

Women Safe Nation Safe



BY SANJAY KARATE



Bit About **Rama Sharma**



Ms. Rama Sharma is 4th degree Black Belt from Northern Karate School Canada. Program Director of Sanjay Karate School and President of District Karate Association Jalandhar. She has 16 years experience studying and teaching of different forms of martial arts and received her certification from Tang Su Do Federation U.S. Black Belt degree from Zen Kyo Shin U.K. and Northern Karate Schools, Canada and she has participated in various International Seminars & Tournaments.

She has done special courses in Women Safety in UK and she make her one mission WOMEN SAFE NATION SAFE and she has taught more than one lakh girls and women's and still teaching to school college girls, doctors, teachers, house wives and in corporate sectors.

Special Ability

She was the only who selected from Camp U.S.A. from India, this camp is organized by U.S. Govt. for special (Disables) peoples and Rama had worked with them for 2 months in 2003. She is animal lover and she had worked with PFA (People for Animals) also and she loves to work for society.

WOMEN SAFE NATION SAFE

STOP VIOLENCE AGAINST WOMEN

WHY & HOW SELF DEFENCE IS IMPORTANT

Open any Newspaper any day of the week and you will almost certainly find at least one report of a vicious assault on a woman by a mugger, a burglar or a rapist, in the last year alone there have been reports of women slashed with razors, burnt with cigarettes, savagely bitten. The physical damage is appealing enough, but the psychological damage from lingers on for years after the visible scars have healed and in many cases a woman's whole life is destroyed.

BENEFITS OF THE COURSE

The women personal safety course is the first step toward empowerment through knowledge, awareness and confidence. Although some classes is no substitute for on going training, it is the sincere intent that this course opens the door to a life free of fear and full of self confidence knowing you can handle yourself in any situation.



**Special Courses
for Females
All Ages**

The self defense workshops can be organized in educational institutions, corporates, housing societies anywhere in India. The flexible modules have been worked out keeping in mind the need and requirements of various sections of society. We invite NGO's, self help groups, trade and business associations, clubs and other social organizations to join hands in making this ongoing mission a great success. We owe it to our daughters, sisters, mothers & wives.

Women Safety & Self Defense Workshops can be organized anywhere in India

OUR COURSES

- **Workshops and Seminars**
(1 day or 2 days)
- **Five days intense course**
- **Ten Days Course**
- **One Month to One Year Course**
(Personal to Professional Courses)





WOMEN SAFE NATION SAFE

MISSION
to Train & Empower Women

5,00,000

In 3 years

1,25,000+

Already Trained



Corporates, Industry & Trade Associations, Educational Institutes, NGO's Resident Welfare Associations, Housing Societies, Religious Trusts and Charitable organizations are invited to support & Join this mission to make this a safer world for your daughters, sisters, wives & mothers. You owe it to them.

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www.womensafenationsafe.com info@womensafenationsafe.com [fb.com/womensafenationsafe.com](https://www.facebook.com/womensafenationsafe.com)

Objective:

To built confidence in women to be able to handle themselves in any emergency using martial arts. The scientifically designed program is bound to create awareness & self confidence in the minds of the trainees & built a positive attitude.

Venue

The program shall be conducted in college premises only.

Duration

One week program (Mon – Sat) with one hour session daily.

The Trainers

Training shall be provided by the experienced, certified & qualified trainers only.

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We all have moral and legal rights too defend
ourselves

Thank You

<http://womensafenationsafe.com/>