

SELF-DEFENSE WORKSHOP

'Empowering through self-defense'

A Self-Defense workshop was organized by Women Development Cell on 16th July 2016 at St. Xavier's Institute of Education and the resource person for the session was Mr. Suresh Nair, a Trainer at the India Wing Chun Academy (IWCA) and one of the founders and lifetime trustees of Swarakshan Trust, with his team. The students of second year B. Ed. participated in this workshop. The program mainly focused on the physical activities and the various strategies to defend oneself and on martial arts.



The main objective of this workshop was 'Empowering through Awareness and self-protection' and the mission statement of the India Wing Chun academy is 'To create *self-reliant* individuals'. The work shop was conducted well, keeping this mission in mind. We were informed about importance of the self-defense and taught various techniques on how to deal with bigger and smaller 'opponents'.

Various activities were been conducted by the team. For eg.: we were divided into a pair and shown various steps and freestyle method to defend, that would help us during different types of attack. We actually practiced different free styles to tackle the opponent.

4 -Protection strategies



Self-Defense is not just about knowing moves, it is about knowing your surroundings and getting out of dangerous situations. Attending these kinds of workshops, I do believe that it will help me and my classmates in future.