



Policy Imperatives for Inclusion of Self Defence Training in the Curriculum for Girls' Education: An Evaluative Study on the Odisha Perspectives

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Abstract

Self Defence Training as a flagship programme was implemented by Government of Odisha in the year 2013 under Odisha State Youth Policy 2013. The programme was aimed to render life skills, education and training of Self Defence and inculcating a sense of belongingness among girl students in conformity with the Odisha State Youth Policy 2013. The broad objectives of the programme includes to empower girl students, instill Self Confidence and to make them able to defend themselves against physical assaults The Self-Defence Training Programme has completed its 8th year in Odisha. Till the end of 2017-18, more than 12 lakh girl students have been enrolled at college level all over the state out of which 56 per cent of them i.e.6.79 lakh girl students have been trained on Self Defence.1878 Master Trainers have been engaged for imparting Self Defence Training at college level through 30 Nodal Colleges and associated tagged colleges. Rs 25.52 crore has been released against Self Defence Training programme to all districts of Odisha out of which 71 per cent of the fund i.e. Rs 18.22 Crore have been utilized. Since Govt of Odisha has utilized more than Rs18 crore on Self Defence training and trained 6.79 lakh girl students all over the state, the researchers with support from selected higher secondary colleges of the sample districts have attempted to draw the analytical exposition of cross cutting issues.

Key words: Self defense, girl students, martial art, unarmed combat, demonstration, curriculum

Introduction:

Atrocity on women has been reckoned as an age-old phenomenon. There are reports of unpleasant situation experienced by female folk due to typical male aggressiveness in our day to day life. However, in the last four to five decades as a result of women's education and due to certain reform measures adopted by progressive Governments, women community have started protesting against the ferocious attitude and act of violence of their male counterparts. In spite of education and empowerment of women, they continue to face threats at home and outside. There are also incidents of sexual harassment at educational institutions all over the country.¹ Girls usually go to colleges by foot, bicycle, and two wheelers and sometimes even alone. The parents habitually stoop to this apprehension and restrain the girls to attend the classes in late afternoon or early evening or extra hours required for their education. It obstructs their path to achieve excellence in life and career. In the above context, Government of Odisha has announced a progressive youth policy in the year 2013 for the benefit of young girl students of Odisha. In conformity with the youth policy of Govt of Odisha, Higher Education Department, Government of Odisha has been imparting Self Defence Training to the young girl students of Odisha.² The Self Defence Training Programme is running its 7th year in Odisha. As per the records of Higher Education Department, Govt of Odisha, 6.79 lakh girl students have been trained through 1878 Master Trainers. Govt of Odisha has utilized Rs 18.22 Crore against Self Defence Training Programme during 2013-14 to 2017-18.³

Keeping in view the above background, the researchers with thematic and operational support from Govt of Odisha have attempted to assess the impact of Self Defence Training Programme on empowering the girl students of colleges in Odisha.

Need for Self Defence Training:

According to the Crime in India-2016 report by National Crime Records Bureau, around 39 crimes against women are reported every hour in the country. The National Family Health Survey report highlights that every third woman in India, since the age of 15, has faced some form of domestic violence bringing forth the harsh truth. India was also named one of the dangerous countries in the world on safety of the women. Women constitute 48 per cent of the 1.2 billion populations in India, yet they have faced the risk of sexual assault for decades.⁴

In the year 2016, over 58,000 rapes were reported across India, according to the National Crime Records Bureau, a dramatic increase from over 33,000 that were reported in 2012. In Delhi, almost 4,000 sexual harassment cases were reported that year, as well as more than 80,000 harassment cases nationwide. The Delhi High Court has directed the state government to implement Self-Defence Training programmes for girls in government schools. The Court stated "As a preventive precautionary measure, Self Defence classes need to be started so as to arm and strengthen girls and their self protection needs to be ensured which should include all

techniques, exclusively taught to them on a priority basis". The court directed Government of Delhi to consider integrating self-defence classes into the curriculum for girl students. It was suggested by the Court to rope in civilian volunteers, trainers and volunteers from the defense establishment to teach different techniques to girls to defend themselves.⁵

