

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF TRAINING: UNION TERRITORY CIVIL SERVICES
 INSTITUTIONAL AREA VISHWAS NAGAR, SHAHDARA, DELHI – 110032.

LEARNING UNITS ON TRAINING ON SELF DEFENCE SKILLS on 13.10.2025 to 16.10.2025

Name of the Package of Courses	Essential Life Skills (Personal Skills: Empowering Women-Self Defence Skills)	
Duration of the Course	Four Days	
Number of Sessions	16	
Training Branch	IV	
Name of Course Coordinator	Smt. Anita Bharal, Assistant Director (TS-IV)	
Session (75 min. each)	Content & Sequence	Proposed Faculty
DAY-1 (13.10.2025) (Monday)		
Session – I 10:00 am - 11:15 am	<ul style="list-style-type: none"> - Flexibility & mobility - Aerobic versus Anaerobic conditioning - Speed development drills 	Mr. Shiv Kumar Kohli (Director, Naina Activity Educational Society)
TEA		
Session – II 11:30 am - 12:45 pm	<ul style="list-style-type: none"> - Defense against Choke/grabs/locks - Defense against grab/choke/lock from rear assault. - Defense against grab/choke/lock from anterior assault. - How to block a particular attack. 	Mr. Shiv Kumar Kohli (Director, Naina Activity Educational Society)
LUNCH		
Session – III 1:45 pm - 3:00 pm	<ul style="list-style-type: none"> - Role of technology in self Defense - Introduction to latest apps (safetypin). - Helpline numbers for the emergency Tools & gadgets for self-defense (pepper spray). 	Ms. Kiran Sethi (S.I., Delhi Police)
TEA		
Session –IV 3:15 pm - 4:30 pm	<ul style="list-style-type: none"> - Punching speed drills. - Focused pad training. - Kicking speed drills 	Ms. Kiran Sethi (S.I., Delhi Police)
DAY-2 (14.10.2025) (Tuesday)		
Session – I 10:00 am - 11:15 am	Mental Conditioning & awareness <ul style="list-style-type: none"> - Understanding a situation - How to observe a situation - How to react in particular situation. - Basic punches & kicks. 	Mr. Uttam Kumar Srivastava (H.C., Delhi Police)
TEA		
Session – II 11:30 am - 12:45 pm	<ul style="list-style-type: none"> - Introduction to the basic pressure points. - What are pressure points. - How to hit a pressure point easily & effectively. - Defense against common attacks. - How to defend against common attacks in real life. (Slap, Punches). 	Mr. Uttam Kumar Srivastava (H.C., Delhi Police)
LUNCH		
Session – III 1:45 pm - 3:00 pm	<ul style="list-style-type: none"> - Training for develop explosive, pulling, pushing and lifting strength. - Audio reflexes training - Sound trigger reaction 	Ms. Nisha Maurya (Trainer)
TEA		
Session –IV 3:15 pm - 4:30 pm	<ul style="list-style-type: none"> - Understanding ground fighting techniques - what you need to know about wrist locks - Defense against commonly used weapons (How to reduce impact of a weapon, How to handle an attacker safely etc.) - Techniques to defend against a weapon. 	Ms. Nisha Maurya (Trainer)

DAY-3 (15.10.2025) (Wednesday)		
Session – I 10:00 am - 11:15 am	<ul style="list-style-type: none"> - Importance of self defense - Warm up - Importance of warm-up in training session - Aerobics exercises. - Basic movements 	Mr. Mayur Saxena (Trainer)
TEA		
Session – II 11:30 am - 12:45 pm	<ul style="list-style-type: none"> - Cardio training for combat - Strength training for combat 	Mr. Mayur Saxena (Trainer)
LUNCH		
Session – III 1:45 pm - 3:00 pm	<ul style="list-style-type: none"> - Study - Discussion of reallife incident by means of projector. - Visual reflexes training. <ul style="list-style-type: none"> - Blink control - Eye exercises - Defense in the situations. - Practical application of the techniques to defend in different situations. 	Ms. Sheetal (Constable, Delhi Police)
TEA		
Session –IV 3:15 pm - 4:30 pm	<ul style="list-style-type: none"> - Revision - Quick revision of all the techniques. - Doubts clarification. - Cool down/ Breathing Process - Slow movements. - Meditation 	Ms. Sheetal (Constable, Delhi Police)
DAY-4 (16.10.2025) (Thursday)		
Session – I 10:00 am - 11:15 am	<ul style="list-style-type: none"> - Basic concepts in nutrition - Food, Nutrition and Health - Interrelation between nutrition and health - The micronutrients. - Balanced and healthy diet 	Ms. Anjali (Dietitian G.T.B. Hospital)
TEA		
Session – II 11:30 am - 12:45 pm	<ul style="list-style-type: none"> - Personal Hygiene 	Dr. Kirti Nirmal (G.T.B. Hospital)
LUNCH		
Session – III 1:45 pm - 3:00 pm	<ul style="list-style-type: none"> - Challenge your Challenges 	Mr. Sajal Dhir (Trainer)
TEA		
Session –IV 3:15 pm - 4:30 pm	<ul style="list-style-type: none"> - Challenge your Challenges 	Mr. Sajal Dhir (Trainer)
