

## WOMEN'S FORUM

**EVENT TYPE:** A Safety Awareness Program for Women

**Resource Person:** Mrs. A. Vasantha, Head Constable, Collector Office, Nellore

**Date:** 06-10-2018

**Timings:** 12:00pm to 1:00pm



- The Resource person Mrs. A. Vasantha, Head Constable has given awareness on A Safety Awareness for Women for all MCA girl students. Resource person projected the importance of women facing problems in now-a-days.
- This program is designed to increase safety awareness, knowledge, skills, self-efficacy, and behaviors as well as increase social support among women with disabilities.
- The program was shown to produce a statistically significant increase among participants' scores on measures of safety planning, safety knowledge, and safety-promoting behaviors, compared with non-participants
- Personal safety has become an issue of importance for everyone, but especially for women
  - ✓ She gave suggestions about that every woman should know about personal safety areThe first, and probably most important, component in self-defense is awareness
  - ✓ Take self-defense training. Escape is always your best option.
  - ✓ We must never leave the primary crime scene with the predato
  - ✓ It isimportant to understand that you CAN and SHOULD defend yourself physically.
  - ✓ Never depend on any self-defense tool or weapon to stop an attacker. Trust your body and your wits, which you can always depend on in the event of an attack.

