

# **GUIDELINE FOR SELF-DEFENCE CLUB**

## **Introduction:**

Self-defense is an essential life skill that assists girls to be more vigilant about surroundings and be prepared for the unexpected at any time. Instances of harassment against girls and women are prevalent in our society, many of which go unreported eventually leading to heinous crimes against girl and women. There is a pressing need to tackle such complicated situations for girls to be able to save themselves from and deleterious outcome. By making them learn self-defense, we can ensure a society brimming with powerful and strong women who can protect themselves and they become psychologically, intellectually and physically strong enough themselves in time of distress.

With broader Goal & objectives, for all round development & to strengthen the girls. Department of Higher Education. Odisha has planned to develop Self-defense Club in all Colleges. The details are follows:

## **Goal:**

- To empower the Girls
- To develop gender quality in society
- To enhance the physical and mental strength of Girls

## **Objectives:**

- To learn the skills for their self-protection
- To develop courage by building self confidence
- To respond swiftly against physical assault
- To protect herself during time of physical assault & danger

## **Targeted Beneficiaries:**

- +3 1st Year College Girls Student

### **Eligible institutions:**

43 government colleges 152 Aided colleges with highest enrollment of girl students in +3 1<sup>st</sup> year will be covered under the programme.

### **Process of Implementation:**

For effective implementation of the programme, following initiative has to be taken:

#### **a) Role of Colleges**

Every college will nominate one faculty member who have the experience, skill and interest in this field as Nodal Officer/Coordinator, who will be responsible for overseeing the implementation of activities within the Club.

#### **b) Formation of Self-defense Club**

A Self Defence Club may be formed in each College for training of self defence skills & techniques & to create scope to develop awareness in different distressful situation. The Club will be formed by taking following Members:

- The Principal of the College
- Nodal Officer/Coordinator
- PET
- One Girl Student Representative from each stream.
- One Alumnae

This club should outline the club's mission, objectives, membership requirements, leadership structure and rules of operation. The Nodal Officer/Coordinator will coordinate the entire activity & provide necessary support in operating the programme and ensure that the club operates in accordance with Government Policies.

#### **c) Programme Components**

The proposed club will have two core activities such as types of exercise and promotion of cultural activities relating to self-defense skill in the form of music, dance or one act play. (Annexure-II)

- Mind to muscle & muscle to mind
- Physical exercise

#### **d) Infrastructure Facility**

The College will provide a suitable place in college campus for Self-defense Club, where necessary equipment will be kept and self-defense activity including training will be conducted.

### **e) Instructors and Training Programmes**

Self-defense training will be provided by professional lady instructors or qualified lady master trainers to lead self-defense sessions, physical and flexible exercises will be provided by PET or professional lady teacher.

### **f) Regular training sessions**

Schedule one-hour regular training sessions for twenty days excluding holidays with 30 students in a group and keep trainees engaged in activity. A curriculum which covers various aspects of self-defense, including physical technique, situational awareness and verbal de-escalation should be adopted which will accommodate the availability of both club members and instructors.

### **Funds provision:**

- The budgeted amount is rupees one crore. which will be distributed among 195 colleges (43 government colleges and 152 aided colleges).
- The funds provided for the club may be utilized for organizing the event such as arrangement of venue, lighting and sound systems if required for hiring the cost should not exceed 20%, for Master Trainer incentives the cost should not exceed 20%, for refreshment (energy drinks and fruits) should not exceed 20%, equipment and mats for club should not exceed 30% and contingency (first aid box, documentation and preparation of report etc.) should not exceed 10% of the total amount i.e. fifty thousand for each college.
- The funds allocated may be utilized for the indicative activities and all colleges will submit certificate on utilization of funds allocated in the form prescribed in Annexure-I and Annexure-VI to the Higher Education Department.
- Colleges will record the receipt of funds in respect of the above programme separately in the existing cashbook with a detailed description.
- The payments made by the colleges for conducting the activities shall also be recorded in the payment side of the cashbook without any ambiguity.
- The college shall maintain the vouchers of the purchase/ payments made for the activities of the club in the safe custody for audit purpose.

### **Emergency protocols:**

Nodal Officer/ Coordinator should have clear emergency protocols in place for situations like injuries or unsafe conditions during training sessions.

### **Feedback and improvement:**

Nodal Officer/ Coordinator should regularly assess the effectiveness of the club activities and continuously gather feedback and success stories from trainees, trainers and other members to make improvements. This can include modifying the training programme, adjusting the schedule or addressing any concerns.

### **Networking:**

Building a network can provide opportunities for collaboration and sharing resources. Create a website, social media accounts and promotional materials to raise awareness about your Club.

### **Monitoring System:**

- SNO-cum-Deputy Secretary. Higher Education Department, Regional Directors of different divisions and State Advisor of Higher Education Department will monitor the Self-defense Club activities and functioning of the training programme from time to time.
- The concerned college will maintain the details of the training programme in the following format regarding expenditure at their level and submit the same to the Department at regular interval.

