

**A PROFILE**  
**SELF DEFENCE TRAINING PROGRAMME FOR**  
**COLLEGE GIRLS**



**STEWART SCIENCE COLLEGE**  
**CUTTACK**

*In Self Defence there are*  
**NO RULES**

*Sometimes violence can mean the difference between life and death. The difference between waiting for someone's help and continuing to suffer abuse, and helping yourself when you most need it.*



*(Independence requires the ability to fend\ for yourself)*

## INTRODUCTION

Prevention is always better than cure .So avoidance of danger is always a better alternative than to fight. In an odd and danger a woman can find a way for safety if only she is equipped with the self defence skill. In today's society a woman is prone to fall victim to mugging or sexually motivated attack or domestic violence. Is it because the woman by nature is physically weaker and mentally softer? It is a matter of great agony that the woman who is the mother, the caretaker of her children, the carrier of human race finds herself unsafe physically tortured, mentally harassed and sexually assaulted. If so, it is hightime for every woman student to be made stronger physically, sharper and older mentally, to be ready to defend herself by being trained with self defence techniques.

Our Govt, has lately taken a decision in 2013 that Self Defence Training Programme should be added in every women's college in Odisha as a part of strengthening programme for women so that they can be able to defend themselves from a danger to their lives, to their property or to their virginity. Accordingly Stewart Science College of Cuttack city is no exception. In course of the past four years of training three hundred eighteen woman students have been trained .During her training a woman trainee is first taught how to remove fear from her mind and be bold enough to face the situation. So before falling a victim to an assailant she can plan a way to protect her. Then she is taught how to take advantage of the unpreparedness of the assailant either by escaping or by

attacking. Most of the assailants think that their prey is weaker. So when they find that the victim is a lioness, they tumble. This is the situation when a trained woman finds scope either to escape or to give a 'tit for tat' blow.

Every woman student must bear in mind that self defence training is a boon to her life, the best gift of her college life. Every sensible citizen should think that women are the property of the nation. So they should be nurtured not tortured. Let us hope for the best for our women. It is the birth right of every woman to have equality in this male dominated society. It is her right to live with dignity. Self Defence Training Programme is meant to make every woman strong enough physically and mentally. We want to no more 'Nirvaya' be brutally raped and thrown away on the road side, seriously injured, dying who later breathed her last despite doctor's utmost treatment. It is our duty to see our mothers, our sisters, our wives be safe and sound.

Let us discuss finally what a woman student should do. She should cast away the frozen Rabbit Syndrome i.e the fear of being victimized. The training teaches her to be confident, to remain calm watching the movement of the opponent and respond to the situation optimally. A trainee should also bear in mind that to resist to any physical self defence skill when violence has erupted is not better than avoidance of any confrontation to violence. So escape if chance permits and be safe.

Lastly, all trainees are advised to practice the techniques regularly as 'practice makes one perfect'. Always exhibit a firm body language. Keep body and mind fit for every situation. Never lose confidence. Keep

patience and courage at the time of danger. Always keep eyes, ears and touch organ open to smell the oncoming danger.

**Implemented in the year  
2013**

**(by the State Government of Odisha  
under State Youth Policy)**

# **AIMS AND OBJECTIVES**

- ❖ To impart self defence training to 5 lakhs girl students at college level, under Higher Education department.**
- ❖ To empower girl students.**
- ❖ To instil self confidence and physical skill.**
- ❖ To enable the girl students to defend themselves against assault.**
- ❖ To develop a vibrant youth force in the state.**

# THREE THINGS REQUIRED FOR SELF DEFENCE

❖ **Courage**

❖ **Fitness**

❖ **Combat techniques**





**STATUS OF THE COLLEGE  
SUB-NODAL CENTRE**

**Name of the colleges under this sub-nodal  
college from the session 2013-2017**

1. Gokhale Ideal College, Sankarpur, Choudwar, Cuttack.
2. Sakti College, Athagarh, Cuttack.
3. Gonasika Women's Science College, CDA, Cuttack.
4. Biswanahakani College, Biswanahakani, Tangi, Cuttack.
5. AIMs College of Science and Technology, Cuttack.
6. Mahanadi Science College, Jagatpur, Cuttack.

During this session Ravenshaw Junior (Auto.) College, Cuttack was taking the charge as a Nodal College in Cuttack District.

