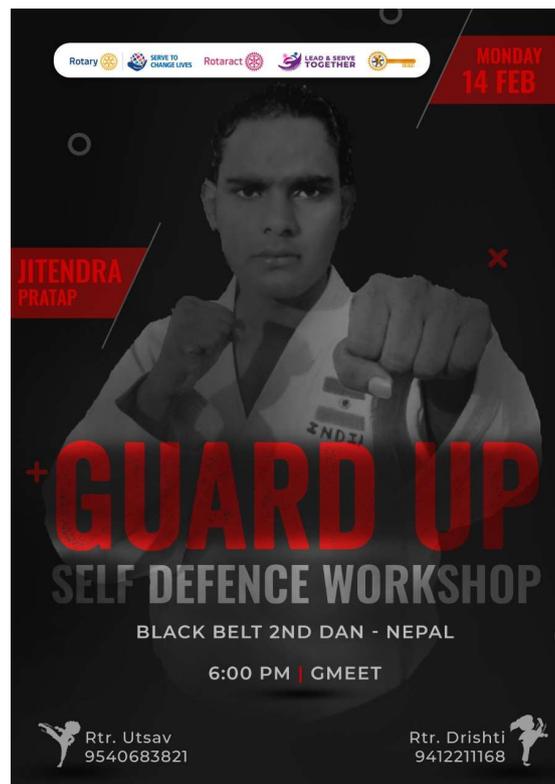


STUDENTS LEARN SELF DEFENCE AT 'GUARD UP'



Rotaract club of Wagnaghat in association with **Internal Compliant Committee** of Jaypee University of Information Technology organized a virtual self-defence workshop, "**Guard Up**", for the students of various schools and colleges, on 14th February 2022. Mr. Jitendra Pratap, Black belt 2nd DAN, a martial arts player, and instructor taught the participants some life-saving techniques to take down anyone in times of need. The event provided a platform for the students to know their own hidden power to fight against any kind of attack. More than **150 students** registered for this training session.

Mr. Jitendra demonstrated various techniques to **self defend** against different kinds of attacks. He advised the students to be swift in analyzing the situation when subjected to physical abuse, violence, crime, etc. He insisted on aiming for the body parts where you can do the most damage quickly, like the eyes, nose, ears, neck, groin, knee, and legs. The expert also mentioned that



physical strength supplemented with mental strength also played significant role to fight against any odd situation. So he gave special impetus for female participants to practice these tactics during their regular routines for building stronger personalities. All were overwhelmed by the skill shown by the trainer.

This workshop aimed to develop a vibrant community of youngsters capable of defending themselves in the uncalled times. Altogether, it turned out to be an incredibly insightful and stimulating event.

