



**Indira Gandhi Delhi Technical University for Women**  
**(Established by Govt. of Delhi vide Act 09 of 2012)**  
**Kashmere Gate, Delhi-110006**

**Self Defense Workshop : CSE, IT and ASH Department of Indira Gandhi Delhi Technical University for Women (IGDTUW) successfully conducted a self defense workshop for first year students on 21st August 2019 in the college campus.**

The Self Defense Workshop for Women was organized with the primary objective of empowering women with essential self-defense skills and techniques. The workshop aimed to promote personal safety, build self-confidence, and raise awareness about the importance of self-defense training for women in today's society. A total of 76 students participated. The event brought together women of all ages and backgrounds to learn and practice effective methods of self-protection.

Sessions and Topics Covered:

- Introduction to Self-Defense: An overview of the importance of self-defense training and the benefits it offers to women.
- Awareness and Avoidance Techniques: Educating participants about situational awareness and strategies to recognize and avoid potential threats.
- Basic Self-Defense Techniques: Hands-on training in fundamental self-defense moves, including strikes, blocks, and escapes.
- Vulnerable Points and Pressure Points: Understanding vulnerable areas on an attacker's body and how to target them effectively.
- Defending Against Common Attacks: Techniques to defend against common attacks like grabs, chokes, and bear hugs.
- Verbal Self-Defense: Practicing assertiveness and communication skills to deter potential attackers.