



# THE TIMES OF INDIA

[Home](#) » [City](#) » Chennai

## Women make a beeline for self-defence classes

R Vasundara, TNN | Jan 9, 2013, 05:59AM IST

CHENNAI: In the aftermath of the gang rape in Delhi last month, self-defence instructors here are seeing a huge spurt in the number of enrolment from women. From parents calling about a course for their daughters, to corporate houses seeking customised sessions for women staff, almost everybody has been taking to martial arts.

"Our next round of self-defence courses for January 12 are almost filled up," says V Ashwini of Survival Instincts. "We've had at least 240 enquiries in December. Normally, we don't get even half that number."

Shihan Hussaini, who runs a training centre in Besant Nagar, is surprised by the rise in interest. "Normally we are mostly sought during the run-up to International Women's Day," he said. "In the last 20 days, we've got calls from at least six companies, including [TCS](#) and Infosys, seeking a one-day workshop for their women staff," he says.