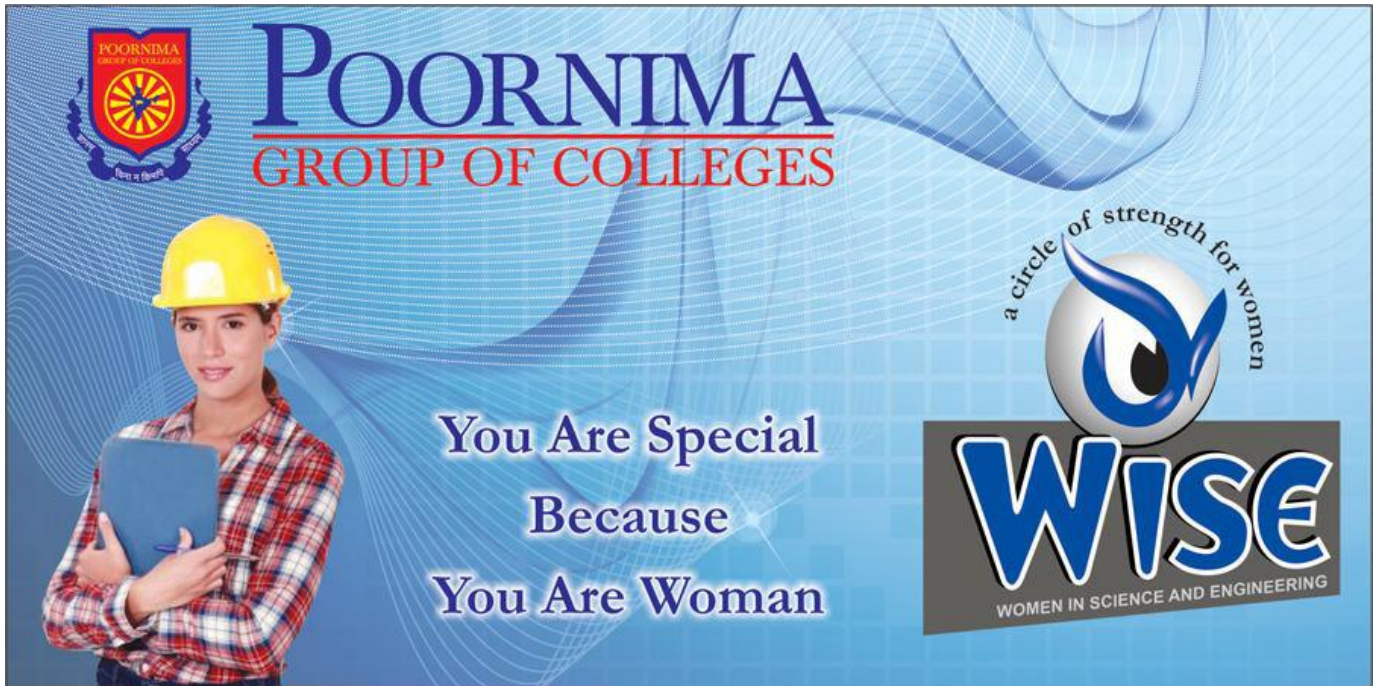


I am “WISE” to be safe



WISE – Women In Science & Engineering a club of women faculty members & students of Poornima Group of Colleges organized a workshop on “Self Defense Techniques” to empower its members with techniques on how to defend themselves when faced with piquant situations.

A one hour session was conducted on September 01, 2012 at Arbuda Convention Centre by a team of six members from Rajasthan Police Academy. The team was lead by Platoon Commander Ms Beena .More than 400 WISE members including . Ms Renu Singhi, Dr. Rekha Nair & Mrs. Sudha Jain were benefitted.

Ms Gayatri from Rajasthan Police Academy emphasized- How Common sense can be used as a powerful weapon that can defeat any opponent & how it helps you to come out of potentially dangerous arenas without a fight. Your safety lies in your habits, attitudes and activities. She also shared what handy tools you can convert into powerful weapons for your protection.

Demonstration of how to use body parts as weapons when you come under attack was well understood by WISE members.

The session with questions from the audience including WISE President Ms Renu Singhi was concluded with a message that it is good to learn and understand simple but effective self-defense methods.



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