



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES
(A unit of Maharaja Agrasen Technical Education Society)
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SELF DEFENCE TRAINING PROGRAMME **September 23, 2019 – October 4, 2019**

Maharaja Agrasen Institute of Management Studies in collaboration with Crime Against Women's Cell (CAWC), Delhi Police organized a Ten-day training programme on Self Defence from 23rd September, 2019 to 4th October, 2019.

In the presence of dignitaries, Sh. Mohan Garg, Prof. M. L. Goyal, Sh. Rajnish Gupta, Prof. S. K. Garg, Prof. M.K. Bhat, Prof. G.P. Govil, Prof. Muneesh Kumar the programme was inaugurated.

Keeping in view the rising number of crimes against girls in the country, it is important to provide self-defence training to them 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 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 instills self confidence amongst girls and helps to promote girls education.

