

# SELF DEFENCE WORKSHOP

*Self defence is not just the set of techniques, it is a state of mind and it begins with the belief that you're worth defending.*

*-Rorion Gracie*

We are living in the most peaceful era of Human history but we still lag in the women security. In this regard, The council of DPS Maruti Kunj planned to give women a treat of self-help by a karate workshop. The workshop was conducted for the girls of age group of 12 to 16 years.

Master Prithish Chatterjee, a young self defence enthusiast was the host of this well conducted workshop. He has been tagged as the National Medalist for 3 times and has received 2 Dan National Level Black Belt.

The master taught the girls practically. He demonstrated the real life situations and help them acquire skill in counter some basic moves and techniques of self-defence.

They did some warmup and exercises before tackling live situations. The school organised such a workshop for the first time and it was a successful measure. The school appreciates the efforts of Prithish as well as all those who helped make this workshop a great success.



At the culmination, the Principal Mr. Akhilesh Chaturvedi appreciated the hard work and efforts of the participants as well as the Student Council Members.

