date of the workshop. 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 Defense Programme are

- The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- 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.
- The students have the chance to see the live demo of the self-defense techniques as demonstrated by the trainer and the companion cadets. 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**

<b>S.NO</b>	<b>PARTICIPANTS</b>	<b>COURSE</b>
1.	MUSKAN	BCA
2.	RISHIKA ARORA	BCA
3.	ANISHA SHARMA	BBA
4.	DHWANI AGGARWAL	BBA
5.	ANSHIKA KHER	BBA
6.	NAMYA GANDHI	BBA
7	DIKSHA WADHAWAN	BBA
8	DHWANI AGGARWAL	BBA
9	DIYA SURANA	BBA
10	ISHIKA BHANDARI	BBA
11	ISHITA SAKLANI	BBA
12	JIYA CHORARIA	BBA
13	APEKSHA NEGI	BBA
14	HARDIKA ANAND	BBA
15	KRITI VERMA	BBA
16	MEGHA	BBA
17	AYUSHI GOEL	BBA
18	NATASHA GUPTA	BBA
19	CHAHAT BHARTI	BBA
20	MONISHA GUPTA	BBA
21	NEHA KUMARI MANDAL	BBA
22	RIA KOCHER	BBA
23	RIYA JAIN	BBA
24	DIVYA PARMAR	BBA
25	SAKSHI SAJNANI	BBA
26	SAUMYA SHARMA	BBA

27	SIMRAN GANDHI	BBA
28	SHREYA MANGLA	BBA
29	TEJASWINI SHARMA	BBA
30	VANSHIKA MITTAL	BBA
31	BHAVYA JAIN	BBA
32	VANSHIKA VERMA	BBA
33	BHAVAY BALI	BBA
34	MEHAK GOEL (GUEST)	BBA
35	CHAHAT DARYANI	BA(J&MC)
36	ANSHITA SHARMA	BA(J&MC)
37	AARTI SHARMA	BA(J&MC)
38	AASTHA GAUR	BA(J&MC)
39	ANUSHKA TOMAR	BA(J&MC)
40	ASTHA SURI	BA(J&MC)
41	VANSHIKA NEGI	BA(J&MC)
42	MUSKAN	BA(J&MC)
43	DIKSHA WADHAWAN	BA(J&MC)
44	AAKRITI SETHI	BA(J&MC)
45	SHRUTI	BA(J&MC)
46	GARIMA SHARMA	BA(J&MC)
47	ANSHIKA NEGI	BA(J&MC)
48	YASHIKA RAWAT	BA(J&MC)
49	IRA SHARMA	BA(J&MC)
50	ISHIKA TAYAL	BA(J&MC)
51	SRISHTIGUPTA	BA(J&MC)
52	ISHIKA KAPOOR	BA(J&MC)
53	KHUSHI PRUTHI	BA(J&MC)
54	KAVITA KUMARI	BA(J&MC)
55	BHAWYA GARG	BA(J&MC)
56	KHYATI LUTHRA	BA(J&MC)
57	SHRUTIJAIN	BA(J&MC)
58	YASHYADAV	BA(J&MC)
59	VANSHIKABANSAL	BA(J&MC)
60	SHRUTIBHANDARI	BA(J&MC)
61	PAESHA	BCA
62	TISHA AGGARWAL	BA(J&MC)
63	VAANYAKANSAL	BA(J&MC)
64	TANISHQAGUPTA	BA(J&MC)
65	JIYA CHORARIA	BA(J&MC)
66	TANYA GERA	BA(J&MC)
67	TANISHQ	BA(J&MC)
68	KASHISH MALHOTRA	BCA
69	RIYA PRABHAKAR	BCA
70	KUSUM YADAV	BBA
71	MUSKAN DHAMIJA	BCA
72	NEHA KUMARI	BCA
73	KHUSHI GAUR	BCA
74	AARCHI SINGAL	BCA
75	MEGHA	BCA

76	RICHA YADAV	BCA
77	RIA KOCHER	BCA
79	SAKSHI SAJNANI	BCA
80	TRIPTIKHNADDELWAL	BCA
81	LAKSHITA	BCA
82	KANIKA GOYAL	BBA
83	TANISHA KANDOI	BCA
84	RIYA JAIN	BCA
85	NATASHA GUPTA	BCA
86	NAMYA WADHWA	BCA
87	MALIKA ANEJA	BCA
88	KANISHKA	BCA
89	MEHAK PARNAMI	BCA
90	KOHIMA SHARMA	BCA
91	MANEESHA	BBA
92	KRITI VERMA	BBA
93	LAKSHITA SHARMA	BBA
94	KASHISH AZMANI	BBA
95	JANVIE VERMA	MBA
96	AANCHAL	MBA
97	SHIKHA	MBA
98	ANAM AHEMD	MBA
99	DIVYA	MBA
100	MUSKAN AGGARWAL	MBA