



Self Defence Movement Against Rape & Teasing

4th of January 2020, Duration of Event : Every Saturday (Ongoing Event)

Location : Panchdeori Block, Distt. Gopalganj, Bihar





Review of SHINING SOULS Flagship Project "S.M.A.R.T." - Self-Defence Movement Against Rape & Teasing

Project Overview

SHINING SOULS has launched its flagship project "S.M.A.R.T." (Self-Defence Movement Against Rape & Teasing), aiming to empower school-going girls with essential self-defence skills. This commendable initiative will be conducted every Saturday starting from January 4, 2020, at the playground of Smart Move Academy, located in Village Machwa, Block Panchdeori, District Gopalganj, Bihar.

Training Content

The project focuses on imparting practical self-defence techniques that are easy to learn and effective in real-life situations. The curriculum is designed to build physical strength, boost confidence, and equip girls with the necessary skills to protect themselves from potential threats. By emphasizing situational awareness and preventive measures, the program ensures that participants are well-prepared to handle various forms of harassment and violence.

Impact on Participants

"S.M.A.R.T." is not just about physical training; it's a movement that fosters resilience and self-assurance among young girls. The regular sessions will help instill a sense of security and independence, enabling participants to navigate their daily lives with greater confidence. This initiative also creates a supportive community where girls can share their experiences and learn from each other, further enhancing their sense of solidarity and mutual support.

Community Involvement

The involvement of Smart Move Academy and the local community in Village Machwa is pivotal to the success of this project. The playground setting provides a safe and familiar environment for the girls to practice and learn. Additionally, the support from parents, teachers, and local leaders reinforces the importance of self-defence education and encourages wider participation.

Conclusion

SHINING SOULS' "S.M.A.R.T." project is a transformative initiative that addresses a critical need for self-defence education among school-going girls. By empowering them with the skills to protect themselves, this project not only enhances their personal safety but also contributes to a broader cultural shift towards gender equality and respect. The dedication and foresight of SHINING SOULS in implementing this program are truly commendable, and the positive impact on the lives of these young girls will undoubtedly be profound and long-lasting.

