



# AMITY UNIVERSITY

MADHYA PRADESH

*Established vide Government of Madhya Pradesh Act No. 27 of 2010*

**Guest Lecture on “Women's Safety” by Ms. Shatakshi Rastogi, HR Associate in R1 RCM Global Pvt. Ltd, Gurgaon, organized by the National Service Scheme, AUMP, Amity School of Fashion Design and Technology, Gwalior, Madhya Pradesh.**

## **Participation by NSS volunteers of AUMP and students of ASFD&T**

### **Preface**

The issue of women's safety involves strategies, practices and policies which aim to reduce gender-based violence (or violence against women). National Service Scheme unit of AUMP organized a guest lecture on “Women Safety” in virtual mode at zoom platform on 27<sup>th</sup> April 2021 from 11:00a.m. to 11:40a.m.

### **Participation**

40 students from Amity School of Fashion Design and Technology and also NSS volunteers of AUMP participated in the guest lecture.

### **Women safety guest lecture from 11:00 am to 11:40 am**

It was emphasized by the revered speaker that the primary importance of self-defense is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct. There is nothing more empowering than having the confidence to analyse a perilous situation and take actions to overcome them effectively. It helps women be calmer, understanding, and flexible, gain body and mind control, be more responsive than reactive, more observant, and achieve cognitive awareness. Self-defense teaches independence, helping you protect yourself in every situation. The event was coordinated by Ms. Twinkle Rastogi, ASFD&T, NSS Faculty Coordinator of Amity School of Fashion Design and Technology along with the NSS student Volunteers Ananya Mudgal and Varuna Rajput under the guidance of Chairman, NSS, Major Gen. Dr. S.C Jain, Director

Amity School of Engineering and Technology and Dr. Rachana Kathal,  
Programme Officer, NSS, AUMP.



