

SELF-DEFENSE FOR WOMEN: NEED OF THE HOUR

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ABSTRACT

Throughout the world women face different challenges in their life. Women are facing innumerable suffering like physical aggression, sexual abuse and rape, psychological violence, economic or emotional threats and control over speech and actions. The answer to combating crime against women is not as difficult as you might think. Every women can benefit from Self-defense awareness and different techniques. There are several techniques and programs through which women can defend themselves which are organized by different Governing bodies. This paper focuses on basic Self-defense principles and techniques which can help women to protect them from becoming the victim of brutal crime.

KEYWORDS: Crime Against Women, Related Factors, Self-Defense, Principles, Techniques and Programs