



## केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार, के अधीन एक स्वायत्त संगठन)

शिक्षा सदन, 17, इन्स्टिट्यूशनल क्षेत्र, राउज एवेन्यु, दिल्ली-110002.

**CENTRAL BOARD OF SECONDARY EDUCATION**

(An Autonomous Organization under the Union Ministry of Human Resource Development, Govt. of India)  
"Shiksha Sadan", 17, Institutional Area, Rouse Avenue, Delhi-110002



CBSE/ACAD/JS&IC(A&T)/2015

07.09.2015

Circular No.Acad. - 55/2015

All Heads of Institutions affiliated to CBSE

**Subject: Self-Defence for Girls (Classes I to X)**

Dear Principal

Safety of children is of prime concern to all stakeholders. It is an unfortunate reality that in today's world, the safety of our children is often at stake. Some recent incidents have further accentuated the need to ensure safety of girls. This is an issue which requires immediate attention. Teaching girls to defend themselves is a useful means to empower them. In this regard, the Board is of the opinion that inclusion of self-defence activities for girls is highly desirable. Apart from preparing girls to deal with any untoward situation, self defence activities are also an excellent way of promoting physical fitness. Though ensuring safety of girls requires multiple measures at various levels, schools can contribute to this cause by organizing self-defence trainings for girl students.

Self-defence training will equip the girl students with useful strategies to defend themselves from spontaneous or pre-mediated violence and abuse. Learning self-defence strategies not only involves physically tackling threats to safety but also the ability to identify and avoid potentially unsafe circumstances. These strategies cultivate in individuals the ability to remain alert yet calm at all times. Therefore, self-defence training will assist girl students to become more aware of their surroundings and to not feel helpless in any situation.

In view of the above, the following suggestions are being put forward:

- At the beginning of both terms, i.e. Term-I and Term-II, one week's training on self-defence may be given to all the girl students of Classes I to X.
- The CBSE through its earlier advisory (CBSE/Sports/2010-2011/Cir.No.71 dated 27.10.2010) had suggested that there should be at least 40-45 minutes of Physical Activities or Games period for Classes I-X every day. It is now suggested that one period out of these may be earmarked for

self-defence activities for girls. This will ensure that after the initial week's training the girl students are continuously updated with knowledge, strategies and skills for self-defence.

- c. Non-contact sports may be considered for training girls in self-defence as they will possibly cause less injury than contact sports. It is further advised that those sports which do not involve any special infrastructure be adopted for this initiative.
- d. Schools may invite experts from neighbouring police station or use locally available resource persons for this exercise.

It is earnestly hoped that all schools will follow these directives as these measures would lead to increased self-confidence and sense of safety in girl students.

This may be brought to the notice of all teachers, students and parents.

With warm regards,



**D. T. Sudharsan Rao**  
**J S and I/C (Academics and Training)**

**Copy with a request to respective Heads of Directorates/KVS/NVS/CTSA as indicated below to also disseminate the information to all concerned schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida- 201309.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054.
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017.
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim – 737101.
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar – 791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101.
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Islands.
9. The Secretary, Central Tibetan School Administration, ESS Plaza, Community Centre, Sector 3, Rohini, Delhi-110085.
10. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001.
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010.
12. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
13. All Associate Professor & Additional Directors/ Advisors/ Consultants/Education Officers.
14. All Additional Director/ Joint Director/ Deputy Director/ Assistant Director, Vocational Cell.
15. The Under Secretary (EE-I), Ministry of Human Resource Development, Shastri Bhawan, New Delhi.
16. The Officer in charge of I.T. with the request to put this circular on the CBSE websites.
17. All Assistant Professor & Joint Directors, CBSE
18. All Assistant Professor & Deputy Directors, CBSE
19. The Assistant Librarian, CBSE

20. The Public Relations Officer, CBSE
21. The Hindi Officer, CBSE
22. PS to Chairman, CBSE
23. PS to Secretary, CBSE
24. PS to Controller of Examinations, CBSE
25. PS to Director (Special Exams and CTET), CBSE
26. PS to Director (Information Technology), CBSE
27. PS to Director (Vocational & EDUSAT)

**J S and I/C (Academics and Training)**