**Table-1**

Sl. No	Name of the Master Trainer/Laday PET/ Resource person	Date of Receipt	Signature	Remark

**Table-II**

Group No.	Duration of Training	Name of the Master Trainer/ Laday PET/ Resource person	No. of girl students attended	Time	Signature of the Trainer	Signature of Officer- in-Charge

### **Action Plan for Self-defense Club:**

Principals of colleges are to ensure meticulous follow up plans of action. The action plan will contain the name of girls to be given training or exercise with following format.

- Name of the Principal \_\_\_\_\_
- Name of the College \_\_\_\_\_
- Name of the Nodal Officer/Coordinator
- Total number of +3 1\* year girl students in the college \_\_
- Number of groups (with 30 in each group) for self-defense exercises.
- Date of Reporting and Registration.
- Date of commencement of activity.
- Time schedule for completion of all groups.
- Name of the Trainer/Resource Person/Lady PET if any
- Budget required in total (group-wise)
- Principal shall certify each expenditure
- Cultural Programme evidence in documentation relating Self-defence activities.

**SUBMISSION OF EXPENDITURE STATEMENT**

**Name of the College:**

**Name of the District:**

1. Certified that a sum of Rs \_\_\_\_\_ has been utilized under the programme \_\_\_\_\_ (Programme name) by \_\_\_\_\_ (name of the institution receiving funds) out of funds of Rs. \_\_\_\_\_ received from \_\_\_\_\_ (name of the Department) during the F.Y. 2023-24
2. The utilization of funds has been made for the purpose it was sanctioned and that a balance of Rs. \_\_\_\_\_ remaining unutilized has been deposit in the Government Account (vide Challan No. \_\_\_\_\_ date \_\_\_\_\_ of Treasury.
3. Certified that I have satisfied myself that the specified conditions on which the funds were received have been fulfilled and that I have exercised the following necessary checks to ensure that the money was actually utilized for the purpose for which it was received.

**Kinds of checks exercised:**

- i. Due diligence and prudence have been observed for procurement of equipment/services/execution of works in the most economic manner. (Tick mark whichever is applicable).
- ii. Equipment purchased have been physically verified and found to be of desired quantity and specification.
- iii. Actual payment has been made to the proper payee with due acknowledgement.
- iv. Necessary Stock entry has been made.
- v. All relevant Original Vouchers have been kept in Principal's office for record and future Audit.

Signature of the Principal with

Seal Date:

## TYPES OF EXERCISE IN SELF-DEFENSE CLUB

There are three types of activity

A, Mind to muscle & muscle to mind

B. Physical exercise (Aerobic, Anaerobic, Flexibility and Self-defence skill)

C. Self-defense Skill with entertainment programme

### **A. Mind to Muscles:**

The mind-muscle connection is a conscious, deliberate and emphasized muscle contraction. It is a process of biological system to learn skill and exercises of self-defense.

- Move slowly
- Chest Press
- Bent over Row
- Dead lift
- Three-way shoulder stretch

### **Muscle to Mind:**

The muscle-to-mind connection brings your attention to your body as you move.

- Push ups
- Four way waist exercise
- Squats
- Leg Curls
- Leg extension

### **B. Physical Exercise:**

Physical exercise is a body activity that enhances or maintains physical fitness and overall health and wellness. There are three types of physical exercises such as Aerobic, Anaerobic, Flexibility and self-defence skill.

#### **I. Aerobic Exercise:**

It is any physical activity that uses large muscle groups and causes the body to use more oxygen than it found while resting.

## **II. Anaerobic Exercise:**

It includes strength and resistance training, which can firm, strengthen and increase muscle mass, as well as improve bone density, balance and coordination.

## **III. Flexibility Exercise:**

It helps in strengthening the muscles and makes the body flexible. The format for different types of exercises will be decided by the trainer or resource person.

## **IV. Self-defense Skill**

Detailed syllabus of self-defense skill is attached herewith. (Annexure-III)

C. Using Self-defence skill organize oneactplay or song or dance.



## **SELF- DEFENCE SKILL**

A study from the university of Oregon found that women who participated in a self-difence class felt they had better safety strategies in place, were more equipped to deal with strangers and people they know in the context of potential assault or abuse and had increased self-confidence. Below are our top ten self-defense moves for women – complete with instructions – to help you feel empowered to defend yourself in any situations.

1. Shout at the attacker
2. Focus on the vulnerable areas
3. Hammer strike, Hammer fist punch
4. Groin kick, Front kicks, round kicks
5. Heel palm strike
6. Elbow strike
7. Escape from a “bear hug attack”
8. Escape with hands trapped
9. Escape from side headlock
10. Palm strikes and Tiger Claws