

F.No.A-22011/1/2021-ADMINISTRATION

Government of India

भारत सरकार

Ministry of Jal Shakti

जल शक्ति मंत्रालय

Department of Water Resources, River Development & Ganga Rejuvenation

जल संसाधन नदी विकास एवं गंगा संरक्षण विभाग

(Administration Section)

प्रशासन अनुभाग

Shram Shakti Bhawan, Rafi Marg,
New Delhi, dated the 28th April, 2022

OFFICE MEMORANDUM

Subject: 'Self-defense training' for women employees of the D/o Water Resources RD & GR – reg.

The undersigned is directed to enclose herewith Ministry of Skill Development and Entrepreneurship's D.O. Letter No. 18/5/2022-IC dated 19.04.2022 on the above mentioned subject which is self-explanatory. In this regard, all the women employees of the D/o Water Resources RD & GR, who are interested in undertaking the 'Self-defense training' are requested to furnish their details as under to the Administration Section of this Department via email at admn-mowr@nic.in latest by 06.05.2022 i.e. Monday.

S.No.	Name of the Participant	Designation	Email	Phone Number


(S.B. Pandey)

Under Secretary to the Government of India

Tel. No. 23710333

E-mail: usadmn-mowr@nic.in

Encl: As above.

To

1. All women employees of the Department of Water Resources RD & GR (Sectt.).
2. US(Coordination Section), D/o Water Resources RD & GR, Shastri Bhawan, New Delhi – for further circulation to all the Organizations/Offices/Wings of the D/o Water Resources RD & GR which are located in Delhi.

राजेश अग्रवाल, भा.प्र.से.

सचिव

Rajesh Aggarwal, IAS
Secretary



भारत सरकार
कौशल विकास और उद्यमशीलता मंत्रालय
GOVERNMENT OF INDIA
MINISTRY OF SKILL DEVELOPMENT
AND ENTREPRENEURSHIP

D.O. No. 18/5/2022-IC

19th April 2022

Dear Sir,

It gives me immense pleasure to inform you that the Ministry of Skill Development and Entrepreneurship (MSDE) in partnership with Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL) has successfully conducted a pilot training programme on self-defense techniques for female staff of MSDE, from 28th March 2022 to 1st April 2022 with an objective to equip and empower female trainees with skills and confidence to defend themselves in potentially dangerous or life-threatening situations and facilitated through professional trainers.

2. To scale up the aforementioned training, MSDE in partnership with SPEFL proposes to extend the training programme to the female staff of all Central Ministries and associated Government Departments. The training duration per batch will be of 05 hours spread across 05 days and the candidates will be awarded participation certificates along with Nirbhaya Self Defense Kit after successful completion of training. The certificates awarded to female candidates shall include logos of Skill India, SPEFL and respective Ministries. The training costs will be funded under the SANKALP scheme of MSDE. However, the Hall or tiled floor or open area suitable for female staff for the training are to be arranged by the respective Ministry/ Department once the training dates are finalized. A brief note on the training programme is annexed (Annexure I).

3. You are accordingly requested to kindly nominate female staff from your Ministry and associated Departments for the training programme to promote "Self-Defense Training" for your women employees. The participant and nodal officers details from your Ministry/ Department may be forwarded to this Ministry in the format attached (Annexure II) as early as possible. Contact person from MSDE is Shri R.K. Gupta, Director, (Contact No. 23465857, email ID rk.gupta74@gov.in). Photographs of Self Defense Training at MSDE are also attached as Annexure-III.

