Changes induced by cultural transition, women liberation, moral degradation and rising debauchery are holding sway in India and the nation feels the dire need to empower girls and women in all aspects of life be it -violence against their person at home, on or off the job site or school campus. Self-Defence, in this changing scenario, is the only impenetrable citadel of protection that can’t be surmounted or broken through. Empathizing with the parent’s concern for the safety of their girl child, the school conducted a six-day women Self-Defence and Urban Street Survival Tactics programme with the sole objective of fostering in girls a heightened sense of self-esteem, self-reliance, independence, confidence and security and equipping them with requisite skills for challenging and combating male hegemony and perversion successfully.

Mr. Kanishka Sharma, a renowned martial artist and the official trainer of the Indian Special Forces took up the mantle of conducting the training which was scheduled from 27 October to 1st November 2014 for 3½ hours daily. The training programme was based on the principle of 3-E philosophy- Easy to learn, Economical movements and Effective results. An effective blend of agile moves, meticulous strategies, astute tactics, sharp reflexes and presence of mind, the programme was committed to give the girls an insight into the susceptible parts of human body that may incapacitate the opponent temporarily and acquaint them with the defence, assault and strike techniques against even multiple opponents and their weapons. In all, the programme was a unique learning experience for the girls of class VIII as they were equipped to be consummate trainees who now do not feel the necessity of seeking a prop in their male siblings or parents to protect them, their self-esteem and rights.