



Happy Independence Day

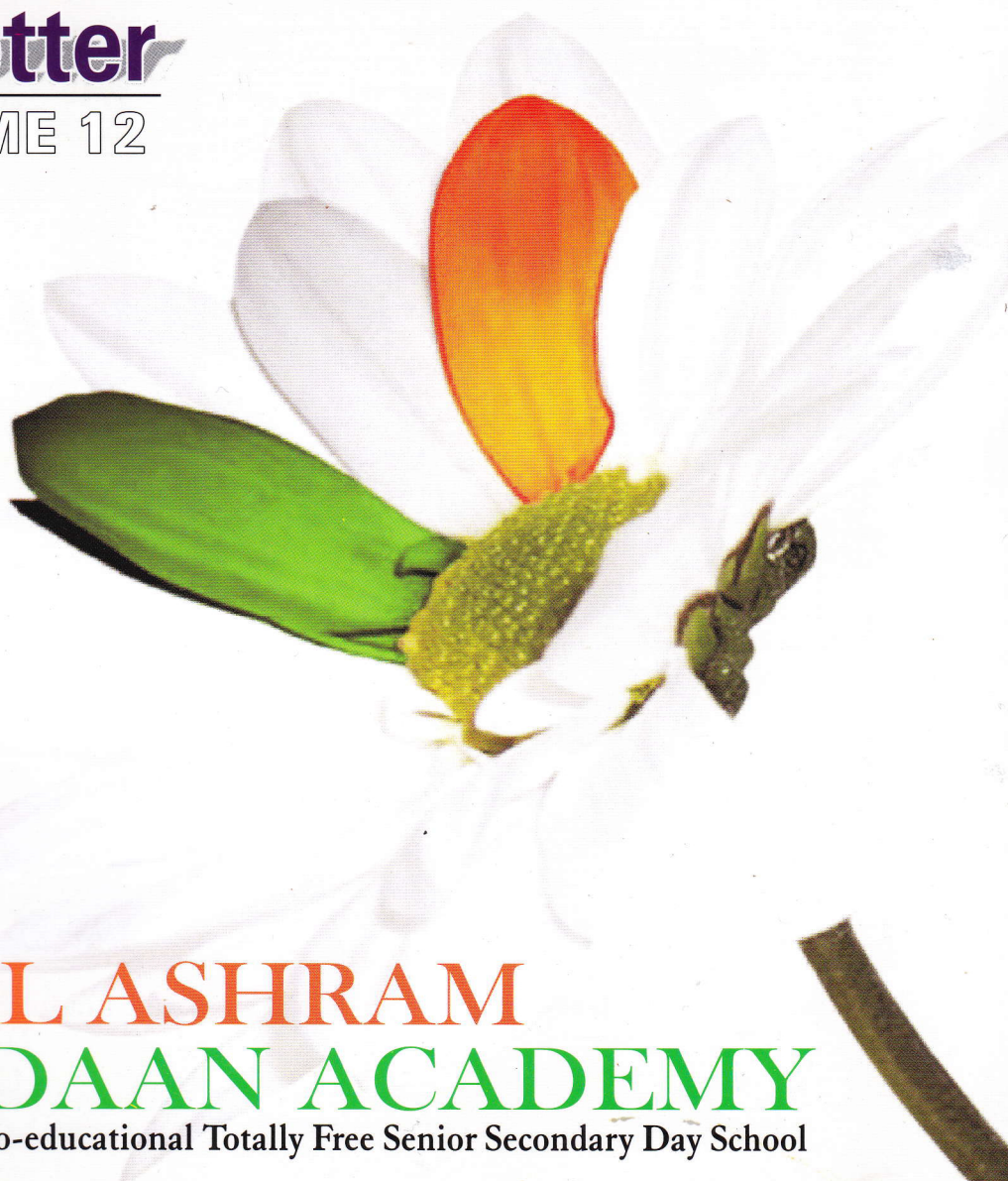


NGA

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News Letter

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NIRMAL ASHRAM GYAN DAAN ACADEMY

An English Medium Co-educational Totally Free Senior Secondary Day School

News Letter

'SAFE'- a Self Defence Training Camp For Girls

-a Report

On 13th July, 2016 some girls from std. IX & XI were selected for self defence training camp. There were 30 girls from both the standards. Our Principal sir took a meeting of the students and instructed us about the programme. On 14th July, 2016 we all were ready to attend the camp. We met with the trainers Mrs. Renu Suri and Ms. Kanwalpreet Kaur. They firstly explained us the meaning of S.A.F.E. i.e. Self Protection, Awareness, Familiarity and Exchange. They gave an envelope in which there were three forms. We filled the first form which was related to our personality and emotional skills. There were so many questions which we had to answer. On the basis of that they found only 7 girls emotionally mature.



They taught us about the technique for self-protection during on guards situation i.e. public area, school etc. as well as in off guards situation i.e. home, relatives and friends house etc. They played a video of 4 women who faced harassment. Then, they taught us how we can cope up in such situations and which techniques for these situations we must use.

Then, we filled our second form which was of intuition. There were so many questions which we had to answer only in 'Yes' or 'No'. On the basis of the result they got the girls who had a strong spiritual listening power. After that we did meditation and exercise for some time to check our physical fitness. Then, we discussed about the meaning of true friendship and they also taught us how to be frank with our teachers and parents. And they also taught the way of expressing our feelings in a positive manner. They also gave examples regarding this topic.

We performed some demos with some of our teachers like Manisha Mam, Pushpa Mam and Smita Mam. We danced in a song 'Hey women' with the two trainers and our teachers. After that we filled our last form 'the feedback form' in which we had to tell how we feel and how much we enjoyed this camp. Then, we took a pledge and submitted our last form. We clicked a group photo along with our teachers and trainers. We did three cheers for the good and experienced trainers. We all were very happy after attending this camp and we will definitely follow their instructions in present and in future as well.



- Nikita Rawat,
Gunjan Gurung,
Mansi Pokhrel,
Annu Chanchal
XI