

RGS/2023-24/011
22nd July 2023

SELF DEFENCE TRAINING SCHEDULE
Grade 7 to 12

Dear Parent,

Greetings of the day!!

We are glad to share that the school is organising a Self - Defense workshop for our students. Hosting the Self-Defense Workshop demonstrates Raghav Global School's commitment to the safety and well-being of its staff and students. This initiative provides a valuable life skill, boosts self-confidence, and promotes a culture of empowerment and personal safety within the school community.

Listed below are the learning objectives of the workshop, participants will be able to;

- Identify potential danger signs and take steps to avoid them.
- Demonstrate basic self-defense techniques, such as striking, blocking, and escaping from a grapple.
- Identify and discuss the different types of bullying.
- Identify resources for getting help if they are a victim of violence.
- Feel more confident in their ability to protect themselves.

Details:

1. Session will happen in the morning hours.
2. Participation is free of cost.
3. Kindly come in House Uniform for easy movements.
4. Have a light snack before coming to school.

S.No	CLASS	DATE	STRENGTH
1	10 A + 10 B	27/07/2023	55
2	11 A + 11 B +11 C	28/07/2023	78
3	12 A + B + C	31/07/2023	60
4	8 A + 8 B	02/08/2023	52
5	8 D + 8C	03/08/2023	55
6	7 A + 7B	04/08/2023	50
7	7 C + 7D	07/08/2023	49
8	9 A + 9 B	25/07/2023	58
9	9 C + 10 C	26/07/2023	56

Warm Regards

Team RGS



HAPPY LEARNING ADVENTURES



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