The University Grants Commission (UGC) has solicited action taken by colleges and universities if Self Defence programme for women has been introduced and initiatives taken for inculcating inclusive values among students. It aimed at addressing contemporary concerns related to women's safety and social strife. All the universities have been asked to inform the UGC the steps taken to encourage and strengthen National Cadet Corps training at the college and university level. The commission decided to fund Self Defence courses for women. The Commission in 2016 had issued a notification advising all universities to offer NCC as an optional subject to students. Self Defence Training for women studying and working on campus through tie-ups with training institutions should be made a mandatory component of extra-curricular activities undertaken in colleges. Physical Defence Training can follow instructions on Self Defence model that focuses on strategies like awareness, risk reduction and risk avoidance and above all hands-on Self Defence techniques. In the face of increasing cases of sexual harassment and violence against women, it is essential for the educational institutes to impart Self Defence techniques to girls.⁶

With every incident, it is becoming more and more imperative for women to know how to protect and defend themselves, if ever the need arises. For a safer world, there is a crucial requirement to teach Self Defence to girls from an early age, so that they grow up to become self-reliant, strong and confident individuals. Self Defence would prepare them for any unforeseen circumstance and can also empower them to help others at the time of need. Self Defence classes have many benefits apart from just safety. They sharpen reflexes of individuals, keep people fit, reduce stress, raise self-awareness, and also teach discipline, skills that can help every woman leading a happy and safe life.

Government of Odisha's Policy on Self Defence Training for Girl Students:

Government of Odisha has announced a progressive Youth Policy in the year 2013 for the benefits of college girl students of Odisha. The main objectives of the programme is to empower women, enable them to defend against any type of physical assault and to build self-confidence to enable them to contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self Defence Training. As per the policy objectives, Higher Education Department, Govt of Odisha formulated guideline on Self Defence Training for Girl Students at college level. As per the guideline, there is a nodal college in every district of Odisha for imparting Self Defence Training Programme to girl students at college level. There are tagged colleges under the Nodal College to impart Self Defence Training to girl students. Following methodologies

have been adopted by the Higher Education Department, Govt of Odisha for implementation of Self Defence Training Programme at higher secondary level.

- i) Nodal Colleges find out the sub-nodal colleges in case of need which would supervise five to six tagged colleges under their jurisdiction depending upon the geography of the area.
- ii) There is a four tier system of monitoring to supervise the implementation of Self Defence Training Programme. The first monitoring system has been constituted with a team comprising Principal of the district level Nodal College, Principals of sub-nodal colleges and coordinators of the concerned Nodal Colleges. The second monitoring system is constituted of a District Level Consultant (DLC) and Principal of each college of the concerned district. District level consultant will collect report from each college under their jurisdiction and send the monthly report to Department of Higher Education Department, Govt of Odisha. The third monitoring system is to be constituted at district level comprising District Collector, Superintendent of Police, Chief District Medical Officer, District Programme Officer (NSS), Senior NCC Officer, Senior Red Cross Counselor and Principal of the nodal college as Convener. The district level committee meets from time to time to monitor the training programmes in the field. The committee is mandated to provide guidance from time to time. The fourth monitoring system at state level consists of the Advisor at State Level Self Defence Training Programme who monitors the programme of all colleges. State Level Officer-cum-Deputy Secretary of Higher Education Department, Govt of Odisha also coordinates the programme. State level Advisor and team also monitors the training programme in every month.
- iii) Each nodal college prepares college wise training calendar and submit the copy of that calendar to District Level Consultant. Each college prepares action plan for Self Defence Training mentioning the exact training programme schedule and submits the same to Nodal College.
- iv) Funds are distributed to the Nodal Colleges for organising the training programme. The Nodal Colleges distribute the fund to other colleges for organising Self Defence Training Programme for the girl students.
- v) Nodal colleges ensure collection of Utilization Certificate of funds given to the individual colleges.
- vi) The Principals of individual colleges certify expenditure incurred against the Self Defence training and submit receipt to the nodal colleges for further supervision and monitoring.
- vii) Master Trainers are selected from among the sportive and active women candidates as per the list provided by Nodal Colleges. Master Trainers are selected preferably from NSS, NCC, Red-Cross, Ranger and Rover background having strong mental attitude. Master Trainers are trained for two weeks with the prescribed syllabus. After undergoing training, the Master Trainers impart training to girl students at college level for two weeks duration to a batch of 30 students for one hour duration per day.
- viii) Fund is placed to the Nodal Colleges by Directorate of Higher Education, Govt of Odisha. Nodal colleges place the fund to the colleges under their jurisdiction after the training calendar, programme

schedule and requirement of fund as per the strength of their girl students submitted by the respective colleges.

