

Report of Self Defence Training Programme (2017-2020)



**Rayagada Autonomous College
Rayagada**

ABOUT THE SELF-DEFENCE TRAINING PROGRAMME

The self defence training programme for college girls implemented by Odisha government is a flagship programme under state youth policy announced in the year 2013.

OBJECTIVE

- To impart self defence training to maximum number of girl students at college level.
- To empower women.
- To make them able to defend against physical assault.
- To build self-confidence and physical skill.
- To develop a vibrant youth force in the state.

For giving training at college level, master trainers are selected.

- The Principal of the nodal college selects active and sportive girl students preferably from NSS, NCC, Red Cross, Rover and Ranger background with strong aptitude for master trainer training and sponsor their names to the training institute.
- Master trainers are trained by the trainers of Utkal Karate School, Bhubaneswar. The duration of training is 7 days.
- For giving training at college level, a batch comprising 30 students is trained by a master trainer for one-hour duration in a day for two weeks excluding Sundays and holidays. Total numbers of training days are 12 days.
- Fund allocation per student is Rs.300/- which includes
 1. Trainer remuneration is Rs.100/- per student.
 2. Refreshment allowances per student for each trainee is Rs.10/- per day
 3. Contingency is Rs.30/-per student
 4. Rs.50/- for self-defence book 'REACT' per each student.

ANNUAL REPORT OF SELF-DEFENCE (2017-2018)

- Total strength of girls for the session: 613
- Amount sanctioned for the programme: 153250/-
- District level self defence meeting with the concerned co-ordinators and master trainers of different colleges was held on 27.11.2017 at the nodal college (Rayagada Autonomous College) to discuss about implementation of self defence training in the colleges.
- Four master trainers were assigned to train the girl students. The names of master trainers are:
 1. Miss Chandrakanta Tiwari
 2. Mrs Nagamani Kumbhar
 3. Miss Damini Kusulia
 4. Miss Madhuri Palaka
- The whole programme executed in two phases. During each phase of the programme the participated students were supplied with the self-defence book 'React'.

Details of the programme

Sl No	Phase	Duration	No of participants	Name of master trainer
1	1 st Phase (+3 girls)	04.12.2017 to 16.12 2017	121	Miss Chandrakanta Tiwari Mrs Nagamani Kumbhar
2	2 nd Phase (+2 girls)	06.03.2018 to 18.03.2018	146	Miss Damini Kusulia Miss Madhuri Palaka

Expenditure statement

Sl No	Phase	No of students attended	Amount utilized for refreshment (Rs. 120 per student)	Remuneration paid to master trainers (Rs. 100 per student)	Contingency (Rs. 30 per student)	Total amount of money utilized
1	1 st Phase (+3 girls)	121	14520/-	12100/-	3630/-	30250/-
2	2 nd Phase (+2 girls)	146	17520/-	14600/-	4380/-	36500/-

The 1st and 2nd phase programme completed successfully followed by a valedictory function where certificates were distributed among the students.



(Master trainers showing the self defence tricks, 2017-18)



(Distribution of self defence book “React”, 2017-18)



(Student encouragement by the Principal and college staff members, 2017-18)

ANNUAL REPORT OF SELF-DEFENCE (2018-2019)

- Total strength of girls: 576
- Amount sanctioned for the programme: 144000/-
- The district level self defence meeting with the concerned co-ordinators and master trainers of different colleges was held on 14.11.2018 at the nodal college (Rayagada Autonomous College).
- Two master trainers were assigned to train the students. Their names are:
 1. Miss Chandrakanta Tiwari
 2. Mrs Nagamani Kumbhar
- The whole programme executed in three phases. During each phase of the programme the participated students were supplied with the self-defence book 'React'.
- During this session four students of our college were selected to attend self defence master trainer's training "REACT" at Utkal Karate School, Bhubaneswar, organized by Department of Higher Education, Government of Odisha. The names of these students are:
 1. Miss Nibedita Podhiary
 2. Miss Srinita Polai,
 3. Miss Sandhya Rani Sabar
 4. Miss Neha Pandey.

These students successfully completed the training from 05.12.2018 to 11.12.2018.

Details of the programme

Sl No	Phase	Duration	No of participants	Name of master trainer
1	1 st Phase (+3 girls)	27.11.2018 to 08.12.2018	126	Miss Chandrakanta Tiwari Mrs Nagamani Kumbhar
2	2 nd Phase (+3 & PG girls)	18.12.2018 to 31.12.2018	217 (180+37)	Miss Chandrakanta Tiwari Mrs Nagamani Kumbhar
3	3 rd Phase (+2 girls)	18.02.2019 to 02.03.2019	150	Miss Nibedita Podhiary Miss Srinita Polai

Expenditure statement

Sl No	Phase	No of students attended	Amount utilized for refreshment (Rs. 120 per student)	Remuneration paid to master trainers (Rs. 100 per student)	Contingency (Rs. 30 per student)	Total amount of money utilized
1	1 st Phase (+3 girls)	126	15120/-	12600/-	3780/-	31500/-
2	2 nd Phase (+3 & PG girls)	217	26040/-	21700/-	6510/-	54250/-
3	3 rd Phase (+2 girls)	150	18000/-	15000/-	4500/-	37500/-



(District level meeting of co-ordinators and master trainers at nodal college, 2018-19)



(Inauguration ceremony of self defence programme for session 2018-19)



(Students with self defence books)

ANNUAL REPORT OF SELF-DEFENCE (2019-2020)

- Total strength of girls: 842
- Amount sanctioned for the programme: 210500/-
- Date of district level self defence meeting with the concerned co-ordinators and master trainers to implement self defence training: 24.10.2019
- Four master trainers assigned to train the students. The names of master trainers are:
 1. Miss Srinita Polai,
 2. Miss Sandhya Rani Sabar
 3. Miss Neha Pandey
 4. Miss Nibedita Podhiary
- Two students of our college were selected to attend self defence master trainer's training "REACT" at Utkal Karate School, Bhubaneswar, organized by Department of Higher Education, Government of Odisha.
 1. Anjana Khara
 2. Namita Khara

These students successfully completed the training from 19.02.2020 to 25.02.2020.

Details of the programme

Sl No	Phase	Duration	No of participants	Name of master trainer
1	1 st Phase (+3 girls)	17.01.2020 to 03.02 2020	111	Miss Sandhya Rani Sabar Miss Neha Pandey
2	2 nd Phase (+3 girls)	10.02.2020 to 27.02.2020	56	Miss Srinita Polai

Expenditure statement

Sl No	Phase	No of students attended	Amount utilized for refreshment (Rs. 120 per student)	Remuneration paid to master trainers (Rs. 100 per student)	Contingency (Rs. 30 per student)	Total amount of money utilized
1	1 st Phase (+3 girls)	111	13320/-	11100/-	3330/-	27750/-
2	2 nd Phase (+3 girls)	56	6720/-	5600/-	1680/-	14000/-

The programme executed in two phases. During each phase of the programme the participated students were supplied with the self-defence book 'React' and certificates were distributed after successful completion of the programme.



(Principal motivating students on the day of programme inauguration, 2019-20)



(Master trainers showing the self defence tricks)

ACHIEVEMENT

The district co-ordinator of this college Dr. K. Salva Raju received the best district self-defence co-ordinator award for the session 2015-16 by the Government of Odisha for his excellency.


