

## **Best Practice: 2**

### **Self Defense Training Course “Parivartan” for girls**

#### **Objective**

The main objective of this initiative was to empower girl students by equipping them with self-defense skills, physical fitness, and confidence to protect themselves in potentially dangerous situations. The program aimed to enhance self-awareness, foster courage, and encourage independence among young women, ensuring that they feel safe, confident, and prepared to face real-life challenges.

---

#### **Context**

In recent years, the importance of gender sensitization and women’s safety has gained prominence in educational institutions. Recognizing that safety and self-confidence are essential components of women empowerment, the Gender Sensitization Committee of Vallabh Government College, Mandi, under the guidance of Principal Prof. Surina Sharma, took the initiative to organize a structured Self-Defense Training Course titled “Parivartan.”

The program was designed in collaboration with IQAC and the Krishna Physical Fitness and Training Academy, Mandi, with the aim of creating awareness and practical readiness among students. The course responded to the need of the hour—preparing young women not only intellectually but also physically and emotionally to ensure their personal security.

---

#### **Practice**

The Self-Defense Training Course “Parivartan” commenced on 5th November 2024 for a duration of one month. A total of 50 girl students enrolled in this program, with a registration fee of ₹400 per student, out of which ₹200 was contributed by the college and ₹200 by the student herself. The sessions were conducted by expert trainers from Krishna Physical fitness and Training Academy, Mandi. Under their expert supervision, students were trained in:

- Basic self-defense techniques and emergency response strategies
- Situational awareness and threat assessment
- Physical fitness, coordination, and mental alertness
- Techniques from martial arts, kickboxing, and Wushu

The course included both theoretical and practical sessions, emphasizing physical agility, reflex training, and self-confidence development. Additionally, an Awareness Program on “The Importance of Self-Defense Skills and Training: A Need of the Hour” was organized on 21st November 2024, in collaboration with the same academy. This session was attended by 400 students and 10 teachers, where the trainers conducted live demonstrations and interactive discussions to promote the culture of self-protection and empowerment.

---

## **Outcome**

1. Enhanced confidence and courage among girl students to handle potential threats.
  2. Practical self-defense skills to protect themselves in unsafe situations.
  3. Improved situational awareness to recognize and avoid danger effectively.
  4. Development of mental resilience — ability to remain calm and take quick, rational decisions under pressure.
  5. Promotion of a culture of safety, equality, and empowerment within the college community.
-

## Challenges

- Time management: Adjusting the training schedule with academic classes was initially difficult for some students.
- Physical limitations: Some participants faced initial hesitation and physical strain due to lack of prior training experience.
- Awareness gap: At the beginning, many students underestimated the importance of self-defense until they experienced its practical value.

However, these challenges were addressed through regular motivation, flexible scheduling, and encouraging participation from all enrolled students.

---

**Report:** In Vallabh Government College Mandi, by following the directions of Prof. Surina Sharma, Principal, the Gender Sensitization Committee has organized a Self Defense Training Course 'Parivartan' for the girl students of this college in collaboration with IQAC. This course is of one-month duration started from 5th November 2024. 50 girls students are enrolled in this course with a registration fees of Rs 400/-each rupees (Rs 200/- is paid by the student and Rs 200/- is paid by the college itself). Two expert coaches have been hired as Trainers, Shri Vinod Thakur, Ex. Army Officer and Trainer at Krishna Physical fitness and Training Academy, Mandi and his associate, Mrs Santoshi Sharma, national, international and Asian gold medalist in kickboxing and wushu games, Asian coach of Savate French games and presently holding the post of Chairperson Feminine Commission Sewate Association India. Both the coaches are providing their expertise to these girls and teaching them all the self-defense skills and techniques which would help them to boost their confidence and empower them to face any difficult and unwanted situations and also to become independent in their life.



Mandi, Himachal Pradesh, India

PW4Q+G9R, VGC Rd, Paddal, Kartarpur, Mandi, Himachal Pradesh 175001, India

Lat 31.706163°

Long 76.93815°

18/11/24 03:22 PM GMT +05:30

GPS Map Camera



मंडी कॉलेज में छात्राओं को आत्मरक्षा के गुर सिखाते हुए। स्रोत : संस्थान

## छात्राओं को सिखाया, कैसे करें आत्मरक्षा

मंडी। वल्लभ कॉलेज मंडी में प्राचार्य प्रो. सुरीना शर्मा के निर्देशानुसार जेंडर सेंसटाइजेशन कमेटी की ओर से छात्राओं के लिए आत्मरक्षा प्रशिक्षण कोर्स "परिवर्तन" करवाया जा रहा है।

जेंडर सेंसटाइजेशन कमेटी की प्रभारी प्रो. आशा ठाकुर ने बताया कि एक माह तक चलने वाले प्रशिक्षण कोर्स में सेवानिवृत्त आर्मी ऑफिसर एवं प्रशिक्षक विनोद ठाकुर, किक बॉक्सिंग एवं वुशू गेम्स में राष्ट्रीय

स्वर्ण पदक विजेता एवं चेयरपर्सन संतोषी शर्मा छात्राओं को आत्मरक्षा के गुर सिखा रहे हैं।

उन्होंने बताया कि प्रशिक्षण का मकसद छात्राएं स्वयं इतनी दक्ष और सक्षम बनें कि उन्हें अपनी रक्षा के लिए किसी की भी जरूरत न पड़े। महाविद्यालय की प्राचार्य प्रो. सुरीना शर्मा ने आत्मरक्षा प्रशिक्षण कार्यक्रम की प्रशंसा कर इसे छात्राओं के हित में एक सराहनीय कदम बताया। संवाद





## Conclusion

The Self-Defense Training Course “Parivartan” successfully translated the idea of gender sensitization into practical empowerment. It not only equipped the participants with essential defense skills but also strengthened their mental strength and self-esteem. This best practice has created a lasting impact on the college community, inspiring more girls to participate in similar initiatives and promoting a sense of equality, safety, and confidence among students.