



Primrose Schools

Affiliated to the Council for the Indian School Certificate Examinations

School Code: TN079

(A Unit of Primrose Educational Trust, Chennai)

ISO 9001:2015 Certified

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Self Defense Course for Girl child/Teacher/Parent

Dear Parent,

Greetings from Primrose Schools.

Self-defence, especially for women, is of most importance in the kind of the world we live today.

Self-defence is a countermeasure that involves defending the health and well-being of oneself from harm. The use of the right of self-defence as a legal justification for the use of force in times of danger is available in many jurisdictions.

Why is it essential now?

Society's Approach Towards Crime Against Women:


Rape, molestation, kidnapping and murder are the most common forms of crime against women in India. The women in India are also vulnerable to acid attacks and eve-teasing. The mindset of the people, including the victim and the spectator, is to ignore and just let it go. But, what we, as the responsible citizens of an independent country, fail to realise is that these instances of harassment can flare up into other bigger heinous crimes against women. And that is when the importance of learning self-defence techniques for women is felt.

The Govt of India has come up with an innovative programme to train young school girls to defend themselves, under "Rashtriya Madhyamik Shiksha Abhiyan," a scheme to train girls of government schools.

We are happy to have taken an initiative to conduct a self-defence program for girl children of classes 6 and above in our school premises on every Monday between 3.00 pm and 4.00 pm. The training will be conducted by E. Kebiraj – 7th Dan Black Belt (WKF), Indian Books of Records the Director and Founder of Hi Impact (Mixed Martial Arts Academy), and associated with Mr. Shanmugan Priyan – 2nd Dan Black Belt.

Teacher's will also be learning the self-defence programme, Interested Parents are welcome to participate in the programme. For further details contact the PRO (Parent Relation Officer) during school hours. Contact Number: 9940180777

Warm Regards,


Principal,
Primrose Schools