## **STATUS OF THE COLLEGE SUB-NODAL CENTRE**

### **Name of the colleges under this sub-nodal college from the session 2017-2018**

1. N.S.M City College, Rajabagicha, Cuttack
2. Birenmitra Women's College, Cuttack.
3. Indira Gandhi Women's College, Cuttack
4. Raghunathjew Mahabidyalaya, Deula Sahi, Cuttack.
5. Sudarshan Mahabidyalaya, 42 Mouza, Cuttack.

Shailabala Women's (Auto.) College, Cuttack was first time taking the charge as a nodal college in Cuttack district.

# MEMBERS

(SELF-DEFENCE COMMITTEE)

1. Principal in the chair
2. Dr.Amarnath Sahoo, Administrative Bursar
3. Mr.Prasant Kumar Mohanty, Account Bursar
4. Dr.(Mrs.)Sasmita Pattanaik (O.I.C)
5. Dr.(Mrs.) Tanushree Patnaik
6. Mrs.Reema Das
7. Dr.(Mrs.)Smita Mohanty
8. Mrs. Sonali Roul

# **LIST OF THE MASTER TRAINERS**

- 1. Miss Pragyan Paramita Nayak**
- 2. Miss Sudhamayee Mahali**

# **About Self –Defence Training of this College**

<b>Year</b>	<b>No. of Girl students trained</b>
<b>2014-15</b>	<b>63</b>
<b>2015-16</b>	<b>70</b>
<b>2016-17</b>	<b>95</b>
<b>2017-18</b>	<b>89</b>

**Duration of training of each group – 12 days**

**No. of girl students trained in a group – 30**

# Initiatives taken to strengthen the Self Defence Training Programme

- Attending various meetings with the nodal college and six constitutional colleges, under this sub nodal college.
- Frequently interacting, motivating and inspiring the students by conducting meetings, visiting class-rooms to create awareness among the students which results in more active participation of the students in the programme.
- Frequently visiting six colleges under this sub- nodal college for proper sensitization and implementation of the programme.
- Deputation of our master trainers to other colleges to train their students. Motivating and inspiring the students in induction meetings, making the parents aware in parent teachers meeting of this college.
- Providing adequate facilities for this training programme.
- Distributing certificates to the girl students those who successfully completed 12 days training programme.

# **REPORT**

The Self Defence Training Programme for the college girls implemented by the State Government is a flagship programme under State Youth Policy, 2013. The Government have decided to impart Self Defence Training to 4 lakh girl students under higher education department. The aim of this programme is to empower girl students to instill Self Confidence and Physical skill, to enable them to defend themselves against assault.

## **1. Report Self Defence Training Programme for the year 2014-15**

The Self Defence Training programme at Stewart Science College was first held at the college premise in 2014-15. In this year 63, +3 college girls have completed the self defence training programme. Miss Pragyanparamita Nayak and Miss Sudhamayee Mahali the master trainer, briefed the girl students about the rules and regulations of the programme. Three groups were formed, 1<sup>st</sup> group consisting of 30 students and 2<sup>nd</sup> group consisting of 33 students. Both the college girls were trained as master trainer by Utkal Karate School, BBSR. They smoothly trained the girls at the time of last week of November 2014.

During the training period girls were refreshed by snacks. At the end of the programme our Principal, Administrative Bursar and the Accounts Bursar distributed the SDT programme certificate to all the trained girls. Mrs. Sasmita Pattanaik, Lecturer of chemistry conducted the programme as officer in charge , she successfully completed the SDT programme in Stewart Science college with the cooperation of other staffs.

In this session the SDT programme was completed under the charge of Mrs. Sasmita Pattanaik and Dr,(Mrs.)T.Patnaik, Mrs.Sonali Roul. After the initial orientation, the master trainer started the training for the enrolled students. The programme continued from 16<sup>th</sup> Nov. to till 1<sup>st</sup>Dec. 2014. This year 63 girls were trained by our master trainers, Miss pragyanparamita Nayak and Miss Sudhamayee Mahali of +3 final year, of chemistry honours. Two groups were formed, 1<sup>st</sup> group consisting of 30 students and 2<sup>nd</sup> group contained 33 students.. After the completion of the programme, the Principal Mrs Meerabala Mohapatra and Account Bursar distributed the certificate to the girls.