Regards,

Yours sincerely,

(Rajesh Aggarwal)

Shri Pankaj Kumar
Secretary
Ministry of Jal Shakti
Department of Water Resource, River Development &
Ganga Rejuvenation
Shram Shakti Bhavan, Rafi Marg
New Delhi-110 001

Encl: As above

On file M.
SQA
20.4.22



Skill India
सौजन्य भारत - कुशल भारत

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Room No. 524, 5th Floor, Shram Shakti Bhavan, Rafi Marg, New Delhi-110001
Tel.: 011-23465833, 23465834, Fax : 011-23465837 E-mail : secy-msde@nic.in
Website : www.skillindia.gov.in

**Self-defense for women employees of Central Ministry and associated Offices in Delhi
NCR****Background and Context:**

Crimes against women have been more than doubled over the past ten years, according to latest data released by the National Crime Records Bureau. As many as 2.24 million crimes against women were reported over the past decade, 26 crimes against women are reported every hour, or one complaint every two minutes, reveals an India-Spend analysis based on the last decade's data. The semantic meaning of "crime against women" is direct or indirect physical or mental cruelty to women. Crimes directed specifically against women and in which only women are victims are characterized as "crimes against women".

Total of 66,01,285 cognizable crimes comprising 42,54,356 Indian Penal Code (IPC) crimes and 23,46,929 Special & Local Laws (SLL) crimes were registered in 2020. It shows an increase of 14,45,127 (28.0%) in registration of cases over 2019 (51,56,158 cases). Crime rate registered per lakh population has increased from 385.5 in 2019 to 487.8 in 2020. During 2020, registration of cases under IPC has increased by 31.9% whereas SLL crimes have increased by 21.6% over 2019. Percentage share of IPC was 64.4% while percentage share of SLL cases was 35.6% of total cognizable crimes during 2020. Major increase was seen in the cases registered under Disobedience to order duly promulgated by Public Servant (Sec. 188 IPC) from 29,469 cases in 2019 to 6,12,179 cases in 2020 and under 'Other IPC Crimes' from 2,52,268 cases in 2019 to 10,62,399 cases in 2020. Similarly, under SLL category, more cases were registered under 'Other State Local Acts' from 89,553 cases in 2019 to 4,14,589 cases in 2020. These together have resulted in 16,43,690 more cases registered in 2020 as compared to 2019. These cases are primarily those arising out of violations of Covid-19 norms. Effectively therefore, there is a decrease in registration of traditional crime by about two lakh cases. During 2020, total of 55,84,135 IPC cases (13,27,167 cases pending from previous year + 42,54,356 reported during the year + 2,612 cases re-opened for investigation) were under investigation, out of which total of 34,47,285 cases were disposed of by police including 26,11,925 cases which were charge sheeted, resulting in the charge sheeting rate of 75.8%. The charge-sheeting rate under IPC Crimes has thus increased by 12.5% over 2019 (67.4%).

Self-defense Training Details:

- 5 Days Trainings by Sports, Physical Education, Fitness & Leisure Skills Council
- Curriculum: 5 Hours Training
- Participation Certificates to all participants
- Nirbhaya Self Defense Kit to all participants

Note : In case of covid wave the training will be completed in online mode

Following techniques to be covered: -

- Defense against front push
- Wrists grab single hand
- Wrists grab double hand
- Front choke defence (Plucking)
- 360 defences, oriental/ ice pick/ slash
- Defense against mouth grab
- Defense against front bear hugs
- Defense against back bear hugs
- Slap defence and Punch Defense
- Tips on Street Smartness
- Usage of Nirbhaya Self Defense Kit

Major Outcomes:

1. Knowledge augmentation of candidates for self-defense
2. Fitness level of candidates increased
3. Key Takeaways:
 - Confidence
 - Situational Awareness
 - Life Saving Skills
 - Fitness Solutions
 - Fighting Fit Attitude
 - Endurance
 - Self-Belief

The training costs will be funded under the SANKALP scheme of MSDE. The certificates awarded to female candidates shall include logos of Skill India, SPEFL and respective Ministries. Hall or tiled floor or open area suitable for female staff to be arranged by respective Ministry once the training dates are finalised.

Annexure 2

Details of Nodal officer/ Point of contact in your Ministry:

- Name and designation:
- Email:
- Mobile No:

Arrangements for self-defense training: Hall or tiled floor or open area suitable for female staff to be arranged by respective Ministry once the training dates are finalised.

