

**Empower Women, Empower the Nation**

**MAULANA AZAD NATIONAL URDU UNIVERSITY**

**Centre for Women's Studies**

**Organizes**

**F R E E**

**Self Defence Training for Women**

In Collaboration with

**Hapkido Federation India**

**Date: 26<sup>th</sup> March, 2017. Time: 11:00 am onwards**

**Venue: Girls Hostel - MANUU**

Violence against women and girls is one of the most widespread violations of human rights. Sexual assault, Domestic violence, Eve Teasing, Acid attacks, Women Trafficking, stalking etc, are the kinds of violence against Women which cuts across all boundaries of age, race and culture. Hence, self-protection became a greater priority for Women.

Self-defence is a set of awareness, assertiveness, confrontation skills, safety strategies and physical techniques that enable Women to successfully escape, resist and survive against the violent attacks. One day self-defence training will provide psychological awareness and verbal skills, with physical training to prepare responses to slow down, de-escalate, or interrupt an attack.

Training will be provided to the participants who registered their names at Centre for Women's Studies. All the participants are informed to gather in **Dining Hall Gulzar Girls Hostel at 10:45 am on 26-03-2017**, for the confirmation of their participation.

Certificate will be distributed after the completion of the training.

**Director**  
Centre for Women's Studies