



Office-Principal

Govt. Jagannath Munnalal Choudhary Mahila Mahavidyalaya, Mandla, Madhya Pradesh



Towards Excellence...

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AISHE Code: C-33429

College Code: 3502

Report

Title of the Programme: 15 Days Certificate Course on “Self-Defence”

The 15 Days Certificate Course was begun with the welcome speech by the trainer of the Programme, Mr. Zafar Siraj (Sports Officer) after that the coordinator of the course Dr. S.N. Khare also shared his view on the significance of the course in the upcoming career as well as daily life of the students. The trainer of the programme Mr. Zafar Siraj added in his speech that self-defense is an essential that every girl must have. Also, he said that the domain of self-defense is very vast, it can not only be chosen as medium to protect oneself but also as a profession.

The topics discussed thoroughly during the 15 days course were: -

- Understanding personal safety and the importance of self-defence.
- Basic principles of self-defence: Awareness, Avoidance, De- escalation and Assertiveness.
- Techniques for maintaining physical and mental readiness in various environments.
- Body mechanics and stance for effective self-defence.
- Introduction to common targets and vulnerable points on the body.
- Role playing scenarios to practice verbal and non-verbal communication skills in confrontational situations.
- Basic strikes and blocks: Kicks, Elbows, Knees and Palm Strikes.
- Simple joint locks and escapes from grabs and holds
- Ground survival techniques: getting up safely from the ground and defending against ground attacks.
- Defence against common attacks: grabs, chokes, bear hugs and strikes.
- Defence against weapons: understanding weapon types and basic strategies for disarming.
- Partner drills and stimulations to practice techniques in controlled environments.
- Advanced techniques for dealing with multiple attackers and unpredictable situations.
- Scenario based training: simulations of real-world threats search as leggings, home invasions and street harassment.
- Legal aspects of self-defence: understanding the use of force continuum, self-defence laws and legal rights.
- Psychological aspects of self-defence: managing fear, stress and adrenaline during confrontations.
- Self-defence strategies for specific populations.

Self-defence is a defence permitting reasonable force to be used to defend oneself or another. So, for example, if you are in a situation where you're being attacked, it is acceptable to defend yourself in a reasonable manner, using reasonable force to prevent the attacker from causing you further harm or injuries. The use of reasonable force to protect oneself or members of the family from bodily harm from the attack of an aggressor, if the defender has reason to believe he/she/they is/are in danger. Self-defence is a common defence by a person accused of assault, battery or homicide.

If you must defend yourself in a fight, scan the immediate area for objects that can be used as weapons and make noise to let others know you need help. Keep your eye on the assailant's fists and aim attacks at vulnerable areas like the face, throat, groin, or stomach. Always try to de-escalate or run away first.

Proven strategies and simple gross-motor-movement techniques:

- 1. Trust Your Instincts:**
- 2. Practice Target Denial**
- 3. Present Yourself with Confidence**
- 4. Set Strong Verbal Boundaries**
- 5. Maintain A Non-Confrontational Stance**
- 6. Keep a Safe Distance**
- 7. Use the Element of Surprise**
- 8. Keep your Techniques Simple**
- 9. Don't Panic if You're Knocked Down**
- 10. Follow Through**

Keeping in view, the rising number of crimes against girls in the country, it is important to provide self-defence training to them in the schools to ensure their safety and security. Self-defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self-defence training techniques instils self confidence amongst girls and helps to promote girls' education.



**Govt. J.M.C. Mahila
Mahavidyalaya, Mandla, M.P.**



**Department of Sports and Physical
Education in collaboration with
IQAC
organizes**

**15 Days Skill Based Certificate
Course on “Self-Defence”**

Date: 01/10/2018-17/10/2018 **Time:** 12:00 Hrs-14:00 Hrs **Venue:** Seminar Hall
(Room No. 10)



Trainer:
Mr. Zafar Siraj
Sports Officer



Coordinator:
Dr. S.N. Khare
IQAC Coordinator



Principal :
Dr. Kalpana
Shastri



The certificate course was wrapped up after distribution of the course completion certificates by Dr. S.N. Khare (Coordinator, IQAC) among the enrolled students.
The number of enrolled as well as the benefitted students was 62.


Trainer

Dr. Zafar Siraj
Sports Officer


Organizer

Dr. S.N. Khare
Coordinator, IQAC


Principal

Govt. Jaganmohini Choudhary
Govt. J.M.C. Mahila
Mahavidyalaya,
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