

INSTITUTE OF INFORMATION TECHNOLOGY AND MANAGEMENT

Report on Self Defence Workshop

Date: 16th March 2017

Organized for: Girl Students

Resource Person: Mrs. Shashi, Ms. Antim, Ms. Sharda, Self Defence Instructor, Crime Against Women (CAW) cell

Venue: Room No. 104, IITM, Janakpuri, New Delhi

Name of Coordinating Person: Ms. Nidhi Ahuja



Women Safety Cell (WSC) of institute had organized a self – defence workshop conducted by Crime Against Women (CAW) cell of Delhi Police, Nanakpura, Moti Bagh on March 16, 2017 to create awareness among girl students on the issues of personal development, safety and self-defence. The focus of the workshop was to make girls to be alert, confident and quick in responding to situations where their security and safety is under threat. The workshop included demonstration of real life situations and the safety measures to be taken using their hands, legs, pen, books etc. if they face eve teasing, harassment or any other crime related to women. Students also shared their experiences with the trainers.

The efforts of the student coordinators of the WSC were incredible as they encouraged the girls from all courses to participate and make the event a great success.

Ms. Nidhi Ahuja
(Member - WSC)

Dr. Sheela Bhargava
(Chairperson – WSC)

Dr. (Prof.) Rachita Rana
(Director)