

Women at IIT taught self-defence techniques



Survival Instincts' self-defense programme for women

Survival Instincts, in commemoration of International Women's Day, organised a workshop titled 'EVADE' (Extreme Violence & Aggression – Defense & Escape) recently. 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."

The office of Survival Instincts is at 12, TV Road, Chetpet. Ph: 91766 93005/12