



## DEFEND... ACT... & SHINE

**ITL Public school** in collaboration with **Delhi Police**, organized **seven days Self-Defence campaign** for all the girls from Classes V – XI, spanning from **27 September – 7 October 2016**. The Self-defence campaign was conducted to inculcate the defence techniques and required reflexes in the girls to defend themselves in critical situations. Highly skilled special instructors from **CAW cell**, Nanakpura were roped in to train the girls in proper martial art techniques and manoeuvres for self-protection. Students were taught a variety of punches – where to attack, how to attack and when to attack, how to defend when an attacker attacks from the side, back and front. They were also taught how to launch an attack on the attackers' temple, to form a proper kick and the amount of force required to kick.

The creativity and the situations and the modes of dealing with various situation was impeccable. Young girls are continuously exposed to a threatening surrounding while they make their journey to coaching institutes and tuitions. The students were taught to make accurate utility of pen and books to attack on the eve teasers.

Overall, it was a wonderful training program in which each girl participated enthusiastically because amidst the kicks and punching was the will to show the people that they are not delicate creatures but strong women who are ready to fight when harm comes their way.

