



“Dissemination of Education for Knowledge, Science and Culture”
- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's
Raje Ramrao Mahavidyalaya, Jath



Dist: Sangli – 416404, Maharashtra, India (Affiliated to Shivaji
University, Kolhapur)

Course syllabus

Of
“Certificate Course in Women's Self-Defence”

By

WOMEN EMPOWERMENT CELL

Raje Ramrao Mahavidyalaya, Jath.

Academic Year

(2022 – 2023)

Course syllabus

- | | |
|----------------------------------|--------------------------------------------|
| 1. Program of Study | All college Students |
| Faculty/Institute/College | Raje Ramrao Mahavidyala, Jath. |
| 2. Course Title | Certificate Course in Women's Self-Defence |
| 3. Number of Credits | 1 (0-1-1) (Lecture/Lab/Self-Study) |
| 4. Type of Course | General Education |

5. Course Description:

The women's self-defense is offline certificate course, aims to introduce women to array of subjects that concern their personal safety, from sexual assaults to potentially abusive partners(both emotionally and physically) each topic looks at a separate issue of self-protection and personal safety. At the end of the program girls students should be empowered to predict, Identify and avoid violent situations and the individuals who designs and orchestrate them. This Self- defence course, providing students with self-confidence and skills in assault situations; practical exercises focus on skills needed in different conditions.

6. Course Objective (s):

1. To educate the girl students about the different types of violence against them.
2. To provide knowledge about the different tips of self-protection to keep in mind in different situations.
3. To show case and give demo on different self-defense techniques.
4. To educate girl how to take control for yourself and other women.
5. Teach girl student to use their own strengths and confidence by learning different types of yoga.

7. Approximate Course Schedule-10 days model:

- Day 1: Introduction to fighting stances
- Day 2: Ground fighting basics / standing fighting basics
- Day 3: Street fighting for self defence
- Day 4: Lathi-kathi Training for personal safety
- Day 5: Knockout fight for self defence
- Day 6: Basic strategies to defend yourself
- Day 7: Ground fighting test preparation / blocking test preparation
- Day 8: Skills test
- Day 9: Mental self-defence through Yoga
- Day 10: Self-defence mind-set techniques.

8. Course Outline

Day	Topic	Hour		
		Lecture	Lab	Self-Study
1	Introduction to Self Defense	0	1	1
2	Basic skills: Footwork + High kick Arm Grab Defense	0	1	1
3	Basic skills(Previous class):Front/Back kick	0	1	1
4	Lathi-kathi Training	0	1	1
5	Tackle Techniques Body throw + Defense	0	1	1
6	Basic strategies to defend yourself	0	1	1
7	Review Basic skills and techniques	0	1	1
8	Punching techniques	0	1	1
9	Meditation	0	1	1
10	Learning Human weak points	0	1	1
	Total	0	10	10

9. Teaching Method (s)

Instructions, demonstrations and lead-up activities.

10. Teaching Media

Demonstrations by Professional Instructor.

11. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

- The ability to defend themselves self in unpredicted situations in which they may be in danger with emphasis on bare hand techniques.
- Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+,C,D+, D, and F.
- Students must have attended at least 80% of the total class hours of this course .

12. Ratio of marks

Final Examination (Basic skills)	50%
Attendance and participation	20%
Written Examination	30%
Total	100%

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

13. Course evaluation:

- Achievement as indicated in number 12 above.
- Students' satisfaction toward teaching and learning of the course using questionnaires.

14. Reference (s)

- 1.The SAS Self-defence handbook by John Lofty Wiseman.
- 2.The Secret of Street Self-Defence by Paul Wellard.
- 3.Tricks of Self Defence by W.H. Collingridge.
- 4.How to win a Street Fight by Sam Fury.