



ONDATHANAMAHAVIDYALAYA



SELF DEFENCE

Value Add-on Course 35 hours

Link for Registration

<https://forms.gle/CvRznZPWostwzv999>

21 Nov 2021 to 29 Nov 2021

11 AM to 05 PM

COURSE CONTENT

1: Introduction to Self-Defence

- Importance of self-Defence training for personal safety
- Basic principles of self-Defence: awareness, avoidance, readiness, and response
- Discussion on common misconceptions about self-Defence

Resource Persons: Dr. Sourav Kumar Nag (Course Coordinator and Internal Resource Persons)

2: Situational Awareness and Risk Assessment

- Understanding personal space and boundaries
- Recognizing potential threats and dangerous situations
- Practical exercises for improving situational awareness

Resource Persons: Asim Kumar Betal (Internal)

3: Basic Physical Techniques

- Introduction to striking and blocking techniques
- Practice drills for developing coordination and muscle memory
- Partner exercises for applying basic self-Defence techniques

Resource Persons: Smt. Bulti Dey (Internal)

4: Defence against Common Attacks

- Techniques for defending against grabs, holds, and chokes
- Escaping from wrist grabs, bear hugs, and headlocks
- Role-play scenarios to simulate real-life attack situations

Resource Persons: Dr. Nikhilesh Dhar (Internal)

5: De-escalation and Communication Skills

- Strategies for defusing conflicts and avoiding physical confrontation
- Verbal assertiveness techniques and boundary-setting
- Role-playing exercises for practicing assertive communication

Resource Persons: Amit Kumar Bandhu (Internal)

6: Putting It All Together

- Review of techniques and principles covered in previous weeks
- Simulated self-Defence scenarios with realistic role-playing
- Final assessment and feedback on individual progress

Resource Persons: Kartik Bhuiin (Internal)

COURSE OUTCOME

1. Build self-esteem and strengthen self-confidence
2. Learn and master self-defence techniques
3. Enhance physical and mental health and discipline
4. Improve the academic performance by raising the level of energy,
focus and concentration