



WOMEN'S SELF-DEFENCE TRAINING PROGRAMME

In Self Defence there are

NO RULES

Sometimes violence can mean the difference between life and death. The difference between waiting for someone's help and continuing to suffer abuse, and helping yourself when you most need it.

College of Agriculture, AAU, Jabugam organized women's self-defense (Mahila Swaraksha) training programme in collaboration with **Bodeli Police** on 27th October at College campus, Jabugam from 11:00 am to 12:00 pm. As a part of Prevention of Sexual Harassment of Women at Work Places (Prevention, Prohibition and Redressal Act, 2013) the awareness of self-defence is important for college girls and women staff. The Programme began with welcome speech by Dr. Rukhsar, Teaching Associate and Dr. Vinod. B. Mor, Assistant Professor & Chairman, SRC. The Programme was presided by the Guest of Honor, Police Sub Inspector (PSI) of Bodeli Police station, Mr. Ashwin Sarvaiya. He highlighted the importance of self defence and said that nothing is impossible only we need to change our mindset for the respect of women. Among other guest police staff present were Assistant Sub-Inspector (ASI) Mrs. Rasilaben, Head Constable, Mrs. Surekhaben and one lady constable. Ladies staff demonstrated various self-defence techniques and informed about "181 ABHAYAM" Women Helpline number, its working application through mobile. Any women can access 181 "Abhayam" helpline for the purpose of counseling, guidance and also for the rescue in various threatening situations including domestic violence. The training has positively built the self confidence among participants and developed self-defence skill. At last, the programme was concluded by vote of thanks.

The whole programme was framed under Student's Representative Council, College of Agriculture, AAU, Jabugam.

Jay Hind, Jay Bharat

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