

PROCEDURE FOR WOMEN PROTECTION

"Violence against women is perhaps the most shameful human rights violation. And it is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development, and peace."

Kofi Annan,
Secretary-General of the United
Nations

IEC University has zero tolerance towards violence against women in the work place. IEC Group believes the Indian cultural myth which is described in Sanskrit as NARI YATRA PUJYANTE.

IEC Group , at its IEC University campus, Baddi (Himachal Pradesh) & IEC College of Engineering & Technology has planned to organize the training programme to girl student and its female staff.

For over 40 years Model Mugging is the most proven and realistic womens self-defense training program. Lives are positively changed in less than 20 hours of intense realistic self-defense training taught in a safe and supportive setting.

Model Mugging is a martial science system that applies scientific training methods specialized for the needs of women. This is not a martial art and self-defense is just one of the many benefits. Sexual assault is a life changing event and this personal defense for women course gives survivors of assault another method to assist in healing.

Model Mugging Self-defense can reduce the chance of assault by 95%. Since 1971, this system has developed into a comprehensive effective full force fighting and crime prevention program.

Stop An Attack Before It Happens

- **Female and male instructor teams work in a supportive environment**
- **Learn through realistic scenario based self-defense training**
- **Practice full-force physical and verbal rape defense techniques against a padded assailant**
- **Understand the dynamics of sex crimes and sex offender typologies**
- **Develop the mindset to use personal safety, intuition, and fighting skills effectively**
- **Use the power of voice and body language for boundary setting and de-escalation strategies**
- **Learn to use fear and experience the power of your body**
- **Self-defense for women course structure is sensitive to trauma survivors**
- **Personal defense classes are taught under small group instruction**
- **Most thoroughly researched rape prevention and women self-defense classes**

Our classes incorporate a combination of Kickboxing, Tae-Kwon-do, Kung Fu, Karate, Krav Maga stretching, conditioning and effective techniques that will increase confidence, reduce stress, boost energy, fitness, health and teach you a very practical system of Self Protection.

Learn practical and Simple Self Defense techniques, It does not matter whether you have any previous experience or not, come join us and learn a life saving skill. No Uniforms, no foreign terminology, no traditional rituals or formalities, just Self-Defense with a minimal commitment.

Our System will improve both body and mind, empower you with a life-saving skill, it s exciting, fascinating and great fun.

GUIDELINES FOR THE PARENTS FOR THEIR CHILDREN'S SAFETY

DO's

- » Accompany the child while she is going out.
- » School bag should bear, name & address of parents
- » Child should remember their residence phone no.
- » Take child along with you when you go to market.
- » Raise hue & cry on child forcibly taken by stranger.

DON'Ts

- » Minor girls should not be left in custody of neighbours or relatives.
- » Address and telephone No's should never be shared with strangers.
- » Child should not disclose on telephone of being alone at house.
- » Child should not be sent alone to Cinema, halls, park or market.
- » Child should not take eatables from strangers.

SECURITY GUIDELINES FOR HOME-MAKERS

DO's

- » Be alert and vigilant about strangers.
- » Put a magic eye and a chain on the door.
- » Keep a pet dog, if possible.
- » Ascertain the identity and particulars of plumbers, electricians, postman, painter domestic helps etc.
- » Watchman/Chowkidar should be provided with a torch, a whistle and wooden stick He should be advised to remain in touch with local police officials.
- » While going out, always switch-on a light.

- » Important telephone numbers should be kept on a convenient place.
- » Connect your house to neighbour's house with an alarm bell.
- » All windows and doors should have strong grills. Care should be taken to secure the spaces for air-conditioners and coolers secure.

DON'Ts

- » Don't talk to strangers and never believe in them.
- » Don't have eatables from market.
- » Don't take lift from unknown persons.
- » Don't go out side school without permission of School teacher.
- » Don't hesitate to shout/ scream on being harassed.
- » Don't accept gift from strangers.
- » Don't go any friend's house without informing the parents.

Other precautions

Besides this following precaution should be taken to avoid possible sexual, acid assault or attach through pointed weapon

- Take chili powder when you are in or outside the work place.
- When you are out cover your face around handkerchief or dupatta and avoid to show your identity on road.
- Do not hesitate to call 100 and take police assistance on emergency
- Do not take lift. Use public transport system.
- When you feel that someone is stalking you, intimate to the police constable on beat and take autorichshaw/ public transport to reach your destination.