

Dev Sangha Institute of Professional Studies and Educational Research, Deoghar

‘WORKSHOP ON SELF-DEFENCE’

A two-day ‘Workshop on Self-Defence’ was organized for students of DIPSER during June 13-14, 2023. The Workshop aimed at training girl students in Self-defence as an important Life-Skill with the aim of enabling them to be more aware of their surroundings and be prepared for any unforeseen eventualities or unexpected threats from anywhere at any time. During the Workshop, the students were taught how, with the help of Self-defence, they can become psychologically, intellectually and physically strong enough to protect themselves from any kind of distress. Ms. Sunita Singh and Ms. Sakshi Singh, both trained Taekwondo and Karate experts and National Level Players, were the chief guests on this occasion.



During the Workshop these two expert trainers taught the student teachers the importance of self-defence as a crucial safety measure, taught some of the basic techniques of self-defence and encouraged them to learn self-defence as an important skill for their safety. The Students actively participated in the Workshop and learnt the techniques of self-defence very attentively.