Participant Nomination (Batch size should be 40-50 participants):

S. No.	Name of participant	Designation	Email	Phone number

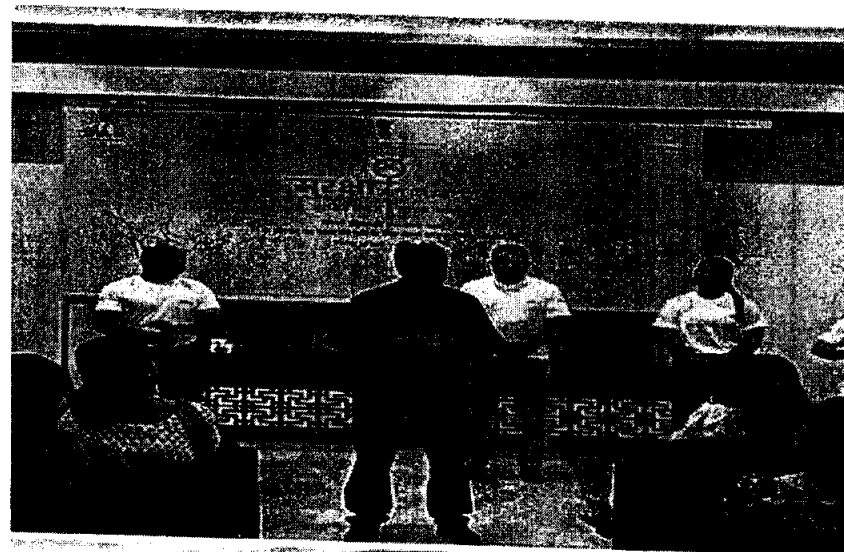
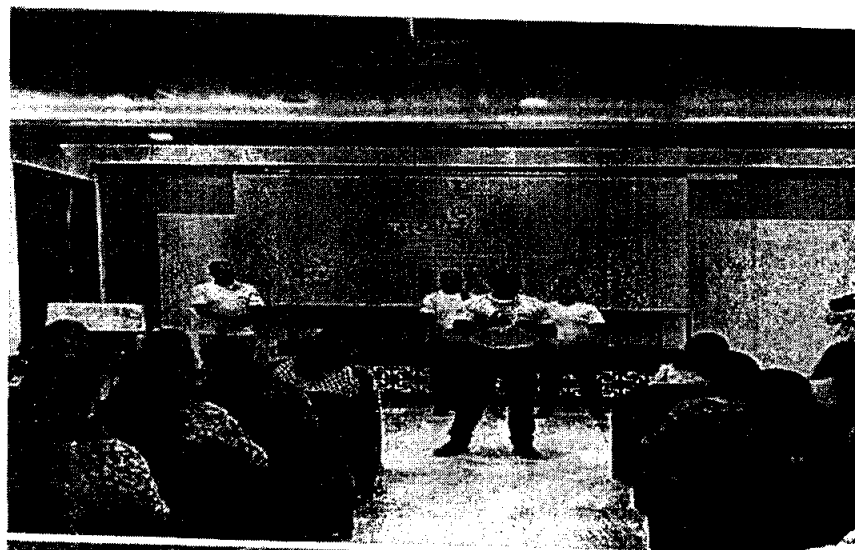
Annexure 3

Photographs of self defense training workshop held at MSDE .

Self- Defense training workshop

Ministry of Skill Development and Entrepreneurship women employees







मेरी सुरक्षा मेरी ज़िम्मेदारी

सुरक्षित समाज में सशक्त नारी

स्वच्छ इंडिया की एक खास पहल
के अंतर्गत यह भारत की नारी के लिए एक डिफेंस ट्रेनिंग वर्कशॉप

दिनांक: 28 मई 2022



Video links

Workshop summary:

<https://www.youtube.com/watch?v=FIOGdHnX6VQ>

Beneficiary bytes:

- Anusua Ghosh- <https://www.youtube.com/watch?v=9LIEJirF2D4>
- Seema Ahuja- <https://www.youtube.com/watch?v=14eAE1HcxcM>
- Rushia Aulakh- <https://www.youtube.com/watch?v=csli6VfuQFQ>
- Nandita Sharma- <https://www.youtube.com/watch?v=5Q448LCX9dI>