- ix) Rs 310/- per student has been earmarked for Self Defence Training in the following manner. Rs 100/- per student for the remuneration of trainer. Diet allowance for each trainee is Rs. 120/- (Rs.10/- X 12) days). Rs 30/- have been earmarked for the training material of participants like CD, certificate, documentations, hitting board, dress etc. One REACT book costing Rs 60/- per trainee is given by the Nodal Colleges

The Self Defence Training programme has been instituted by Higher Education Department, Govt of Odisha in the year 2013-14 with initial budgetary allocation of Rs.6.00 Crore. The Self Defence Training Programme is running its 7th year in Odisha. As per the records of Higher Education Department, Govt of Odisha, 6.79 lakh girl students have been trained through 1878 Master Trainers by utilizing Rs 18.22 Crore during 2013-14 to 2017-18.⁷

Review of Literature on Self Defense Training for girls:

Ganta Hymavathi, Chairperson of AP State Commission for Protection of Child Rights opines that with incidents of attacks on minors being reported often in the state and parents are becoming increasingly concerned about their children's safety. As such, child rights activists and bodies working for women and child welfare are urging school and college authorities to include Self Defence classes in course curriculum and make it mandatory for every student to learn. .If we equip girls with Self Defence skills, they can protect themselves and avert awkward situations. It will also send a strong message to the abusers that girls can protect themselves. Self Defence skills will empower the girl students in many aspects and every college and school should provide such classes to their students.⁸

Nina Cummings (1992) recognizes that it is difficult to measure the effectiveness of Self Defence training for students, partly because of the challenges associated with maintaining response levels over a long period. She is also of the opinion that it is difficult to establish whether a student is able to prevent victimization solely because of Self Defence training.⁹

Other researchers like Brecklin and Ullman (2015) agree that while it is easier to assess the effectiveness of Self Defence Training strategies and Life Skills Development, such as confidence, assertiveness and empowerment, more could be done to assess avoidance behaviors, victimization experiences, responses of women and girls to actual assaults.¹⁰ Review shows that one of the most important lessons in an empowering Self Defence course is that strikes and kicks are tools of last resort. The idea of Self Defence Training is to prepare people for nonviolence is often overlooked. In empowering girls through Self Defence Training, participants learn verbal strategies as well as physical skills to deal with inappropriate behaviour by people they know as well as by strangers. Physical tools are indispensable to empower Self Defence because

developing these tools simultaneously connect people with their bodies and dismantles myths about women's weaknesses and men's superior power. Women discover that regardless of their body type, athletic ability or disability that they can use what they have to defend themselves from violence (Thompson, 2014).¹¹

Hypotheses:

Considering the need of the study, following hypotheses have been drawn as lower form of abstraction for the purpose of study.

- a) The Self Defence Training Programme for girl students has been successful in empowering girl students to overcome fear psychosis in facing critical situations concerning to their safety
- b) The capacity building efforts have been successful in staging attitudinal transformation among girl students to instill confidence to defend against physical assault.

Research Methodology:

i) Selection of Districts: Striking an impeccable balance of studying the impact of the Self Defence Training among girl students, the following criteria have been adopted to select study districts from each Revenue Division for the purpose of study. The districts which have utilized more percentage of fund and trained higher percentage of enrolled girl students have been selected for the purpose of study from each Revenue Division. Similarly, the districts which have utilized less percentage of fund and trained less percentage of enrolled girl students have also been chosen for the purpose of study. Four districts from each revenue division have been selected for the purpose of study.

