

**Subject: Health & Physical Education (According to NEP2020
implemented from Session 2024 - 25)**

Skill Enhancement Course

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	1 st semester		
Name of the Course	Self Defence		
Course Code	24UN-PED-SEC101		
Course Type:	Skill Enhancement Course		
Pre-requisite (if any)	Open for all		
Course Learning Outcomes (LOs):	After completing this course, the learner will be able to: 1. Learn the principles of Self Defence and analyzes of various situations 2. Acquire the knowledge of everyday objects as improvised self-defense tools, Fundamental strikes and Meaning of Defensive Maneuvers. 3. Describe the various techniques of Joint Locks, Chokes, Escapes and holds. 4. Acquire the skills of improvising self-defence tools and various self-defence techniques against common weapons.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part I - Theory = 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 25 (Internal Assessment -5 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
Instructions for Paper- Setter: The question paper will consist of four Units I, II, III and IV. Units I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Self Defence: • Meaning of self-defence & personal safety and its significance in everyday life. • Basic principles of Self-defence and mindset required for effective self-defence. • Meaning of Situational Awareness, Techniques of observing and assessing one's surroundings, recognizing potential threats and techniques of avoiding dangerous situations.		10

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II	Practical aspects of Self Defence: 5. Meaning of Self-defence Tools, everyday objects as improvised self-defence tools. 6. Fundamental strikes: Punches, Kicks, Knee strikes and Elbow Strikes. 7. Meaning of Defensive Maneuvers 8. Meaning and Techniques for blocking, parrying and evading attacks to neutralize threats.	10
III	Techniques of Locks and Self Defence against Holds: 9. Meaning of Joint Locks, Chokes and Escapes, types of joint Locking and choking techniques. 10. Meaning and techniques of escaping from holds. 11. Basics of self-defence when on the ground and defending against ground attacks.	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation/Seminar/ Assignment/Quiz/class test, etc. = 15	End Term Exam: 35 Marks Time = 3 hr One question of 10 marks from each Units I, II to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
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Part II – Practical
(Internal Assessment - 5 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Improvised Self-Defence Tools: Technique of utilizing everyday objects as improvised self-defence tools and understanding their effectiveness.	10 Marks	10
II	Scenario-based Techniques: Techniques for defending against grabs, chokes, and bear hugs.	10 Marks	10
III	Defence against weapons Techniques of self defence against common weapons such as Knife, sticks, and firearms.	5 Marks	10
Internal Assessment: 5 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File		End Term Exam: 20 Marks Evaluation through demonstration of technique = 15 Marks Viva Voce/ Practical Record File = 5 Marks	

Part C-Learning Resources

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- Steve Collins (2012) Self Defence: Techniques And Tactics. Kindle Edition.
- <https://ymaa.com/sites/default/files/book/sample/FightBack.9781594394935.pdf>
- <https://www.kravmaga-women-protect.fr/images/Techniques-de-Self-Defense-Special-Femmes-anglais.pdf>
- Dueep J. Singh, (2015) Self Defence for Women: Tips, Techniques and Methods to Protect Yourself. Mendon Cottage Books.

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