

Name of the Seminar

Awareness Programme For Girls Defence Trainees
On Posco Act,2022

Date and Duration

12TH June 2023

Resource Person(s)

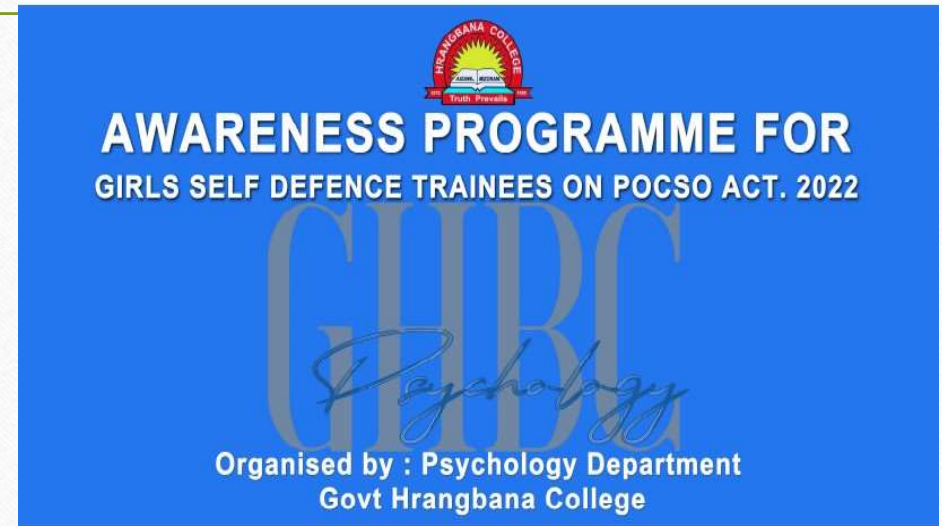
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Sponsorship

Institutional

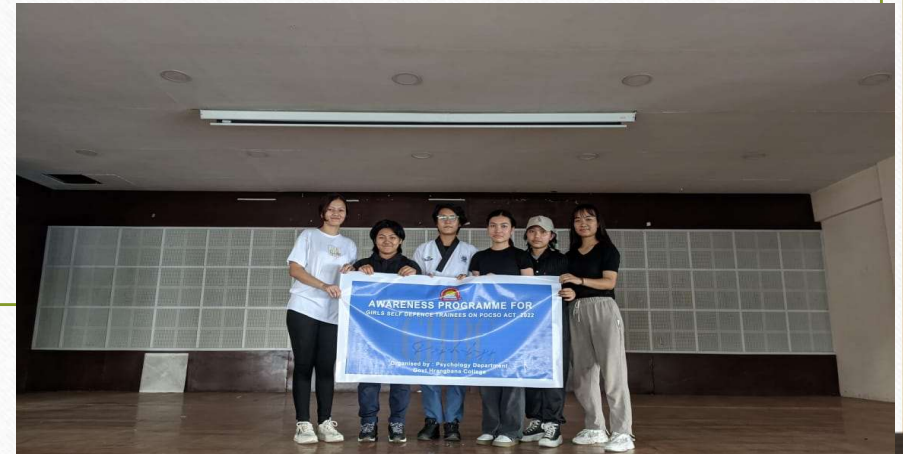
Number of Participants

23



Context

- The workshop was intended for girls to make them aware of the programme of Girls Defence Trainees on POSCO Act, 2022 The Golden Hall, GHBC.
- It would inform the participants the necessity of learning various techniques of self defense that girls could easily master.



Outcome

- The training included de-escalation techniques, teaching women how to defuse potentially violent situations before they escalated.
 - By raising awareness and promoting adherence to the POSCO Act, the program contributed to a safer society, reducing the prevalence of sexual offenses against girls.
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- The participants are now equipped with the knowledge that-
 - women who underwent self-defense training developed a higher level of self-confidence, knowing that they had the skills and knowledge to protect themselves if needed.
 - self-defense training empowered women by providing them with practical tools and techniques to respond effectively to potentially dangerous situations.
 - gaining proficiency in various physical self-defense techniques, enable them to defend themselves against physical attacks and escape from dangerous situations..
 - as women gained self-defense skills and knowledge, their fear of potential attacks reduced, leading to an improved sense of security and peace of mind.