

Workshop for Teachers- 'Get Ready to Strike'



Sat Paul Mittal School has always valued its facilitators and has always tried to ensure that they face all the challenges without fear. To apprise the teachers about the various techniques to defend themselves, **"Get Ready to Strike"** workshop was held for the teachers on the 18th January, 2020.

The resource personnel for the workshop, Mr Gaurav Jain and Mr Anuj, enlightened the teachers on the need to learn self-defence with the crime in the country rising at such an alarming rate. The teachers were given tips to combat real life threats

such as kidnapping, choking, grabbing, molestation etc. The need to be alert 24X7 was highlighted by Mr Gaurav Jain, an expert trained in Israel for the military combat system called 'Krav Maga', along with simple and easy-to-use techniques using natural body movements. Not only were the teachers apprised about self-defence techniques but were also given the rationale behind them.

The resource personnel successfully gave the staff 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. It was an energetic and informative session which was thoroughly enjoyed by the staff members.

