



2021-2022

Name of the Department/Society: WDC

Name of the Event 9: Self Defence Workshops in collaboration with Delhi Police

Date of the Event: 22nd to 26th November, 2021

Self-defence training can provide a pathway to increase women's safety and their potential for becoming effective agents of social change. An informed and embodied understanding of violence can go a long way in recognising, preventing and interrupting it. Taking cognizance of this fact, Hansraj College, a premier institute of Delhi University, organised a 5 day Self Defence Workshop in collaboration with Delhi Police. Under the initiative, girls from underprivileged backgrounds were given preliminary self-defence training with the aim of affecting change at the grass-root level. All efforts regarding the same were sourced through the **Women Development Cell** of the college as it is the designated body for such endeavours.

Overcoming the obstacles posed by the on going pandemic, the workshop was carried out in blended mode. The training sessions were broadcasted live for those who couldn't be there physically. Over 50 students joined the online live sessions daily. The workshop also saw the enthusiastic participation of 45 volunteers in total, out of which, 20 volunteers daily accompanied the training agency to the chosen site. The volunteers residing outside Delhi contributed to the cause by making posters and promoting the workshop on social media platforms. Bhavya Deep, President of WDC, supervised the preparations for the workshop, under the guidance of Dr Monika Kaul and other faculty coordinators.

Date: From 22 November to 26 November. Timing: 3 p.m to 5 p.m everyday. Venue: Yamuna Khadar Region, New Delhi

About the Collaborating Training Agency

The Self-defence workshop was conducted with the help of the Special Police Unit for Women and Children (SPUWAC). It is a special body of Delhi Police, which aims to safeguard the rights of women and children in the Capital. While on one hand, it enquires the complaints and investigates the cases related to dowry and other crimes against women, primarily matrimonial disputes specified in section 498-A and 460 of IPC, on the other hand, it caters to children by building a cadre of child-friendly police and child-friendly police stations across the city. As a Nodal body, it works with various NGOs, schools, colleges and other agencies to gather insights and spread legal and social awareness about various issues concerning women and children in the present times, thereby striving to create a more enabled and emphatic ecosystem.

DAY 1 (22 November 2021) Inaugural Session

On the 25th of November, the reporting time for the volunteers was 1 p.m. the volunteers visited about 30 houses in the Yamuna Khadar village. They motivated the women or the matriarch of the house to send their daughters for the self-defence workshop, and also spoke to them about the importance of self-defence training as a tool for women empowerment. The



dedicated information dissemination efforts of the volunteers bore fruit as by 3 p.m about 60 girls gathered to attend the workshop. The trainer sent by SPUWAC also arrived by 3 p.m and the session with some warm-up and stretching exercises; and went on to highlight why such kinds of workshops are required to sensitize girls to defend themselves in public places as well as at home. She gave advice and tips to the participants on how to avoid situations and circumstances that may lead to unwanted/untoward incidents. In addition to all this, the college also collaborated with NGO Moksha Foundation to distribute nutritious vegetable biryani to 300 residents of Yamuna Khadar village.

Day 2 (23 November 2021) Good Touch vs Bad Touch Education

Due to the overwhelming success of the first session, the second day also saw the turnout was about 60 girls. The second-day training focused on younger girls aged between 8-13 years and taught them about **Good and Bad Touch**. The trainer taught the girls about the correct names for their anatomy and private parts. She told them about “stranger danger” and inappropriate sexual behaviour exhibited by adults. She also educated them on the ways to report abuse and encouraged them to take ownership of their bodies. The volunteers, along with Teacher Coordinator Dr Poonam, facilitated the training by maintaining decorum throughout the session.

Day 3 (24 November 2021) Tips for Self- Defence

On the 3rd day, the participants were given useful tips on how to defend themselves if they are faced with an attacker. The trainer told the participants that the first tip for self-defence is prevention or diffusing the situation. She elaborated that attackers, whatever their objectives, are always looking for unsuspecting, vulnerable targets. So, girls should always be alert of their surroundings by only walking in well-lit and crowded areas. While travelling they should always vary their routes. Apart from avoiding confrontation, one can also defuse a situation (talk someone down from physically assaulting you) or get away—by handing over their wallet/purse or distracting the attacker. If violence is unavoidable then girls should always hit the attacker's neck and try to disbalance them targeting their knees. Scratching and gouging the eyes of the attacker's can also be effective in defending oneself. The 3rd session concluded with the volunteers distributing sanitary pads to the participants as a way of promoting menstrual hygiene and ending period poverty. The pad distribution campaign was carried with the help of the NGO God Gives Everything.

Day 4 (25 November 2021) Demonstration Session

On 25 November, The trainers demonstrated various self defence techniques for the participants. She taught them how to stop an outside strike, escape a bear hug and leverage one's weight. A specially effective technique demonstrated by the trainer was the use of "hand edges to counter strike an attacker". The main target for this technique is the neck and head, so it could be effectively used against anyone. Here the girl can hit the attacker's belly, neck, face, eye with the edges of her hand with full speed without exerting herself. The training session came to an end with the volunteers distributing food to the participants and 200 other residents of the area with the support of Swayam NGO .



Day 5 (26 November 2021) Practice Session

The 5th and last training session of the workshop consisted of the participants practicing the techniques demonstrated by the trainer the previous day. The volunteers helped the girls in perfecting their strikes and aim. The trainer gave them feedback on their posture and movements. The NGO Moksha Foundation visited the premises again to distribute nutritious food to the residents of the area.

The workshop concluded with a note on the promise from both sides that these kinds of workshops will be continued in the times to come.

