



REPORT ON SELF DEFENCE WORKSHOP

Name of the Event	:	Self Defence Workshop
Date of the Event	:	29 August 2021
Participants	:	Classes I-VIII
Organized By	:	Sports Department

On the occasion of National Sports Day, **Sports Department** of **ITL PUBLIC SCHOOL** organized a Self Defence Workshop on 29 August, 2021 for the students of classes I – VIII. Mr. Vijay Gupta who is a Taekwondo fourth Dan Black Belt, Secretary-North District Taekwondo Association, National Referee and a National Coach, was the resource person. Various self-defence techniques were explained and demonstrated to the students flawlessly. Students kept asking questions from the expert during the whole session. Mr. Gupta answered the queries of all the students patiently. The workshop was conducted to boost the self confidence of the students and to make them able act promptly in unfavourable situations. The students were taught simple ways of self-defence and apprised about tackling situations, if they found themselves to be under any kind of threat or harassment. Keeping in mind the safety of the students amidst the current challenging times, the workshop proved a boon to the students who often have to travel away from their homes for studies and work.

