

March 8, 2017

International Women Day is celebrated all across the world on 8th march. On this occasion, Women cell of PDPM IIITDMJ organized a “Workshop on Self-Defense” for the female students of the institute. The workshop was conducted by Mr. Amit Das who is black belt and weapon trainer of security guards. In the workshop, Mr. Das introduced the basics of self-defense, which were practical and quite easy to apply. He discussed about the psychological attacks and defence towards them. He introduced many small weapons like knives, needle, hairy stockings, electric shock based torch etc. He explained the correct way of handling these weapons and also brought to our notice, the points where the attack should be made for maximum injury to the attacker. He described the ways by which one can curb the situation before it arises. He also introduced new techniques of awareness which include how to divert the attacker to a different way. Light was thrown with the help of some case studies. After the session, there was a questionnaire round wherein girls asked their doubts and got them clarified. In a nutshell, the workshop was very beneficial for the girls and they learnt the basics of self-defense which would help them in the future in case of emergency.



