

Celebration of National Girl Child Day on 24th January, 2023 in
Department of School Education & Literacy, Ministry of Education

The Department of School Education and Literacy, Ministry of Education, organised an online nation-wide programme on the theme '*Self Defence Training for Girls*' as part **Azadi Ka Amrit Mahotsav** on the occasion of **National Girl Child Day** on 24th January, 2023. The event was planned to highlight the importance of Self Defence Training and the physical, emotional and psychological aspects of Self Defence in context of school children, particularly girls. The programme was chaired and inaugurated by Sh. Sanjay Kumar, Secretary, Department of School Education and Literacy (SE&L). Representatives of all States and Union Territories, along with school girls in large numbers participated virtually in the program. The event was also telecast live on Youtube and Twitter was viewed by over 30000 people.

Shri Sanjay Kumar, Secretary, SE&L, during inaugural address, emphasized that equal participation of females in education and thereafter in economic activities is very crucial to make our nation a developed country in its true sense. Secretary further added that as per a UN study, if violence against women declines than it may lead to an increase in around 2% of the global Gross Domestic Product, which translates into 1.5 trillion \$ (US) that is equivalent to nearly 40% of the Indian GDP.

Smt. Archana Sharma Awasthi, Joint Secretary, SE&L, in her opening remarks, highlighted the importance of self defence training as a life skill. She explained that the real meaning of self defence is the ability to outsmart the attacker and avoid the confrontation. It also means to adopt due strategy in proportion to the threat after quickly analysing the situation. She summarised the necessity of the self defence training and said that it is better to have the power and not to need it than to have the need and not to have the power.

Department of School Education and Literacy presented a video reel showcasing the highlights of self defense training/ performance learnt by students, under the Rani Lakshmi Bai Atma Raksha Prashikshan imparted under Samagra Shiksha. The video included glimpses from across the country.

During the event various aspects of self defence training were discussed. The National Council of Educational Research and Training (NCERT) made a presentation on the psychological aspects in self-defence training. The need to stay composed and mentally alert in trying situations and adopting ways to de-escalate the situation were stressed. Information about 'Manodarpan' initiative - a Toll-free National Counselling Tele-helpline for students, parents and teachers was also shared. Ministry of Youth Affairs and Sports shared their experiences on imparting self defence training through National Service Scheme. Various techniques to be adopted in specific unwanted situations were also explained.

During the programme, some states imparting Rani Laxmi Bai Atmaraksha Prashikshan, like Kerala, Haryana, Manipur and Gujarat shared their best practices related to self defence training for girls. The state of Kerela shared that in addition to Karate, Judo, Taekwondo, Kung fu, students are also trained in Kalaripayattu, which is one of the oldest surviving martial arts in India, and also displayed its practice by school girls. Gujarat highlighted its online training module on self-defense training, which could be accessed on DIKSHA portal. The module ensured that the training was not hampered

even during the pandemic. Haryana and Manipur also shared their initiatives on the subject.

Representatives from other Central Government Ministries, viz. Ministry of Rural Development, Youth Affairs and Sports, Panchayati Raj, Skill Development and Entrepreneurship etc.; the autonomous bodies of MoE, Navodaya Vidyalaya Samiti, Kendriya Vidyalaya Sangathan, State Project Directors of Samagra Shiksha Scheme, and girl students of Jawahar Navodaya Vidyalayas, Kendriya Vidyalayas, Kasturba Gandhi Balika Vidyalayas and State government schools also participated virtually in this event with full enthusiasm.

A few glimpses of the event are added below:




