

MAJOR COMPONENT-	Gender Equity
SUB-COMPONENT-	Self Defence for Training for Girls
ACTIVITY MASTER-	Self Defence for Training (Upto class Highest class VIII)
ACTIVITY-	Self Defence for Training (Upto class Highest class VIII)

1. New Proposal for Self Defence for Training for Girls in AWP&B 2019-20

Self-defence for women is one of those skills all backpacking women should have. It has nothing to do with fear and everything to do with feeling empowered, aware and knowledgeable.

There is no question: a solo woman on the road is more vulnerable than a man or a woman travelling in a couple or a group.

The martial arts style of Tae Kwon Do or Taekwondo is steeped in Korean history. The name is derived from the Korean words Tae (meaning “foot”), Kwon (meaning “fist”), and Do (meaning “way of”). Therefore, the term literally means “the way of foot and fist.” Taekwondo is the national sport of South Korea and is known for its [striking](#) and athletic kicks. It is also very popular worldwide, as there are more people practicing Tae Kwon Do today than any other [martial arts style](#).

Training for 3 months is proposed to be imparted for inculcating self defence skills including life skill for protection and self development for the Girls students of Elementary and secondary classes .The activity will be organized in Govt. School @ 3000 per month for 3 months :-

SUMMARY OF SCHOOLS FOR SELF DEFENCE				
S. No	Management	No of Girls and Co.ed Schools	Unit Cost (In lakh)	Fin. (In lakh)
1	DOE	644	9000	5796000
2	NDMC	29	9000	261000
3	DCB	6	9000	54000
4	DSW	3	9000	27000
Total		682		6138000

Source :- U-DISE 2017-18

	Phy. Target	Unit Cost	Total Cost (In Lakhs)
Elementary Level (Schools having Classes only VI-VIII)	15 schools (DOE-13, DSW-1, NDMC-1)	9000	1.35
Secondary Level (Schools having classes VI-XII)	667 schools (DOE-631, NDMC-28, DCB-6, DSW-2)	9000	60.03
		Total	61.38

Total Budget for Self Defence training = Rs.61.38 Lakh

2. Recommendation of Technical Support Group (TSG) -2019-20

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Secondary Level (Schools having classes VI-XII)	667 schools (DOE-631, NDMC-28, DCB-6, DSW-2)	9000	57.51
Total			58.86

Total Budget for Self Defence training = Rs.58.86 Lakh

Recommendation Recommended as per norms based on UDISE data. Total Recommendation is Rs 57.51 lakh and Rs 1.35 lakh at elementary level. **The training for 3 months at 15 Elementary level and 667 secondary schools is recommended as per norms. UT is advised to conduct the self defence activities with the association of Police Department, NCC and Home Guards.**

Costing TSG

Rs. in Lakh										
State Name: Delhi and Year: 2019-2020										
Particulars				Proposal			Recommendation			
Major Component	Sub Compon	Activity Master	Physical	Unit Cost	Financial	Physical	Unit Cost	Financial	Remarks	
Self defence training for Girls	158	Self Defence Training (up to								
	158.a	Self Defence Training (Upto Class VIII)	15	0.09	1.35	15	0.09	1.35	Recommended as per norms Rs 1.35 lakh base on UDISE data as per norms. Recommended to undertake activities as with Delhi Police.	
		Total of Self Defence Training (up			1.35			1.35		
		Total of Self defence training for Girls			1.35			1.35		

3. Approval From PAB (Plan Approval Board), MHRD

(i) **Self Defence (Secondary)**: An amount of Rs. 57.51 lakh was estimated for self defence training @ Rs.3000/- per school per month for three months in 639 secondary/higher schools.

Self-Defence: Gender-based violence is a serious problem threatening the growth, development education and health of adolescent girls in the country. Self-defence training techniques instill self confidence amongst girls and helps to promote girls' education particularly their transition to secondary and higher secondary level and to reduce the drop-out rate in schools. Through self-defence techniques, the girls are taught to increase their core strength. In dire situations, one is not required to have martial art training or a particular dress to defend and save oneself instead a strategic nudge, a sharp flick, a kick or a punch are enough to deter the attacker. The girls are trained to use every day articles such as, Key chain, dupatta, Stole, mufflers, bags, pen/pencil, notebook etc. as weapons of opportunity/improvised self-defence weapons to their advantage, The States and UTs may also look for convergence for availing funding for self-defence training under the Nirbhaya Fund under Ministry of Women and Child Development, Government of India, Police Department, Home Guards, NCC or with other State government schemes. Self-defence training is provided to limited number of schools; therefore, UT is requested to provide UDISE No of these schools within two months where these activities will be carried out

(Rs. In lakh)

Activity Master	Physical (Schools)	Unit Cost	Financial
Project- Girls Empowerment (Secondary)			
Training to all girls in Self Defence	639	0.09	57.51
Total			57.51

Outcome: This would strengthen girl's enrolment & retention and is covered under PGI indicator 1.4.10.

(ii) **Self defence Training (Elementary):** An outlay of Rs. 1.35 lakh @ Rs. 3000/- per school per month was estimated for 3 Months training in self-defence for girls in 15 numbers of schools.

(Rs. In lakh)

Activity Master	Physical (Schools)	Unit Cost	Financial
Self Defence Training (up to Highest Class VIII)			
Self Defence Training (Upto Class VIII)	15	0.09	1.35
Total			1.35

4. Costing of Project Approval Board (PAB)

	Self defence training for Girls	1 5 9	Self Defence Training (up to Highest Class VIII)							
			15 9.a	Self Defence Training (Upto Class VIII)	15	0.09000	1.35	15	0.09000	1.35
				Total of Self Defence			1.35			1.35