

## Navyug School, Moti Bagh

### Self Defense Workshop for Girls of class VI-VIII in collaboration with Delhi Police-March 2022

Self-defense workshop aims to prevent violence against women by strengthening women's capacity to defend themselves; Self-defense programs where Instructors show you and teach you how to avoid an attack, or in the situation where you are attacked, how to fight back etc.

It offers many benefits, while learning invaluable self-defense skills for your safety and self protection. As females are part of our society and they have rights to live life without fear. This type of self-defense develops a women/girl mind to understand attacker's move and act against the harm by using entire body. Self defense techniques are designed for girls and actions such as punching, kicking and blocking leave the attacker unarmed and weak. With self-defense classes you can also develop **Greater Concentration, Reflexes, Agility, Flexibility, Body Coordination and Balance.**

**Venue:-**Playground,NSMB

**Time:-**10 AM to 11 AM

**Instructor:-**Mr. Sachin,Constable Delhi Police

**Incharges:-**1)Mr. Avinash Dutt Sharma,PET

2)Ms. Meenakshi Nimesh,TGT