

IIM holds self-defence workshop

TIMES NEWS NETWORK

Raipur: IIM, Raipur conducted self-defence workshop for middle and high schoolgirl students at Shri Sukhri Ram Banjare Higher Secondary School in Kurru village near Raipur.

As many as 200 students participated in the workshop. Professional physical instructors, Kiran Mahadik, Ranjitha and Dinakar volunteered to be the guest instructors at the workshop.

Dinakar started the workshop by giving safety



Over 200 middle and high school girl students participated

tips to the girl students on how to handle a conversation with a stranger, how to respond to verbal abuse and how to carry oneself safely

while outside home.

The workshop then proceeded with a training on how to counter someone and fight in case of a physical attack. The workshop also focused on using props to use for self-defence. During the workshop, girl students were encouraged to be confident and use self-defence whenever they sense threat but were also advised not to misuse these methods on someone as it can be very harmful.

This was followed by a discussion about fitness and health.