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To  
The Editor,

Date: 17-3-2015

Sir,

I request that the following matter may kindly be published in your esteemed daily:

### **Self Defence Programme for Women at TNAU**

National Service Scheme of Tamil Nadu Agricultural University (TNAU) organised self defence programme for women volunteers on Mar. 14, 2015.

Mr. Francis Xavier, Director, Outreach Foundation, India and team of experts conducted the programme in which 400 volunteers and NSS Officers participated. He first gave a counselling to girls regarding how to build self esteem and confidence and about body language, communication and techniques to prevent men from attacking them. In case of any untoward incidents, his team demonstrated the simple methods of using hands and legs, safety pins, pen, pencils, Blade, small stones, chilly flour to combat the attack by strangers. He also called upon the male volunteers to give high regard to their female counterparts and also have positive attitude towards women in family and society.

There was an interaction session of the volunteers with Mr.Francis and team. He is a trainer for corporate sector, schools, colleges and University level students, staff and women workers and holding classes like Karate, taekwondo, Kungfu, Judo and other martial arts with the help of training partners. Starting from five years old children can join in classes.

Public Relations Officer