## **2.Report Self Defence Training Programme for the year 2015-16**



The Self Defence Training programme at Stewart Science College was first held at the college premise in 2015-16. In this year 70, both +2 &+3 college girls have completed the self defence training programme. Miss Pragyanparamita Nayak and Miss Sudhamayee Mahali the master trainer, briefed the girl students about the rules and regulations of the programme. Three groups were formed, 1<sup>st</sup> &2<sup>nd</sup> group consisting of 30 students each and 3<sup>rd</sup> group consisting of 10 students. Both the college girls were trained as master trainer by Utkal Karate School, BBSR. They smoothly trained the girls at the time of 21<sup>st</sup> sept.2015 to 6<sup>th</sup> oct.2015. During the training period girls were refreshed by snacks. At the end of the programme our Principal, Administrative Bursar and the Accounts Bursar distributed the SDT programme certificate to all the trained girls. Mrs.Sasmita Pattanaik , Lecturer of chemistry conducted the programme as officer in charge, she successfully completed the SDT programme in Stewart Science college with the cooperation of other staffs .

Like previous year, this year's session of the SDT programme was completed under the charge of Mrs.Sasmita Pattanaik and Miss Rima Das(lecturer of Zoology). After the initial orientation, the master trainer started the training for the enrolled students. The programme continued till 6th Oct 2015.This year 70 girls were trained by our master trainers, Miss pragyanparamita Nayak and Miss Sudhamayee Mahali of +3 final year, of chemistry honours. Two groups were formed, each group consisting of 35 students. After the completion of the programme, the Principal Mrs Meerabala Mohapatra and Account Bursar distributed the certificate to the girls.

### **3. Report Self Defence Training Programme for the year 2016-17**

The Self Defence Training programme at Stewart Science College was first held at the college premise in 2016-17. In this year 95, +3 college girls have completed the self defence training programme. Miss Pragyanparamita Nayak and Miss Sudhamayee Mahali the master trainer, briefed the girl students about the rules and regulations of

the programme. Three groups were formed, 1st two group consisting of 30 students and 3rd group consisting of 35 students. Both the college girls were trained as master trainer by Utkal Karate School, BBSR. They smoothly trained the girls at the time of last week of November 2016. During the training period girls were refreshed by snacks. At the end of the programme our Principal, Administrative Bursar and the Accounts Bursar distributed the SDT programme certificate to all the trained girls. Dr.(Mrs.) Sasmita Pattanaik ,Lecturer of chemistry conducted the programme as officer in charge, she successfully completed the SDT programme in Stewart Science college with the cooperation of other staffs .

Like previous year, this year's session of the SDT programme was completed under the charge of Dr.(Mrs.) Sasmita Pattanaik ,Dr.T.Patnaik,Mrs.S. Roul and Miss Rima Das(lecturer of Zoology). After the initial orientation, the master trainer started the training for the enrolled students. The programme continued till 5th Oct 2015.This year 95 girls were trained by our master trainers, Miss pragyanparamita Nayak and Miss Sudhamayee

Mahali of +3 final year, of chemistry honours. Two groups were formed, each group consisting of 35 students. After the completion of the programme, the Principal Mrs Meerabala Mohapatra and Account Bursar distributed the certificate to the girls.

## **1. Report Self Defence Training Programme for the year 2017-18**

The Self Defence Training Programme was successfully completed at Stewart Science College in 2017-18. In this year 89 girls students both +2 and +3 have completed the SDT programme. Ms. Pragyan Paramita Nayak and Sudhamayee Mahali the master trainer, briefed the girl students about the rule and regulation of the programme. Three groups were formed, each group consisting of 30 students. Both the master trainers smoothly trained the girls at the time of first week of February, 2018. During the training period girls were refreshed by snacks. At the end of the programme our principal Dr. Debasish Acharya, guest of meeting, Mrs. Mamata Sahoo, SDT Programme coordinator of Nodal Centre (S.B. Women's (

Auto. ) College) gave their valuable suggestions to the girls. Dr. Sasmita Pattanaik, Lecturer of Chemistry conducted the programme as officer in charge successfully completed the STD programme in Stewart Science College with the cooperation of Dr. Smita Mohanty, Lecturer of Botany and Dr Tanushree Pattanaik, Lecturer in chemistry. Finally certificates are distributed to the participants.

Our aim is to make this programme 100% successful.