

MAJOR COMPONENT- Gender Equity

SUB-COMPONENT- Self Defence for Training for Girls

ACTIVITY MASTER- Self Defence for Training (Upto class Highest class VIII)

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1.Progress Report in r/o Self Defence for Training for Girls in AWP&B 2019-20

Self Defence training was imparted in 14 schools at elementary level. The training was for 3 months of 2 hours per day by a trainer or a coach, conducted under the supervision of respective teachers.

Outreach: Total **14** Schools of DoE have organized the training.

Total no of Schools participated: 14

- Total no of Student participated: All girl students up to class VIII.
- Total no of HoS & Teachers participated: Female staff was directed to participate in the training.

(Fin. In lac)

Approved as per PAB 2019-20		Achieved in 2019-20	
Phy.	Fin.	Phy.	Fin
15	1.35	12	1.17

The Feedback:

Self Defence Training for Girls is of utmost importance to deal with any impending danger of physical assault and crime by unsocial elements but such type of training should be a regular feature to maintain physical fitness abilities of girls.

2.Proposal for Self Defence for Training for Girls in AWP&B 2020-21

Self Defence Training at Elementary Level, Secondary Level and Sr. Sec in all Govt. Girls Schools of DOE, NDMC, DCB, and DSW.

Objective:

1. To prepare Girl Students for dealing with any impending danger of physical assault and crime by unsocial elements out of some ulterior motive or nefarious plan
2. The Self Defence Training aims at building self confidence, boost morale, self control and stout physical endurance ability.
3. The program also aims at enabling the students learn kinesiology, physiology and other important aspects of body mechanism, such as vulnerable points of human body to deal with a person who is more powerful and hard to confront during the attack.

Proposed Activity:

It is proposed to train the girls of all government schools of DOE, NDMC, DCB and DSW in self defence.

Strategy:

Training of 3 months is proposed to be imparted by a trainer/coach with maximum 6 classes per month, 2 hours per day for inculcating self defence skills, including life skills for protection and development of girl students in above mentioned schools.

Justification/Rationale:

Self defence training especially for girls is of utmost importance in the kind of world we live in. In order to make girl students acquainted with self defence techniques such type of training shall be a regular feature.

Financial Implications:**(Fin. In lac)**

Activity	Physical target	Unit cost	Fin.
Elementary Level (Schools having Classes only VI-VIII)	14 schools	9000	1.26
Secondary Level (Schools having classes VI-XII)	670 schools	9000	60.30
Total			61.56

Source: U-DISE +2018-19

(Fin. In lac)**DISTRICT WISE ELEMENTARY SCHOOL**

Sr. no.	District	DoE	NDMC	DCB	DSW	Phy.	Unit cost	Fin.
1	East	0	0	0	0	0	0.09	0
2	North East	4	0	0	0	4	0.09	0.36
3	North	0	0	0	0	0	0.09	0
4	North West A	1	0	0	0	1	0.09	0.09
5	North West B	3	0	0	1	4	0.09	0.36
6	West A	0	0	0	0	0	0.09	0
7	West B	0	0	0	0	0	0.09	0
8	South West A	1	0	0	0	1	0.09	0.09
9	South West B	0	0	0	0	0	0.09	0
10	South	0	0	0	0	0	0.09	0
11	New Delhi	0	1	0	0	1	0.09	0.09
12	Central	2	0	0	0	2	0.09	0.18
13	South East	1	0	0	0	1	0.09	0.09
TOTAL		12	1	0	1	14		1.26

(Fin. In lac)**DISTRICT WISE SECONDARY SCHOOL**

Sr. No.	District	DoE	NDMC	DCB	DSW	Phy.	Unit cost	Fin.
1	East	73	0	0	0	73	0.09	6.57
2	North East	68	0	0	0	68	0.09	6.12
3	North	42	0	0	0	42	0.09	3.78
4	North West A	65	0	0	0	65	0.09	5.85
5	North West B	78	0	0	1	79	0.09	7.11
6	West A	39	0	0	0	39	0.09	3.51
7	West B	51	0	0	0	51	0.09	4.59
8	South West A	27	0	6	0	33	0.09	2.97
9	South West B	66	0	0	0	66	0.09	5.94
10	South	42	0	0	0	42	0.09	3.78
11	New Delhi	3	28	0	0	31	0.09	2.79
12	Central	26	0	0	0	26	0.09	2.34
13	South East	54	0	0	1	55	0.09	4.95
TOTAL		634	28	6	2	670		60.3

Expected Outcome:

Girl students will be confident to deal with any impending danger. The programme will also pave ways to increase interest towards martial art form and other fitness activities,

3.Recommendation of Technical Support Group (TSG)

Self Defence Training at Elementary Level, Secondary Level and Sr. Sec in all Govt. Girls Schools of DOE, NDMC, DCB, and DSW.

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4	North West A	1	0	0	0	1	0.09	0.09
5	North West B	3	0	0	1	4	0.09	0.36
6	West A	0	0	0	0	0	0.09	0
7	West B	0	0	0	0	0	0.09	0
8	South West A	1	0	0	0	1	0.09	0.09
9	South West B	0	0	0	0	0	0.09	0
10	South	0	0	0	0	0	0.09	0
11	New Delhi	0	1	0	0	1	0.09	0.09
12	Central	2	0	0	0	2	0.09	0.18
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Recommendation: Self Defence Training can be considered for proposed 14 government upper primary school having girl enrolment @0.09 lakh per school per annum for three month.

Self Defence Training can be considered for 596 government schools (as per Udise+) having girl enrollment @0.09 lakhs per school for 3 months.

4.Costing of Project Approval Board (PAB)

Sub Component	Activity Master	Level	Physical	Unit Cost	Financial (In lac)
Self Defence Training for Girls	Self Defence Training for Girls				
	Self Defence Training for Girls -Elementary		14	0.09	1.26
	Self Defence Training for Girls -Secondary		670	0.09	60.3
	Total of Self Defence Training for Girls				61.56