

## **Self Defence Program**

### **Introduction:**

The world is changing and becoming more unpredictable. The upward crime graph against women recommended to provide self-defence training to all the girls. Self-defence training help to improve self-confidence, reduce dependency on others and help to improve physical fitness. Samagra Shiksha Gujarat has provided self-defence training to all the girls studying Government Upper Primary and Secondary schools.

### **Coverage:**

In the academic year 2019-20 self-defence training was conducted in:

Schools	No. of Districts	No. of Schools	No. of students
Upper primary School	37	22,000	936392
Secondary Schools	37	968	63608

### **Process:**

Samagra Shiksha Gujarat has organized self-defence training in a decentralised manner. A meeting of DEOs, DPOs, District Gender coordinators, BRCs, CRCs with Police department, Women and child department, Sports Authority of Gujarat was organised at state level to finalise the guidelines to conduct the self-defence training.

DEOs and DPOs finalised the agencies at district level to provide self-defence training at the school level. Three-month training on Judo, Karate, Punching, Blocking and Rustling was provided to all the girls' students studying in the schools. Agencies were paid amount Rs 9000/- per school for three-month training. Schools were guided to organise the inauguration and valedictory program to bring awareness among parents and society for self-defence training for girls. During the valedictory program students were given the certificate of by the agencies.

### **Impact:**

Girls trained during self-defence training become more confident and showcase their talent at various platform at Block, District, State, National and International level.

### **Photographs:**



