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Self-confidence increases by learning the tricks of self-defense

🕒 November 19, 2022, 09:12 PM 👤 by SST NewsTV



Lucknow, 19 November. The Jackson Group in association with Let's Give Hope Foundation organized a self defense workshop to empower around 350 girl students under the Saksham program at Municipal Girls Inter College Kashmiri Mohalla here today. The objective of the program was to inculcate the spirit of fearlessness and enhance mental strength among the girls.

Mayor Sanyukta Bhatia, as the chief guest in the workshop, said that today girls are bringing laurels to themselves, their families and the country in every field. Through such self-defense training, we have to

prepare them for their own protection. Daughters bear many atrocities for the honor of the family. Their physical and mental weakness is hidden behind this. The day the daughters get educated and learn the methods of self-defense, that day they will be able to give a befitting reply to every atrocity.

The school in-charge said that this is a good effort through which the daughters of every household will protect themselves and will stand up to protect their families when the opportunity arises. The team also explained the tricks and nuances of block, punching and kicking techniques citing situations that arise during training. The trainers said that the techniques learned to defend themselves in times of crisis instilled confidence in the girls and made them feel safe.

Speaking on the occasion, Sreekumar Avishek, Senior Manager, CSR, Jackson Group said that Jackson has always been keen to work on women empowerment as a part of its Corporate Social Responsibility. Let's Give Hope Foundation has given us an opportunity, to take the mission forward and empower the girl child. Ashish Maurya, founder of Hope Foundation, told that this mission will continue in every government and non-government schools and colleges in rural and urban areas.

Avishek Kumar, Mudit Kumar Singh, Hitendra Kumar Karan, Anita Saroj, Ruby Yadav, Shalini Kanojia, Shalini Singh, Rashika, Ambuj, Vanshita, Komal, Kuldeep Singh, Fazal Rizvi, Himanshu Singh, Azmi Hussain and teachers along with the girl students in the program. etc. were present.



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