

DINABANDHU MAHAVIDYALAYA

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NAAC ACCREDITED-2016(2nd cycle)
Affiliated to West Bengal State University & Formerly under University of Calcutta
Registered under 2(f) & 12(B) of U.G.C. Act 1956
ESTD: 1947

Certificate Course


On

Self-Defence: Building Confidence through Self-Protection

Course Duration: 14 Day Course (40 Hours)

Course Curriculum:


Topics	No of Days	Hours
Session 01 : Introduction to Self Defence, Exploring common misconceptions	1 day	3 hours
Session 02: Basic Principles of Self Defence : Awareness, Assertiveness, Proactivity	1 day	3 hours
Session 03: Body Awareness and Posture	1 day	3 hours
Session 04: Verbal Self Defence	1 day	3 hours
Session 05: Basic Strikes and Blocks: palm strikes, punches, elbows	1 day	3 hours


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Principal
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Session 06: Escape Techniques: Practicing techniques to break free from grabs and holds	1 day	3 hours
Session 07: Ground Defence & against weapons	1 day	3 hours
Session 08: Introduction to Pressure Points: Safe and effective ways to use pressure points in Self-Defence	1 day	3 hours
Session 09: Defence against Common Attacks	1 day	3 hours
Session 10 : Advanced Techniques and Scenarios: Simulating real-life scenarios and practicing response strategies	1 day	3 hours
Session 11: First Aid and Emergency Response	1 day	3 Hours
Session 12: Fitness and Conditioning: Importance of physical fitness in Self-Defence	1 day	3 hours
Session 13: Role of Technology in Self Defence: Exploring Self-Defence apps and gadgets	1 day	2 hours
Session 14: Final Assessments and Practical demonstrations of learned skills.	1 day	2 hours
Total		40 Hours

Course Objectives:

- Empower students with basic Self-Defence skills and knowledge.
- Enhance students' awareness of potential threats and dangerous situations.
- Equip students with effective verbal and physical techniques for self-protection.
- Foster confidence and assertiveness in students when faced with confrontation.


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- Teach students how to recognize and respond to various types of attacks and aggression.

Course Outcomes:

Upon completion of the course, students will have:

- Increased confidence and self-assurance in dealing with potential threats and conflicts.
- Enhanced situational awareness to recognize and avoid potentially dangerous situations.
- Improved verbal communication skills for assertive and effective self-expression during conflicts.
- Proficiency in basic Self-Defence techniques, including strikes, blocks, and escapes.



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