ST. JOSEPH'S ACADEMY

SAVITA VIHAR, DELHI-92

SCHOOL CHILDREN SAFETY AND SELF-DEFENCE AWARENESS PROGRAMME

Date: 24 October 2026

Organised by: School Safety Management

Activity: School Children Safety and Self-Defence Awareness Programme

The children safety and self-defence awareness programme were organised in the school ground on 24 October 2026 by Mrs. Poonam Ma'am. The main objective of the programme was to create awareness among students regarding personal safety measures, threat prevention, and emergency response procedures.

During the programme, the students of class VII - XI demonstrated the importance of voice and boundaries, explaining how to respond to situations like wrist grabs and bear hugs. They highlighted the tactical utilisation of size and agility against larger threats, and gave a practical demonstration of using everyday objects like school bags, water bottles, and pepper spray for protection.

The students also highlighted essential safety precautions to be followed during an emergency, including remaining calm, raising an alarm, informing the concerned authorities and moving to a safe place. The importance of personal safety awareness and regular drills in schools was also emphasised.

The programme was informative and beneficial for the school students. It helped enhance awareness about threat prevention, the safe handling of protective items, and the importance of prompt and appropriate action during emergencies.

Conclusion: The School Children Safety and Self-Defence Awareness Programme was conducted successfully and contributed to strengthening the school children's safety awareness and emergency preparedness.