Sl.	Revenue Division	Colleges selected from the following districts
1	Central Revenue Division	Mayurbhanja, Puri, Khorda and Cuttack (4 districts)
2	Southern Revenue Division	Kalahandi, Nuapada, Kandhamal and Ganjam(4 districts)
3	Northern Revenue Division	Keonjhar, Dhenkanal, Sambalpur and Sundargarh (4 districts)

Mayurbhanj leads the Central Revenue Division by utilizing highest percentage of fund and imparted training to more percentage of enrolled girl students. Puri is in bottom of the list to have utilized less percentage of fund and trained less percentage of enrolled girl students in Central Revenue Division. Khorda and Cuttack are also the average performing districts in respect of fund utilization and training of enrolled girl students in Central Revenue Division. Similarly, Nuapada and Kalahandi districts lead the Southern Revenue division with regard

to fund utilization and percentage of enrolled girl students trained on Self Defence whereas Kalahandi and Ganjam are in bottom of the list to have utilized less percentage of funds and trained less percentage of enrolled girl students in same Revenue Division. Keonjhar is also one of the leading district in Northern Revenue Division on percentage of fund utilization where as Sundargarh is another leading district in the same Revenue Division to have trained more percentage of girl students. Dhenkanal and Sambalpur are the districts reported to have trained less percentage of enrolled girl students on Self Defence.

Field Study:

Field Study has been conducted in the Nodal and their tagged colleges of each selected district. Interaction has been made with 1203 girl students @ 100 students per district to assess the impact of Self Defence Training. Master Trainers and college authorities dealing with Self Defence Training have also been consulted for the purpose of study. The students were selected purposively from each stream and at (+2) as well as Degree level. Following are the list of Nodal and Sub-Nodal colleges where the field study has been conducted. The colleges have been selected in consultation with Government of Odisha.

Research Design adopted for the Study:

- a) Structured Interviews with the girl students completed Self Defence Training Programme through a specially designed questionnaire
- b) Consultation with the Master Trainers who played key role in coaching the Self Defence techniques to girl students through an interview schedule.
- c) Interaction with college authorities i.e. Principal, Coordinators and Supporting Staffs who organized the Self Defence Training for girl students.

Primary data were collected from students through personal interview with the students and Master Trainers to ascertain the impact the Self Defence Training Programme. Secondary data on year wise students enrolled and trained, utilization of fund etc have been collected from the Higher Education Department, Govt of Odisha and college authorities dealing with Self Defence Training Programme. Qualitative information on training management, impact of training programme and other related areas were captured through Focus Group Discussion at each level.

Analytical Framework:

The findings of the study have been analyzed in tabular and graphical form. Statistical tools like Chi-Square Test and Logistics Regression Analysis have been applied to assess the usefulness of Self Defence Training Programme on increasing the confidence of trained girl students. Few case studies have also been documented during the process of study.

Outcomes of the Study:

Following outcomes are expected from the current Impact Assessment Study on Self Defence Training Programme of girl students being implemented by Higher Education Department, Government of Odisha.

- Enhanced understanding on the process of attitudinal transformation, Self Confidence and empowerment for overcoming fear psychosis among girl students.
- Changed mindset among girl students, teachers and parents towards efficacy and impact of Self Defence Training prompted by the observations and findings of the evaluation study.
- Providing critical input to the Higher Education Department, Government of Odisha in evolving/devising further strategies for the Self Defence Training Programme.

Assessment of Impact of Self Defence Training on Girl Students:

Self Defence is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist and survive against violent attacks. A good Self Defence Training provides psychological awareness and verbal skills, not just physical training. Self Defence Training aims to prevent violence against women by way of strengthening their capacity to defend themselves. These kind of training programmes not only equip the women with the physical survival techniques necessary to repulse attacks effectively, but also help them to prevent future violence by developing traits such as assertiveness and confidence in individuals. The basic thrust of the Self Defence Training Programme is to equip girl students at college level. Following are the basic life skills which girl students have learnt during the Self Defence Training Programmes as evident from interviews

- Girls become aware of certain dos and don'ts in the day -to-day life.
- They learn how to properly channelize their emotion in adolescent period.
- They get familiarized to form groups and extend co-operation among each other
- The girl students are sensitized how to recover from mental trauma and fight against offenders.
- They get basic idea of sensing possible attacks and danger.
- Learn to apply presence of mind and measures to avert the impending danger.
- They get equipped with the necessary escape and attacking techniques required for Self Defence

