

# Women at IIT-Gn get a lesson in self-defence

Women's cell of the institute organised a workshop on campus where participants were taught to use basic martial arts to defend themselves



Female Students, faculties and staff attended the workshop

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**K**eeping in mind the increasing crimes against women, Indian Institute of Technology, Gandhinagar (IIT-Gn) organised a self-defence and martial arts workshop for its female students, faculty and staff. The participants were given pointers on how to protect themselves when attacked and taught some basic self-defence moves.

The workshop, organised by the women's cell of IIT-Gn, was conducted by Rushiraj Karate Kung Fu Federation that has more than 70 centres in the city. About 25 women attended the workshop. The workshop began with a short documentary explaining about martial arts, which was followed by some basic rules on safety, behaviour, discipline, dressing, body fitness, etc by the trainers.

Amita Bedar, a second year chemical engineering student, said, "The workshop was really good. It made us realise that by just putting a little effort, women can protect themselves. Most of the problems addressed in the workshop were those that we face in our day-to-day life. It may not be pos-

## ATTACK ZONES

- » Hit behind the head or stiffen two fingers and aim for the eyes
- » Hit the nose very hard with four open fingers
- » Hit the bottom area behind the ear, use a pen if you have
- » Weapons in your bag: Key, safety pin, pepper spray
- » If the person tries to touch you, try to snap his fingers in opposite direction
- » Aim for the person's groin with your knee

sible for every woman to learn martial arts, but learning the basics will really be beneficial. Such workshops should be held in all colleges."

The workshop was initiated by Dr Joyce Meki, assistant professor, Department of Electrical Engineering and convenor of Women's cell. She said, "In one of our meetings, recently, we decided to organise a self-defence workshop for women. Such workshops give students a lot of confidence. The team who conducted the workshop also works with Gujarat police. Some of the techniques taught by them were good and effective."