

Sports and Physical education

BRIEF REPORT OF ACTIVITIES CONDUCTED UNDER PM SHRI SCHOOL

Name of Activity: Indoor & Outdoor games

(A brief note on activities conducted and also outcome of the activity and targeted group)

Sports equipment purchase Under PM Shri School – Indoor sports equipment

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Chess, Carrom , Pithoo, Hulla hoop ,Table tennis ball etc.

Outdoor sports equipment's- Bat, Ball, Badminton Racket, Badminton shuttle etc



SPORTS

Sports are very essential for every human life which keeps them fit and fine and physical strength. It has great importance in each stage of life. It also improves the personality of people. Sports keep our all organs alert and our hearts become stronger by regularly playing some kind of sports. sports has always given priority from old ages and nowadays it has become more fascinating. Due to the physical activity blood pressure also remains healthy, and blood vessels remain clean. Sugar level also reduces and cholesterol comes down by daily activity. Different people have different interests in sports but the action is the same in all sports. Sports are becoming big channels to make more capital/money day by day and the number of people is also increasing. By playing sports even at a young age you can also be better and free from some diseases. By playing sports lung function also improves and becomes healthy because more oxygen is supplied. Sports also improves bone strength even in old age.

Furthermore, Sports also improves the quality of bones. A person who plays sports will have strong bones even in old age. Several scientific research reports that Sports prevent many diseases. For example, many researchers conclude that Sports prevent the development of cancer. Above all, Sports improves the thinking ability of individuals. Sports certainly sharpen the mind. Children who play Sports probably perform better at exams than those who don't.

Finally, Sports reduces the stress of mind. A Sports playing person would certainly experience less depression. Sports ensure the peace of mind of those playing it. Most noteworthy, Sports brings happiness and joy in the life of individuals. Thus our sports teacher Mr.Ritesh Tayade teaches and encourages the students to play and participate in different types of sports.It is practiced in regular games periods.





Training to Girls on Self-Defence

The rising number of crimes against girls in the country, it is important to provide self-defence training to them in the schools to ensure their safety and security. Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self-defence training techniques instils self confidence amongst girls and helps to promote girls education particularly their transition to secondary and higher secondary level and to reduce the dropout rate in schools.

The training is meant for girls student from class I to XII. The girls are trained to use every day articles such as, Key chain, duppata, Stole, mufflers, bags, pen/ pencil, notebook etc. as weapons of opportunity/improvised self-defence weapons to their advantage.

Keeping in view, Training to girls for self-defence is conducted in PM SHRI K V O F Varangaon.

1.Mr Bhimjyot Sejwal had taken different sessions for the girls of primary wing (1st to 5th) ,secondary wing(6th to 8th) and higher secondary wing (9th to 12th).In these sessions he guided the girls about the following

1.Awareness and Prevention:

Before diving into specific techniques, it's essential to emphasize the importance of awareness and prevention. Stay vigilant of your surroundings, trust your instincts, and avoid potentially risky situations whenever possible. Taking precautions, such as walking in well-lit areas, using designated paths, and staying in groups, can significantly reduce the likelihood of becoming a target.

2.Strong Body Language:

Confidence and assertiveness in body language can deter potential attackers. Make eye contact, move with purpose, and stand tall. Projecting self-assurance can discourage individuals with ill intentions.

3.Verbal Self-Défence:

Verbal skills are powerful tools in self-defence. Learn assertive communication techniques to set boundaries and deter aggressors. Practice using a strong and commanding voice to assertively say "no" or shout for help when necessary.

4.Palm Strike:

The palm strike is a straightforward yet effective self-defence technique. Form a fist with your dominant hand and strike the attacker's nose, chin, or throat using the heel of your palm. Aim for vulnerable areas to create an opportunity to escape.

5.Groin Kick:

The groin kick is a highly effective technique that can incapacitate an attacker momentarily. Lift your knee swiftly and strike the assailant's groin area with the top of your foot or knee. This technique can provide a valuable window to escape or call for help.

6.Elbow Strike:

When in close proximity to an attacker, use your elbows as a weapon. Aim for the vulnerable areas such as the face, chin, or ribs. A well-executed elbow strike can disorient the assailant and create an opportunity for escape.

7.Escape Techniques:

Learning escape techniques can be invaluable in dangerous situations. Techniques like wrist grabs, bear hugs, and chokeholds can be countered with proper training.

8. Pressure Points:

Understanding pressure points on the human body can aid in self-defence. Areas such as the eyes, throat, nose, and groin are highly sensitive. A well-placed strike or manipulation of these pressure points can provide a crucial advantage in escaping an assailant's grasp.

10. Defence against Hair Grabs:

In the event of a hair grab, quickly grab the attacker's hand with both hands and twist it forcefully to release their grip. Follow up with a strike or kick to create an opportunity for escape.

He told them about Consistency. Consistency is key when it comes to self-defence training. Set aside dedicated time each week to practice the techniques you've learned. Regular practice will help you build muscle memory, improve your reflexes, and enhance your overall self-defence skills.

Self-defence is a vital skill set for every woman to possess. While these ten techniques are essential to learn, remember that self-defence is about personal safety and avoiding dangerous situations whenever possible. Enhancing awareness, trusting instincts, and practicing prevention techniques should always be the primary focus. By equipping yourself with these self-defence techniques and investing in empowerment, women can cultivate confidence and enhance personal safety in their daily lives.



