

VIDYA DEVI JINDAL SCHOOL, HISAR

Report on Self Defense - Phase II

Date: 24th August to 31st August 2022

Venue: IV to VII (Community Hall)
VII to XII (LRC Theory Class)

Trainer: Ms. Deepti Shankar

We conducted a week-long series of workshops for Classes IV to XII from 24th August to 31st August 2022 which included the following-

Topic :

- **Grade IV to VII - 1 hour slot**

Content- Anti Kidnap Drill, this was a physical session along with explanation and understanding. A special set was arranged for the practical session. Ms. Deepti Shankar guided students with the following ideas to escape from such a dangerous situation.

Details of sessions:

- Most attacks or abductions that are unsuccessful are due to the assumption that a “weaker” target will not fight back. These individuals expect that you will just go along with whatever they want, and that the last thing you will do is fight. In just the initial defensive strikes alone, you will cause them to hit the reset button and more carefully choose their next actions, which can take valuable seconds or more, more than enough time to continue the fight to cause more lasting damage, or to run away. Think about the stories where people being attacked by a shark have gotten away by poking them in the eye or punching the gills (soft targets...sound familiar?).
- If they have a weapon, i.e. a gun or knife, remember DATTS. Down And To The Side. You must get control of the immediate danger to you first, that arm. Push the weapon down and to the side to get it away from your vitals. Once this happens, it's time to go rabid honey badger!
- Go for the soft spots. Eyes, throat, groin.....strike hard, and strike often.
- Continue striking until the fight in them diminishes. You'll know it when you see it. Then when you get the chance, RUN.
- Remember to yell, scream, and holler, and LOUDLY. You want to draw attention to the situation and get help to you fast. This is not the time to be quiet. Added benefit to yelling is that you contract your abs and tighten your belly, less likely to get the wind knocked out of you.

Techniques: Ways of kidnappings- Push and Pull, Grabs, Hand strikes- finger jabs, Tiger Paws, knuckle strikes . The students were made to practice all the strikes and application in real life scenario through role plays and simulations.

Value Add: we conducted a special session on Situational awareness in public places to create an awareness about the subject and provide the guidelines for do's and don'ts in a real life scenario.



- **Class VIII to XII - 1 hour slot**

Content- Classroom set up for session on sexual safety, LGBTQ(Lesbian, Gay, Bisexual and Transgender) - Understanding and Prevention.

Details of session:

Application: Creating sexual boundaries.

Understanding how emotional traps turn into sexual crimes.

LGBTQ is not a fashion but sexual identity of people.

Understanding private spaces and not sharing details online and offline.

Value Add: Building trustworthy relationships with parents, teachers and peers helps better understanding about the subject and provide the guidelines for do's and don'ts in a real life scenario. We are extremely grateful to the team VDJS for partnering with us and driving the wave of much needed change in society. This is the first of its kind program designed and executed by SAFE CAMPUS.

