

STAY SAFE, STAY STRONG

Date : **Saturday, 10 May 2014**
Venue : **Bharat Vihar Colony**
Organized By : **Social Service Club**
Conducted By : **Mr. Hemant**
Attended By : **Residents of Bharat Vihar (women)**

Kindness is a two-way street; it enriches the receiver, but it enriches the giver more.

In recent times, Delhi has become an extremely unsafe place for women of all ages and backgrounds. Crimes against women have been on the rise and therefore it has become imperative for women to educate themselves on self-defence techniques. Keeping this in mind, ITL Public School, in collaboration with Action India, has taken up the initiative to enable the women of Bharat Vihar to protect themselves from predators.

On 10 May 2014, the martial arts instructor of the school, along with a few conscientious students, conducted a self-defence workshop to empower the women of Bharat Vihar. In addition to mastering basic self-defence techniques, the women also had a chance to instill in themselves a sense of security and well-being. After this workshop, they can surely face the world with a lot more confidence and dignity.

Apart from the martial arts workshop, the first installment of the tuberculosis fund was given to the coordinator from Action India. This fund has been started by the teachers of the school in a humble attempt to provide support to the patients suffering from this incapacitating disease.

This was surely an enriching experience for the entire school and it is the beginning of a long and healthy relationship between the school and the community of Bharat Vihar.

An initiative by the Social Service Club.

