

Report on

“Self Defense Program for Women”

On 13th September ,2014 Women Development Cell of Gujarat Technological University has organized “Self Defense Program for Women” under Surksha Setu Society. The idea behind the program was to aware female students, faculties and staff of the university about various laws, services from the police ,rights against women crime and emergency self-defense techniques.

More than 145 participants including faculties - students of GTU affiliated colleges and staff members of Gujarat Technological University were present during the program.

Program started by *Deep Pragatya of Ma Saraswati* by all dignitaries. Dr. G.P. Vadodariya ,I/C registrar, Gujarat Technological University facilitated the chief guest of the program Dr. Kanan Desai, Assistant Commissioner of Police, Women Cell, Crime branch, Ahmedabad with mementoes and bouquet and he also welcomed other police staff.



Dr. G.P. Vadodariya delivered a key note address and emphasized on importance of self-defense in his speech. He said every females must be aware about the laws and services which have been designed for Women by Indian government so they can take immediate action without being afraid.



He informed that Women Development Cell is in existence in every institute so for any problem of harassment to women, they can contact the cell without hesitation. He also emphasized on the point that to make women feel safe at the work place, it is required to empower her and feel self-esteemed, importance and courage. He also talked about the activities which were held previously by WDC of GTU and insisted that all GTU affiliated colleges to plan such events for creating awareness.





Prof. Usha Nilkanthan, Chairperson, Women Development Cell, GTU has briefed about WDC and the self-defense program. She explained significance of self-defense by sharing various examples. Prof. Usha Nilkanthan conveyed her advice to all female participants on how they should take care while working in office.

Dr. Kanan Desai, Assistance Commissioner of Police, Women Cell, Crime branch, Ahmedabad has delivered very beneficial talk. She explained the idea behind the movement by Surksha Setu Society and Policeheart for the self-defense program. She delivered talk on various laws against women crime and also explained them how one can defend herself from crime in various situation.



Moreover she has briefed about the police helpline no.1091 and explained why registration is important for this helpline by explaining various scenarios of crime. She said that if women feel any unsafety at certain place she just need to dial 1091,not needed to even talk on this number ,Police will trace the location and will reach at the place within short duration. At last she advised every women to feel responsible for her safety and motivated them to raise their voice against such crime and use the law

Mr.Jaldeep Mundhava who is coordinating with Surksha Setu Society given a self-defense training to all participants and explained how one should react in different situations. Different self-defense techniques have been demonstrated in person as well as in video presentation. He also explained that in any critical situation if woman have to face criminal then by attacking him on various sensitive parts of body such as eyes, nose, chest etc. would make the criminal unconscious for certain period of time and the woman can run away from that place.



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Hands-on session of Self Defense



Demonstration of self-defense techniques by Mr. Jaldip Mundhva

At the end of the program, leaflets for 1091 helpline, laws for crime against women were distributed to the all participants. All participants have registered the 1091 life line under policeheart, Ahmedabad.

