



# Gandhinagar Institute of Technology

A Report on

Online Session on

“SELF DEFENSE”

11<sup>th</sup> January, 2022(Tuesday)

## **Objective:**

Gandhinagar Institute of Technology organizes various programs for the benefit of female students, faculties, staff under the banner of Women Development Cell (WDC). Keeping this in mind, GIT organized a one-day online self-defense session on 11<sup>th</sup> January, 2022 for the female students. Self Defense is to avoid or de-escalate the situation quickly and safely. The objective of organizing this session is to give awareness to the girls about self-defense when critical situation arises. The main aim of self-defense training is to empower the girls with techniques to handle an attack independently and confidently.

## **Program Overview:**

The session was organized online in two half's for female faculties & female students of GIT on Google meet from 10:00 am to 11:00 am dated 11<sup>th</sup> January on Tuesday. The students, namely Aimee Mohan, black belt in karate, Smriti Singh, brown belt in karate and Preeti Kardam, specialist in taekwondo were the trainers for the program. 88 girls' participants along with faculties participated in it. A short speech on the “importance of self-defense and why it is a necessity in today's world” was delivered by Aimee Mohan.

In the first half session, our trainers Aimee, Smriti & Preeti gave us brief ideas about how, when and what should be done while one found oneself in danger. Aimee discussed about “What is Self Defense?”, “What are the laws for the Self Defense?”, explained different forms of Self Defense like Martial-arts, Judo, Karate, Taekwondo etc. She also told that even if someone goes in NDA, then the main component will be Self Defending. She explained that in such a situation, one should not think about the violence but should think about one's protection first. Smriti had presented a presentation for more clear understanding. She emphasized on “What to Defend? How to Defend?”, things one can carry to protect oneself like pepper spray, sharp items, Parts of body to hit on & No rules when in danger! Preeti discussed the scenarios where one need to take some actions and where is actually a need of Self Defense techniques. Scenarios like travelling through public transport (Bus), Travelling through Auto Rickshaw and driver take one to some other way, when somebody misbehaves while walking at night, when somebody tries to steal your hand bag and tries to escape etc.

They all concluded their portions by giving confidence through this line “Self Defense is not just about knowing moves”. It's our mind and our bodies are connected. If one is unhappy for a longer time, the bodies become weaker and more susceptible to illness. In the same way, if one is not physically stable, then it adversely affects their minds too. “Self Defense is not just a set of techniques; it's a state of mind and it begins with the belief that you are worth defending”.

In the second half, trainers demonstrated some of Self Defense techniques like:

- When someone choke you using both hand at that time all you have to do is not touch their hands and just swirl down your head and then push that person who's choking you or attack him on his nose or jaw.
- When someone is choking you while pushing you against the wall than you have to do is push their hands with opposite hand of yours by turning your body and feet.

Lastly, the session was concluded with female students sharing their own experiences of tackling in uncomfortable situations. They shared their daily life scenarios where they felt that a step could have been taken then. A few questions were asked by some participants which were answered by the trainers. It is said that physical protection begins with mental strength and so one has to take care of wellness of both.

Ronald Reagan gave a beautiful statement by saying: "Self-Defense Is Not Only Our Right; It Is Our Duty" so one should keep this in mind.

The program ended successfully with co-operation and coordination of Trustees, Director Sir, Head of the Departments, WDC Team, Female Faculty Members, and Students' Participants.

## Photo Gallery:



Beginning of the Session



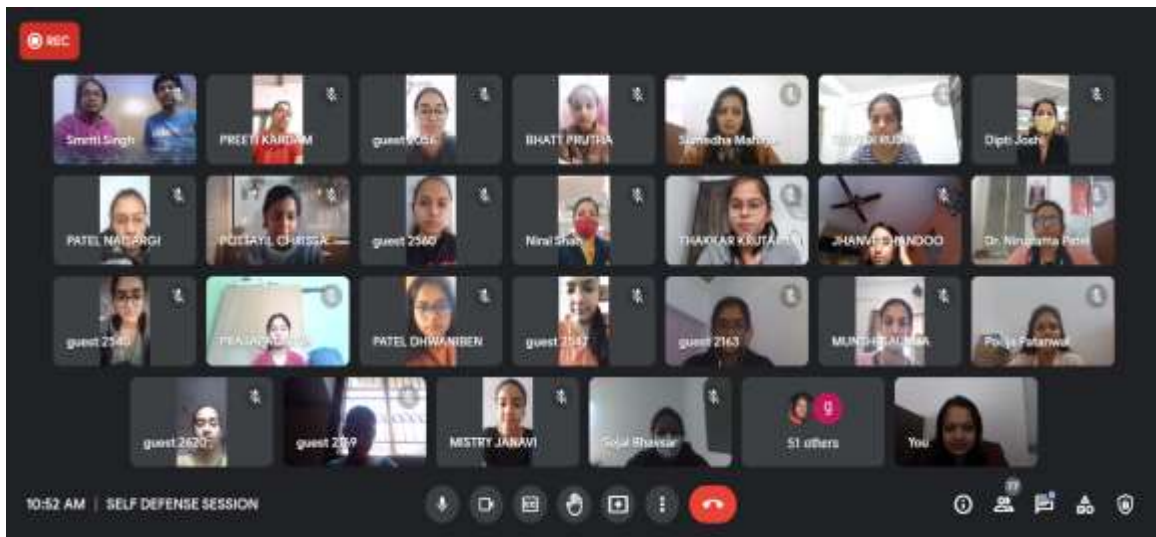
Introduction by trainers



Participants learning Self defense Techniques



Participants learning Self defense Techniques



Group Photo of Participants