



15 Days Self-Defense Camp

Date: 14th January, 2025- 29 January, 2025

Objectives:

The primary objective of the Self-Defense Camp was to empower and instill self-confidence in college-going girls, educating them on the importance of self-defense. The camp aimed to equip students with essential self-defense techniques to protect themselves from potential dangers in everyday situations.

Summary:

Pragati, the Women Development Cell of Daulat Ram College, collaborated with the Delhi Police to host a 15-day Self-Defense Camp. This initiative sought to provide the students of Daulat Ram College with practical knowledge and hands-on experience in self-defense techniques. Throughout the camp, participants were taught various moves and strategies that could help them defend themselves in threatening situations. Shakti Khatana Sir and his team trained students to become self-empowered throughout the camp.

The camp included practical demonstrations and exercises covering various self-defense scenarios, with a focus on both physical techniques and mental preparedness. The students learned essential self-defense moves designed to address common attacks.

Throughout the camp, students were taught several critical self-defense techniques. In the case of a throat grab, participants learned to break the attacker's grip by pushing the thumbs outward, strike the chin or nose with a palm strike, and use a knee strike to the groin or stomach for additional defense.

For escaping a shoulder grab from behind, they practiced dropping their body weight to destabilize the attacker, striking backward with an elbow, twisting the attacker's hands outward to break the hold, and following up with a back kick to the knee or shin.

When escaping a tight hand grab, students were taught to rotate their wrist towards the attacker's thumb to break free, use the opposite hand to pry the attacker's fingers apart, and deliver a quick strike (such as a palm, elbow, or kick) if necessary, while pulling away forcefully.

The camp also covered techniques for executing a powerful kick, which included maintaining a balanced stance, positioning the foot correctly (using the ball of the foot for front kicks or the heel for side kicks), engaging the hips for maximum power, and targeting weak points like the groin, knee, or stomach.

Another key aspect of the training involved defending against an attacker's eyes. Students practiced using their fingers to jab or poke the eyes, pressing the thumb into the eye socket when in close range, throwing objects like sand or keys to cause temporary blindness, and using the moment of distraction to escape.

Finally, students gained confidence through a demonstration of breaking tiles, learning the correct striking technique (whether knife-hand, palm strike, or fist), aiming beyond the tile for effective force, and executing the strike with speed and power, which contributed to mental strength and resilience.

The camp concluded with students feeling more capable and prepared to handle potential threats. The collaboration between Pragati and Delhi Police was a resounding success, with both parties aiming to continue these initiatives for the benefit of college-going girls and the broader community.

Key Outcomes:

- Participants acquired valuable self-defense techniques that could be applied in real-world scenarios.
- The camp raised awareness about personal safety and the importance of self-defense, contributing to the students' overall well-being.
- The camp also helped improve physical fitness and mental resilience by pushing the students to practice and perform under pressure.

Invite Poster

PRAGATI
WOMEN'S DEVELOPMENT CELL


in collaboration with


**DRC STUDENTS' UNION
AND
DELHI POLICE**


presents


**15-DAY
SELF DEFENCE CAMP**

**LAST DATE TO REGISTER :
11TH JANUARY 2025**

 **14th Jan 2025
onwards**

 **10.30am- 12.00pm**

 **Sports complex
Daulat Ram College**

 **Scan to register**

CONVENOR
Dr. Malvika Singh (WDC)
Dr. Poonam Lakhotia (SAB)

PRINCIPAL
Prof. Savita Roy

PRESIDENT
Jigyasa Kapoor (WDC)
Aashi Tomar (DRCSU 24)



