



Estd : 1987

## March Monthly Lecture



Dear Ladies,

The month of March is significant to women since 8<sup>th</sup> March is International Women's Day and is dedicated to women "A woman is a full circle. Within her is the power to create, nurture and transform." A woman is the epitome of love, sacrifice, care and ability to nurture life. The ability to nurture life makes woman the most powerful and strongest being. She can play different roles with ease be it that of a dutiful wife, obedient daughter, caring mother or adoring sister.

The sad reality is that we live in an increasingly violent society in which the fear of crime is ever-present. Personal safety has become an issue of importance for everyone, especially for women. We at IASAP felt the demand for reliable safety information coupled with the need to debunk widespread myths regarding self-defense measures, hence we have invited **Ms.Varsha Patil, Police Inspector (Crime)** who is well versed on the topic of self defense. She will guide us on General awareness on Self Defense & Domestic violence. She will take us through defending ourselves physically and give us safety tips and rules. So be there ladies to get wiser on how to safeguard ourselves.

Date & Time : Friday 20<sup>th</sup> March, 2015 at 18.30hrs

Topic : **“Safety Tips and Awareness on Self Defense”**

Venue : Vivanta by Taj Blue Diamond  
11 Koregaon Road, Koregaon Park, Pune 411 001

***RSVP will be accepted till 17:00 hrs of 18th March 2015***

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**Lata Khedkar**  
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**Uma Nandedkar**  
**Hon.Secretary**