



# TECNIA INSTITUTE OF ADVANCED STUDIES

**NAAC ACCREDITED GRADE "A" INSTITUTE**

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## Workshop on Self Defence Programme

### For Girl Students by Special Police Unit for Women & Children, Delhi Police

#### **Purpose of the Workshop:**

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence in collaboration with the Delhi Police (Special Police Unit).

#### **About the training agency:**

Special Police Unit for Women and Children (SPUWAC), is a special body of Delhi Police, which aims to safeguard the rights of women and children in the Capital. While on one hand it enquires the complaints and investigates the cases related to dowry and other crimes against women, primarily matrimonial disputes specified in section 498-A and 460 of IPC, on the other hand it caters to children by building a cadre of child-friendly police and child-friendly police stations across the city. The Juvenile Justice model is based on the assumption that children are too vulnerable and immature to pre-empt the repercussions of their impulsive actions. The details of the Special Police Unit for Women and children are available at <http://spuwac.com/>.

As a Nodal body, it works with various NGOs, schools, colleges and other agencies to gather insights and spread legal and social awareness about various issues concerning women and children in the present times, thereby, striving to create a more enabled and emphatic ecosystem.

#### **Objectives:**

- 1) To educate the girl students about the different types of violence against them
- 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations
- 3) To show case and give demo on different self defence techniques.

#### **Importance of conducting Self Defence Workshop:**

The workshop on Self Defence will provide girl students the information about:

- 1) Different kinds of violence that may be faced by girls or by women in any place including at home.
- 2) Different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker,when subjected to physical abuse, violence, crime, etc.
- 3) The live demo of the self defence techniques as demonstrated by the trainer and the companion cadets.

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