

PROGRAM REPORT

A SEMINAR ON SELF DEFENCE FOR GIRLS


12.12.2022

A Seminar on the topic '**Self-defence for girls**' by **Senior Civil Police Officer, Valsala** was conducted to help the girls to be aware of their surroundings and to make them stronger psychologically and intellectually. The purpose of the seminar was to equip girls with the necessary skills and knowledge to protect themselves in threatening situations. The seminar began with Officer Valsala emphasizing the importance of self-defence and personal safety. She stressed that self-defence is not just about physical strength, but also about being mentally prepared and making smart choices. Valsala shared her own experiences and provided valuable insights on the importance of being alert and assertive in everyday situations.

The seminar covered various aspects of self-defence, including basic self-defence techniques, the importance of body language and voice control, and strategies for prevention and escape. Officer Valsala demonstrated various self-defence techniques such as blocking, striking, and escaping from holds. She also explained the significance of practicing these techniques regularly to ensure muscle memory and quick reflexes. Additionally, Officer Valsala discussed the importance of being aware of one's surroundings and effectively using one's voice to deter potential attackers. She educated the girls on how to identify warning signs and assess potentially dangerous situations. Valsala emphasized the significance of being confident, assertive, and vocal when faced with harassment or threats.

During the seminar, Officer Valsala encouraged active participation from the girls, allowing them to ask questions, share their experiences, and engage in role-playing exercises. This interactive approach helped the girls understand the practical application of self-defence techniques and empowered them to voice their concerns and seek guidance.




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