

## **Empowering Students with Self Defence Technique**

D.A.V. Public School, Thane leaves no stone unturned when it comes to empowering students in "Self Defence Technique" in the wake of current scenario where the safety and security of children has become a major concern for parents as well as the school community. It is often noted that offenders are acquaintances of the victims. Hence it is the dire need of the hour to look for any changes in the behaviour of children and be vigilant. It is a joint responsibility to equip the children to react and protect themselves from falling prey to any anti- social elements and perverts. Mrs Simmi Juneja, the Principal of the institution took the initiative of empowering students in collaboration with Rotary Club , Thane. The students were shown various demonstrations on how to react when faced with a threatening situation and how to run from such places. They were briefed about the four basic words repeatedly - Hit, Punch, Shout, and Run and go to a safe place. The students were also asked to practise the techniques and were given tips.

In the second session, students were briefed about "Good Touch and Bad Touch" and how to save oneself even in known surroundings with relatives as in many cases the victims undergo such trauma by relatives or known people. The students also participated eagerly and showed demonstrations and were appreciated for their quick learning skills. The students were taught to be more open and keep the channels of communication with Parent, children and teachers accessible. The children were encouraged to express their anxiety, fear and traumatic experience to people whom they trust. Overall the session turned to be an eye opener for children as it is a life saving skill for them at any age.

