

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY

LOK SABHA
UNSTARRED QUESTION NO. 1170
ANSWERED ON 27/07/2026

Self-Defence Training Initiatives for Girls in Schools

1170. Ms Kangna Ranaut:

Will the Minister of EDUCATION be pleased to state:

- (a) whether the Government has issued any advisory, model curriculum, training modules, learning outcomes or implementation guidelines for self-defence training initiatives under the Rani Laxmi Bai Atma Raksha Prashikshan Yojana or any other centrally sponsored scheme;
- (b) if so, the details thereof, including the issuing authority and provisions relating to curriculum, training methodology, learning objectives, trainer qualifications and implementation mechanism;
- (c) whether the Government has undertaken any assessment to evaluate the effectiveness and impact of such self-defence training programmes for girl students in schools and if so, the details thereof and if not, the details of standardised framework exists;
- (d) whether the Government proposes to formulate national guidelines for ensuring uniform and effective implementation of self-defence training programmes; and
- (e) if so, the details thereof along with the timeline thereof?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (e): The Department of School Education and Literacy (DoSEL), Ministry of Education, is implementing the scheme of Samagra Shiksha, effective from 2018-19, for universalization of quality education throughout the country in coordination with the States and UTs. It is an overarching programme for the school education sector extending from Pre-school to Class XII and aims to ensure inclusive and equitable quality education at all levels of school education.

In order to ensure safety and security of girls, empowering girls to tackle risk of assault and for boosting their self-confidence, there is a provision of ‘Rani Laxmi Bai Atma Raksha Prashikshan’ under Samagra Shiksha. Under this, self-defence training is imparted to girls of Class VI to XII studying in Government Schools. The broad objective of the scheme is to increase self-confidence among girl students, reduce irregular attendance and dropout, equip girls with life skills of self-defence and self-development.

Education is a subject in the concurrent list of the Constitution and a majority of the schools are under the administrative control of respective State Governments/Union Territory administrations. The scheme provides financial support at the rate of upto Rs. 5,000 per month per government school for a period of three months. State/UT Governments design the detailed curriculum, training methodology and delivery mechanism to suit local context, terrain and resource availability. In the year 2025-26 as reported by State/UT Government 2,01,292 schools have provided self-defence training to girls.

Moreover, as a follow-up of National Education Policy (NEP) 2020 and National Curriculum Framework for School Education (NCF-SE) 2023, to promote health and fitness among students, Physical Education and well-being has been introduced as a compulsory subject from Grade 3 onwards. The NCF-SE also recommends introduction to Martial Arts under Indian Knowledge System in the Secondary stage.

Additionally, the Central Board of Secondary Education (CBSE) has taken the following measures to impart self-defence training to girls:

- i. The Board vide its Circular 55/2015 dated 07 September, 2015 sensitized schools to the need of imparting self-defence trainings to girls in Classes I–X to all the schools affiliated to it including Government schools in Delhi, Andaman and Nicobar, Arunachal Pradesh, Sikkim and KVs and JNVs.
- ii. It has been advised to schools that girl students in Classes I–X must be imparted one week’s training on self-defence twice a year to all the girl students of Classes I to X.
- iii. It was suggested that schools may invite experts from neighbouring police stations or use locally available resource persons for this exercise.
- iv. In order to promote physical fitness, safety awareness, and self-defence skills among students, CBSE has made Health and Physical Education (HPE) compulsory for all Classes I to XII. The Board has mandated that schools allocate one period of

HPE every day vide Circular No. Acad-10/2018 dated 21 March, 2018 for Classes IX–XII and Circular No. Acad-16/2019 dated 9 March, 2019 for Classes I–VIII. Further, all students are required to participate in at least two sports or physical activities based on their interest and ability, which has also been incorporated into the eligibility criteria for appearing in the Class X and XII Board Examinations. Through its detailed guidelines on pedagogical strategies and assessment under HPE, CBSE has explicitly highlighted the development of self-defence awareness and skills as a key learning objective, thereby ensuring that every student is equipped with essential competencies for personal safety and empowerment.

Physical and financial progress of this activity, along with other components of Samagra Shiksha, is reviewed as part of the annual Project Approval Board (PAB) appraisal of States'/UTs' Annual Work Plan and Budget (AWP&B).