From the universe of 30 districts, 4 districts have been selected from each revenue division. 15 Nodal and Sub-Nodal colleges along with their tagged colleges have been covered during the process of study from the 4 Revenue Divisions of Odisha. A sample size of 1203 girl students @ 100 students per college has been consulted to assess the impact of Self Defence Training in conformity with the study objectives. Pilot Study has been conducted in Puri, Keonjhar and Ganjam districts from Central, Northern and Southern Revenue

Divisions respectively. The pilot study initially captured the responses of 305 girl students, 16 Master Trainers and authorities of 5 colleges. Based on the learning from pilot study, final impact assessment was conducted in 15 Nodal and sub-Nodal colleges along with their tagged colleges in 12 districts of 3 Revenue Divisions. Findings of the study are presented below based on the individual interview and Focus Group Discussion conducted with the students undergone Self Defence Training.

Usefulness of Self Defence Training Programme:

The girl students were imparted with various Self Defence Techniques during the training programme. Training programme was of 12 days duration imparted through Master Trainer. A Training Hand Book titled as “REACT” was provided to the girl students containing different techniques of Self Defence. The Self Defence Training Programme covered the following aspects:

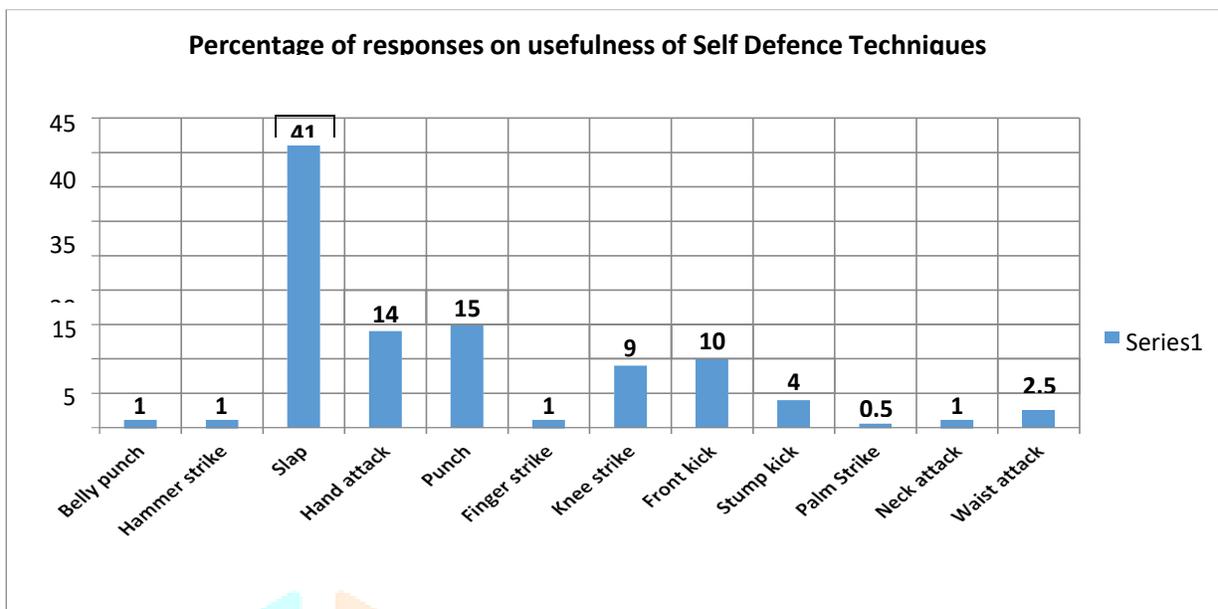
- i. Psychological aspects i.e. increasing mental strength of girl students
- ii. Physical skills which includes the escape and attacking techniques.

The Psychological aspects of training equip the girls to react verbally and apply presence of mind in case of any unwarranted situation. This aspect of training also teaches alertness and self-discipline to the girls. The physical aspects of Self Defence Training include escape and attacking techniques. Following are the major techniques imparted to girl students during the training programme.

