



# MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University

Recognized by Bar Council of India; ISO 9001: 2015 Certified Institution

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## SELF- DEFENCE TRAINING PROGRAMME

27<sup>th</sup> February, 2018 - 8<sup>th</sup> March, 2018

Under the initiative of Dr. Nand Kishore Garg, Founder Chairman, MATES, and Shri Prem Sagar Goyal Ji, Chairman, MATES, in collaboration with Crime Against Women's Cell (CAWC), Delhi Police, conducted a ten-day training programme in self-defence (27<sup>th</sup> February, 2018 to 8<sup>th</sup> March, 2018) for the girl students of the Institute. In India, self-defence, especially for women is of utmost importance since crime against women has been on the rise. Providing self defence training increases self-confidence in girls so that they can contribute meaningfully to their own development and shape their own destiny. This is indeed one of the noble initiatives taken by the Delhi Police.

The primary goal of the programme was to empower the girls in techniques of basic martial arts and self-defence. The programme whose main motto was "SAY NO TO FEAR" was conducted by a team of well trained women constables who demonstrated several techniques of self-defence using everyday objects and accessories that women use such as dupatta, hand bags, notebooks, and pens to protect themselves from crimes such as chain or bag snatching, acid attacks and physical assaults. The programme was also successful in creating a sense of awareness of the potential attacker's likely strategies and the ways to counter them. The trainers emphasised that awareness to be the first line of defence and trained students to create a "forced presence" in order to avoid such unpleasant situations. It equipped students with first aid techniques in cases of physical attacks and acid-attacks. 50 students participated in the programme.

At the end of the training programme, a formal closing ceremony was organized on Women's Day, 8<sup>th</sup> March, 2018. The function was graced by Miss Veditha Reddy, SHO, Kanjhawala, Chief Guest; Shri Mohan Garg Ji, Joint General Secretary, MATES and Prof M. K. Bhat, Director, MAIMS.

The Institute strongly believes that such initiatives will go a long way in empowering girls and enabling them to raise their voice against any odd. We are sure that the training will help our girl students to face all adversities in life courageously.

