

**NAVAJYOTHI COLLEGE OF TEACHER EDUCATION FOR WOMEN,  
OLARIKKARA, THRISSUR- 680012, KERALA**

**VALUE ADDED COURSE**

**ESSENTIAL SELF DEFENCE: MASTERING SKILLS OF  
SAFETY AND CONFIDENCE**

**Course Code: NJC.VAC. EDU.05**

**SYLLABUS**

<b>Course Code</b>	<b>Course Title</b>	<b>Duration of Course</b>		<b>Category</b>
NJC.VAC. EDU:13	Essential Self Defence: Mastering Skills of Safety and Confidence	36 Hours		Certificate
		Tutorial hours 18	Practical Course/Activity 18 hours	

**Maximum Mark: 50**

<b>Continuous Assessment</b>	<b>Seminar/Assignment/Viva Voce/Theory Exam</b>	<b>Practical Session</b>		<b>Active Participation in Training</b>
<b>20 Mark</b>	<b>10 Mark</b>	<b>10 Mark</b>		<b>10 Mark</b>
		<b>Record (5 mark)</b>	<b>Practical Exam (5 mark)</b>	

**Course Outcomes:**

- To focus on skills, knowledge, physical conditioning and practical applications on self defence.
- To demonstrate fundamental techniques and develop skills on situational awareness to recognize and avoid threats.
- To know how to apply emergency responses and implement personal safety strategies in various environments.
- To understand legal and ethical considerations.

## **COURSE STRUCTURE:**

### **Module - 01**

#### **INTRODUCTION AND BASIC PRINCIPLES OF SELF DEFENCE (5 Hours for Theory)**

- **Introduction to Self Defence**
  - \* Three Pillars of Self Defence
  - \* Mental Preparation
- **Basic Principles of Physical Self Defence**
  - \* Basic Defence Techniques
  - \* Building Self Defence Skills

### **Module - 02**

#### **UNDERSTANDING THREATS AND RISKS (5 Hours for Theory)**

- **Introduction to Threats and Risks**
  - \* Types of Threats
  - \* Risk Management Strategies
  - \* Risk Communication

### **Module - 03**

#### **LEGAL ASPECTS OF SELF DEFENCE (3 Hours for Theory)**

- **Conditions for Legal Self Defence**
  - \* Self Defence and Weapons
- **Criminal and Civil Liability in Self Defence**
  - \* Self Defence and Defence of Others

## **Module - 04**

### **PERSONAL SAFETY STRATEGIES (5 Hours for Theory)**

- ❖ **Introduction to Personal Safety Measures**
  - Developing Safety Mindset
  
- ❖ **Types of Threats**
  - Recognizing Warning Signs
  - Recognizing and Handling Aggressive Behaviour

## **Module - 05**

### **BASIC DEFENSIVE STANCES AND MOVEMENTS (6 Hours for Practical)**

- ❖ **Proper Stances for Stability and Mobility**
  - ★ Techniques to Escape from Grabs, Chokes and Strikes
  
- ❖ **Defending Against Common Attacks**
  - ★ Recognizing Potential Weapons in the Environment
  - ★ Physical Fitness for Self Defence

## **Module - 06**

### **SELF DEFENCE AGAINST ARMED ATTACKS (6 Hours for Practical)**

- ❖ **Gender- Specific Safety Concerns**
  - ★ Creating Personal Safety Plans
  - ★ Psychological Skills and Stress Management
  - ★ Understanding and Defending Different Weapons
  
- ❖ **Legal Rights to Self Defence**
  - ★ Counter Attacking and Escaping
  - ★ Realistic Training and Drills

## **Module - 07**

### **SCENARIO BASED TRAINING (6 Hours Practical)**

#### **❖ Self Defence Tools and Weapons and Drills**

Scenario 01. Verbal Confrontation

Scenario 02. Being Grabbed or Pinned

Scenario 03. Surprise Attack or Mugging

Scenario 04. Multiple Attackers

Scenario 05. Self Defence in a Confined Space

Scenario 06. Defending Against Armed Attackers

#### **Resources:**

- ✓ Course Readings and Materials
- ✓ Workshops and Seminars
- ✓ Training by Law Enforcement