1. Belly Punch	7. Knee Strike
2. Hammer Strike	8. Front Kick
3. Slap	9. Stump Kick
4. Hand Attack	10. Palm strike
5. Punch	11. Neck Attack and
6. Finger Strike	12. Waste attack

These 12 techniques were imparted to girl students at college level to increase their ability to protect themselves from attacker. Table and Fig-4.6 depicts responses of girl students on usefulness of different techniques imparted during Self Defence Training Programme. The following Table and figure indicate that slap is the most useful technique for Self Defence according to 41 per cent of the girl students interviewed. Punch, Hand Attack, Front Kick and Knee Strike are the other useful techniques according to 10 to 15 per cent of the respondents. These techniques increased self-confidence of the girl students to protect themselves

Techniques	Divisions			Total
	Central	Southern	Northern	
Belly punch	2(0.5%)	4(1.0%)	4(1.0%)	10(0.8%)
Hammer strike	0	2(0.5%)	7(1.8%)	9(0.7%)
Slap	159(39.6%))	191(47.6%)	140(35.0%)	490(40.7%)
Hand attack	69(17.2%)	46(11.5%)	53(13.3%)	168(14.0%)
Punch	53(13.2%)	63(15.7%)	70(17.5%)	186(15.4%)
Finger strike	0	8(2.0%)	2(0.5%)	10(0.8%)
Knee strike	70(17.4%)	27(6.7%)	16(4.0%)	113(9.4%)
Front kick	24(6%)	43(10.7%)	56(14.0%)	123(10.2%)
Stump kick	21(5.2%)	5(1.2%)	17(4.3%)	43(3.6%)
Palm Strike	1(0.2%)	3(0.7%)	2(0.5%)	6(0.5%)
Neck attack	3(0.7%)	8(2.0%)	4(1.0%)	15(1.2%)
Waist attack	0	1(0.2%)	29(7.2%)	30(2.5%)
Total	402	401	400	1203



Cost-Benefit Analysis of Self Defence Training Programme:

Self Defence Training as a flagship programme was implemented by Government of Odisha in the year 2013 under Odisha State Youth Policy 2013. The Self Defence Training Programme is running its 7th year in Odisha. Till the end of 2017-18, more than 12 lakh girl students have been enrolled at college level all over the state out of which 56 per cent of them i.e. 6.79 lakh girl students have been trained on Self Defence. 1878 Master Trainers have been engaged for imparting Self Defence Training at college level through 30 Nodal Colleges and associated tagged colleges. Rs 25.52 Crore have been released against Self Defence Training programme to all districts of Odisha out of which 71 per cent of the fund i.e. Rs 18.22 Crore have been utilized within a span of five years.

Following are the benefits accrued due to Self Defence Training Programme against the expenditure of Rs 18.22 Crore in the entire state:

- i. 6.79 Lakh girl students completed the training programme of Self Defence.
- ii. 81.48 lakh training man-days were created in different colleges of Odisha as a result of Self Defence Training Programme.
- iii. 22650 batches of training programme could be organized on Self Defence all over the state.
- iv. 1878 Master Trainers were created for imparting training on Self Defence Techniques to girls. They also acted as motivators for the girl students to build their self-confidence for protecting themselves in case of any bad situation.
- v. Rs 6.79 Crore were earned by Master Trainers as remuneration due to Self Defence Training Programme.
- vi. 6 crores of girl students have received the Training Completion Certificate on Self Defence.

- vii. 5.77 Crores REACT booklet containing photographs of various escape and defence techniques for the girl students were distributed among the girl students in different colleges of Odisha.
- viii. 60 per cent of the trained girl students reported to have gained confidence to apply the Self Defence techniques they have learnt in case of unwarranted situation.

After intensive field study and interaction with the students it was ascertained that Self Defence Training Programme is being organized by Nodal Colleges in their own premises and through other tagged colleges of their district. College teachers played key role in informing the girl students about conduct of Self Defence Training Programme in their college. Defending themselves from any unwarranted situation was the driving factor for girl students to opt for Self Defence Training Programme. Colleges have been directed by Higher Education Department, Govt of Odisha to conduct 12 days training programme on Self Defence for girl students at the beginning of each academic session. The colleges also earmarked one hour every day for physical training on Self Defence to a batch comprising of 30 students during morning hours before the commencement of regular classes. Training was imparted both on psychological aspects and physical aspects of Self Defence by way of demonstration of 12 techniques. The techniques included attacking as well as escape skills. Slap, Punch hand attack and front kick are considered to be the most useful Self Defence skills for girl students. Snacks, React Book and other training materials were provided to the participants during the training programme. The participants after completion of training programme are confident of applying the technique during the period of crisis.

