

Self Defence Programme

The school organised a **Self-Defence Programme** on 17th and 18th May, '23 for the students of classes VI - XII. Self defence teaches you to defend yourself using your own body as the weapon, so that you can respond effectively and quickly to aggressive or dangerous situations, maximising your safety as well as the safety of others.

Under the expert guidance of Ms Kiran Sethi, a police officer in Delhi who has been honoured by the Union Home Minister Rajnath Singh for organising women's self-defence and police services training camps throughout India and Mr Shiv Kumar Kohli, who made India proud by being the first person in the world to teach self-defence training to blind people, Carmel students from classes VI to XII learnt the self defence techniques which would equip them with the skills to handle any situation.

On the first day of the programme the students were taught various stances to defend and protect themselves in case of any misconduct. A practical session on the following day up skilled them with the knowledge provided.



