

SELF DEFENCE TRAINING

Enhancement of self confidence among the girls is a bare necessity to enable them to be strong both physically and mentally to tackle any untoward situation they come across in their day to day life. State has started self-defense training to girls of upper primary level. As per the feedback received from 30 districts, it is observed the said training has enhanced the confidence level of the girls to some extent. Self-defense training programme was organized for 2,47,50 girl students.

OBJECTIVE:

- To develop self confidence among the girls
- To enable the child to face any challenges without fear.

OUTCOME:

- Awareness on physical fitness, health and nutrition.
- Awareness on defense techniques against offense attack.

AFTER THE TRAINING THE FOLLOWING OUTCOMES OBSERVED:

- The confidence level has been increased
- Girls have been emotionally, mentally and physically prepared to deal with an attack. In some cases they defend and raise their voice.
- They have been aware on defense against offense attacks
- They have been aware on escaping techniques against different hold and chokes.
- They have been aware on ground fighting and use it as per their need.

