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Women at IIT taught self-defence techniques

The two-hour workshop was organised by Survival Instincts



Picture used for representational purpose.

Survival Instincts, in commemoration of International Women's Day, organised a workshop titled 'EVADE' (Extreme Violence & Aggression — Defense & Escape) recently at IIT-Madras.

According to a press release, the two-hour workshop taught women the basic principles of self-defence and demonstrated techniques for escaping from dangerous situations.

EVADE is a simulation that differs from martial arts and it teaches participants how to identify criminals and explains the pros and cons of self-defence aids such as stun guns, pepper sprays, weapons of physical self-defence.

Anoop Madhavan, founder, Survival Instincts, said, "While legislations can help improve law enforcement for crimes against women, no law can

prevent pathological criminals. Physical self-defence is the key to security when you encounter one.”

Participants were taught how to identify criminals. They also learnt about the pros and cons of self-defence aids such as stun guns and pepper sprays and weapons of self-defence.

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<http://www.thehindu.com/todays-paper/tp-features/tp-downtown/women-at-iit-taught-selfdefence-techniques/article6994335.ece>

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