

Workshop- 'Get ready to strike'



Attacks occur without warning, and when individuals least expect it. The incidents against women and children are rising at an alarming rate. To apprise the students about the various techniques to defend themselves, **"Get Ready to Strike"** workshop was held for the Satyans of classes VI-IX and XI on the 17th January, 2020.

The resource personnel for the workshop, Mr. Gaurav Jain and Mr Anuj, enlightened the students on the need to learn self-defence with the crime in the country rising at such an alarming rate. In his interactive session with the Satyans, Mr. Gaurav Jain, an expert trained in Israel for the military combat system called 'Krav Maga', demonstrated the techniques of defending oneself against real life threats such as kidnapping, choking, grabbing, molestation etc. The highlight of the workshop were the simple and easy to use techniques using natural body movements which have been derived from Kali, Krav Maga, Silat and Wing chun.



The resource personnel successfully gave the students the confidence to face any threat, anytime, anywhere. Awareness about the use of vocal skills and the importance of being physically and mentally fit was created.

