



**Date:** 19<sup>th</sup> September 2024

**Venue:** Shaheed Sukhdev College of Business Studies, University of Delhi

**Number of participants:** 50+

**Organized by:** Girl Up Ruhi SSCBS

Girl Up Ruhi of SSCBS organized a Self-Defence Workshop in collaboration with the **Special Police Unit for Women and Children (SPUWAC), Delhi Police**. The workshop was held in the college seminar hall and drew an expected turnout of **50+ students**. The event focused on equipping women with essential self-defense skills, boosting their confidence, and raising awareness about their safety and legal rights.

The session was led by two skilled instructors from SPUWAC, who began by emphasizing the critical role of self-defense in ensuring women's safety in today's world. They stressed that self-defense is not just a physical skill but also a mental strategy that helps women feel empowered in vulnerable situations. The instructors then demonstrated practical techniques such as blocking, striking, and escaping from holds, encouraging active participation from the attendees. The hands-on practice made the techniques easier to grasp and apply in real-life scenarios.

In addition to physical defense techniques, the trainers emphasized the importance of mental preparedness, such as staying calm and alert in potentially dangerous situations. They discussed how projecting confidence and being aware of one's surroundings can help deter threats. This holistic approach aimed to give participants the tools to defend themselves both physically and mentally.

The workshop also included a segment on women's legal rights, where the instructors explained how to report harassment or assault and discussed the protections available under the law. This provided participants with crucial information on how to seek help and take legal action if necessary.

The session concluded with an interactive Q&A, where students had the opportunity to ask questions and seek personalized advice from the instructors. The participants engaged actively, discussing strategies for handling real-life safety concerns.

Overall, the Self-Defence Workshop organized by Girl Up Ruhi was a significant success. It provided participants with valuable self-defense skills, increased their confidence, and raised their awareness about personal safety and legal rights. The collaboration with SPUWAC and the active involvement of the students made this event an impactful step toward promoting women's safety and empowerment on campus.

