

THE TIMES OF INDIA

INCLUSIVE OF CALCUTTA TIMES

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Focus on empowerment & resilience: City schools teach self-defence to girl students

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Kolkata: In a move to bolster the safety and confidence of female students, schools across Kolkata are integrating self-defence training into their educational programmes. This initiative comes in response to a series of alarming incidents targeting girl students, prompting educational institutions to take proactive measures to ensure the safety and empowerment of their students.

The Newtown School took a step by introducing an Israeli defence technique, Krav Maga, which is renowned for its effectiveness in real-world self-defence scenarios. The programme, named "Veerangana," is specifically designed for class XI students and focuses on training them



Students taking part in the Veerangana training at Newtown School

to instinctively respond to threats. Principal Satabdi Bhattacharya emphasised the importance of this training, stating, "Krav Maga is a battle-tested, reflex-based hand-to-hand combat system that helps one deal with any violence. It trains the body to instinctively react to a threat

and neutralise it quickly."

The programme already trained a squad of 32 students, equipping them with the necessary techniques to handle real-life situations effectively.

Similarly, Orchid International School introduced Taekwondo training under 'Be-

In addition to the programmes organised by the govt, we also conduct additional events with the help of these organisations, strengthening physical and emotional training

Sarbari Sengupta | HEADMISTRESS OF CHILDREN WELFARE ASSOCIATION HIGH SCHOOL

wondo reflects this philosophy perfectly."

Other schools, such as Rishi Aurobindo Memorial Academy and St. Augustine's Day School, Shyamnagar, incorporated karate into their curricula. These programmes focus on enhancing physical safety and boosting students' confidence. The school also extends this training to their school for underprivileged children, 'Sitara,' underscoring their commitment to safety for all students.

State-aided schools are also actively participating in this movement. Many organised special training programmes in collaboration with local police forces. These initiatives reflect a growing recognition of the importance of self-defence training as a critical component of education.

beyond the Belt' programme. This initiative aims to prepare both students and parents to remain calm, alert, and confident in the face of potential threats. Piyush Rai, the sports head, said, "We believe that true education extends beyond academics, and Taek-