Recommendations:

On the basis of Focus Group Discussions and individual interviews held with trained girl students, Master Trainers, Teachers and authorities dealing with Self Defence Training Programme at college level, following are recommended to bring about more effectiveness to the Self Defence Training Programme:

- i. Awareness camps should be organized at college level to sensitize the girl students on the need of Self Defence. The Master Trainers, Teachers and College Authorities should clearly explain to the girl students that how Self Defence skills enhance the presence of mind, alertness, discipline and self-confidence to react in case of any unwarranted situation. Parents may be invited during the awareness campaign. Girl students may be counselled to join in the Self Defence Training Programme after realizing its potential benefit rather than choosing the same as a routine event. B. Higher Education Department, Govt of Odisha may instruct the Nodal Colleges to organize the Self Defence Training Programme during August-September immediately after the beginning of academic session. This will create enthusiasm
- ii. Refresher Training Programmes may be organized in a year for 5 days duration to girl students to reorient them on various Self Defence techniques. Since majority of the girl students fail to apply the technique due to lack of practice, refresher course may equip the girl students to sharpen their skill. H. Self Defence

- Training Programme may be included as a co-scholastic area under higher education curriculum and performance thereof may be assessed with grade.
- iii. More number of Master Trainers may be selected and empanelled by Higher Education Department, Government of Odisha. More number of Master Trainers will ensure continuity in Self Defence Training Programme in case of drop out of existing Master Trainers. The existing Master Trainers not able to impart proper training on various Self Defence Techniques may be substituted with new Master Trainers.
 - iv. The syllabus for Self Defence Training needs to be made more comprehensive by including more psychological aspects of Self Defence such as aspects like boosting self-confidence, assertiveness, avoidance behaviour and immediate verbal response to the offenders.
 - v. State level workshops may be organized for the Nodal Officers and Training Coordinators at least once in a year before commencement of training programme to discuss various issues for smooth conduct of the programme.
 - vi. The Nodal and Tagged colleges may be provided with Non-Recurring Grant for purchase of Mat, Hitting Boards, Gloves, Smart TV and uniforms for effective demonstration of Self Defence techniques. A special hall with furniture such as table, chair and almirah etc may be dedicated in each tagged and Nodal College for the Self Defence Training programme. Provision of Training Aids and earmarking of special hall may bring about effectiveness of the training programme.
 - vii. The associated tagged colleges organising Self Defence Training Programme for girl students may be instructed by the Higher Education Department, Government of Odisha to timely submit their Self Defence Training Action Plan to the Nodal Colleges for organising Training Programmes at the beginning of academic session.
 - viii. The current budget for the Self Defence Training @ Rs 310/- per student may be enhanced. Since Master Trainers play key role in Self Defence Training Programme, their remuneration may be enhanced. The current Diet Allowance for each trainee @ Rs 10/- per day is too insufficient to meet the refreshment of trainee girl students which needs to be enhanced. The current budget on Training Material @ Rs 30 per student is insufficient to provide CD, Certificate, Hitting Board, Dress, Mat, Gloves etc to students. The budget on training material also needs to be enhanced.
 - ix. Fund may be released to the Nodal Colleges by the Directorate of Higher Education, Odisha before the commencement of Self Defence Training Programme. The fund may be released preferably by July before the commencement of academic session.

Concluding observations:

The effectiveness of Self Defence Training Programme depends upon management of training by college authorities and Master Trainers. Master Trainers are instrumental in Self Defence Training Programme since they directly impart Self Defence techniques to the girl students. They also play key role in building eagerness, intelligence, discipline and self-confidence of the girl students trained during the 12 days training programme

on Self Defence. The training of Master Trainers was organized as per the requisition of concerned college. After proper scrutiny, the nodal colleges were asked to provide training schedule. Adherence to the stipulated norms has brought phenomenal changes in girl students' perception towards their safety which paves a path for their holistic progress and empowerment.

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