

“WORKSHOP ON SELF DEFENCE”

(Report on the event conducted in Government School, Wajidpur, NOIDA on October 16th, 2019)

Abstract: This event was conducted by a group of students consisting of Co-Convener and Para-Legal Volunteers and Volunteers from Legal Aid Centre, S.L.S.-Noida. A presentation was made for the better understanding of good and bad touch in which the students of the school were quite participative. Further, two of the professionals who were students of SLS, NOIDA practically made them acquainted with the basic self defence techniques.

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1. Concept Note:

The Legal Aid Center of Symbiosis Law School, Noida conducted an event on “self defence” on 16th of October, 2019 in Government School, Wajidpur.

Nowadays, child abuse has become very common news. Every single day some tragic incident happens where the young children being abused are unknown of the fact that they have been abused because of the lack of knowledge. It is prominent that the elephant in the room has to be addressed now; physical abuse. Reportedly myriads number of cases are revealed in which the abuser is either a family member or someone known. What should be done in order to fill this gap of knowledge in children and in parents simultaneously? It is rightly said “Awareness is power” and sensitizing children from an early age group can be beneficial.

Safe and unsafe touches can be the best mode to make the children learn about their bodies. The inhibition has to be put aside to address the world of child abuse. It is for the same reason Legal Aid Center of Symbiosis Law School, NOIDA took this sensitive topic in its hand.

2. Objective:

- The main objective of the Legal Aid Centre of SLS- NOIDA was to sensitize the young children.
- Impart knowledge about the difference between good and bad touch.
- Awareness through basic self defence

3. Preliminary Preparations:

Before conducting the event,

- The group of students made some preliminary preparations. The event was bifurcated into two components: the first component was the presentation of the Good and Bad touch whereas the second component was the self defence mechanisms.
- The students made the presentation beforehand and used end number of real life examples to substantiate their point.
- 3 to 4 posters were made for the sensitization drive.

4. Conducting the Event

The event was conducted at around 12:00 p.m. and the target audience was 3 to 5th class students. A group of 7 students from Legal Aid Center were involved in this event. The event was divided into two segments; in the first segment a presentation as made for each class using the charts to make them aware about the difference between the good and bad touch. The presentation was made participative by showing them the right way of handshaking or patting while anyone congratulate them. Then the body parts were discussed and how without the consent not even their parents can touch the areas which qualify as bad touch.

It was pertinent to make them learn about the significance of 'NO' word and how if someone is making them uncomfortable even though it's a known person they have to call for help. The significance of safe circle to escape from trauma where they can disclose anything without keeping any secrets was also taught.

At the end of the event the basic self defence techniques were taught so that in grave situations they can escape by using these techniques. Lastly it was discussed that the abuse can happen not only to a girl but also to a boy and they should better speak up if they find themselves being a victim of it.

5. Response of the Target Population

The target audience was from 3rd to 5th class and was quite participative. Although it was seen when the body parts were discussed they became shy and started giggling but all in all they quickly grasped the self defence techniques and the presentation.

6. Future Plan of Action

One event is not enough to make the target population aware of topics chose, in great detail. We could only provide them with a basic structure. More events should be organized in order to spread the awareness.

7. Suggestions/Feedback:

Various ways in which the program could be better conducted in future are as follows:-

- No. of Volunteers- The number of volunteers for the program should be definitely more, because if there are more helping hands, then the objective could be better served and achieved.
- Introduction of more creative ideas- Creative ideas like dance, Nukkad Natak, poetry etc should be promoted and inculcated to spread the powerful message.

8. Conclusion/Remarks:

The overall experience was good as the crowd was participative in nature. Although the same event should be conducted in more schools to sensitize the children and some events should be conducted for the parents as well.





