

SASHAKT NETRA

.....An initiative towards social inclusion for differently able persons.....

REPORT OF

TRAINING ON SELF DEFENSE TO
VISUALLY IMPAIRED GIRLS

2016



Organised By
GRIHINI SAMAJ SEWI SANSTHA
HIRMI, BALODABAZAAR
Chhattisgarh

An attempt of GRIHINI to conduct the training on self defense for visually impaired girls, which is unique and first of its kind in the state of Chhattisgarh

Supported By

- ❖ SOCIAL WELFARE DEPARTMENT, GOVT. OF CHHATTISGARH
- ❖ STATE WOMEN COMMISSION, CHHATTISGARH
- ❖ SIGHTSAVERS

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BACKGROUND

Young disabled persons are among the most marginalized and vulnerable of world's young people. It has been estimated that 19 million children worldwide are visually impaired and out of these 1.4 million have irreversible blindness. In India an estimate of 2,36,900 children up to the age of eighteen are visually impaired, which is around 11 percent of total visually impaired population. Visually impaired children are 4 to 10 times more vulnerable to sexual abuse than their non-disabled peers and among them, visually impaired girls are more exposed to abuses and violence's. It is estimated that one in three girls are and one in six boys are sexually abused are before the age of 18.

Recently, in the news there have been cases of young visually challenged girl being raped and sexually abused. The experiences of such sexual abuses for a child distort her or her self-concept, orientation to the world and affective capabilities. High rates of depression, anxiety, substance abuse, dissociative disorders, interpersonal dysfunction, sexual problems and suicidal ideation have all been identified to varying degrees among men and women who survive child sexual abuse. For this reason, every disabled girl and every woman needs to make self-defendant to at least ensure that nobody can take her for granted. Efforts are to be made to develop capacity of the VI girls to identify potentially threatening situations and to seek the necessary support from appropriate people and organizations.

As a part of empowering and developing skills of the young visually impaired girls, Sightsavers North India Area in 2012 piloted an adolescent health programme for VI girls in Raipur with the aim to provide them accurate, age appropriate and culturally relevant information which would enable them to respond to real life situations in positive and responsible ways. The whole programme has shown that, if adolescent visually impaired girls receive the correct type of support and skills, they can become articulate, self-confident, empowered and knowledgeable young women. In order to take the adolescent health programme to the next level, a self-

defense training programme is planned for VI girls to reduce their immediate risk of becoming sexual abuse/rape victims, and places them in lower-risk categories in adult life.

ABOUT THE TRAINING

As per the suggestion and need assessment made by Sight Saver, the self defense training was organized by Grihini . The training was planned in such a way that the logistic should get utmost priority because, the venue should ensure all sort of comforts and security. Lastly the trainers should ne experienced enough to handled the trainees. The same aspects were fared very well by the organization living up to the expectations. Added to this an effort was also made to develop some trainers within the organization .For this purpose some of the key staff were also trained so that , they can in turn train at community level as per need , whenever required.

OBJECTIVES OF THE TRAINING

The objectives of the training are as follows:-

- To make the participants aware about their personal safety and empower them with self-defense techniques that can ensure their security , self esteem and dignity.
- To make the Participants understand about the psychological and physical aspects of self-defense
- To learn various techniques and tactics for self protection and personal safety.

PARTCIPANT PROFILE

There were around 28 participants in the training and the participants of the trainings include the following personnel.

- Visually impaired girls in the age group of 16 to 45

- Visually impaired girls of the above age group from three blocks such as Palari, Balodabazaar, Tilda, Simga and Palari
- The participants are certified as visually impaired by the appropriate authority.

The details of the participants are enclosed separately at the end of this report.

TRAINERS AND RESOURCE PERSONS

Though the training was supported by the Forest Division, there was representation from the division. The Resource persons include the following

1. Mr.Mushtaq ,Bhopal.
2. Ms Sahajahan Ali, Bhopal
3. Ms. Harsha Sahoo, Raipur

VENUE DETAILS

The venue of the training was at **Xavior Institute of Social Action, Vidhansabha Road, Raipur.** IT was a residential training from **7th December to 13th December 2016.** It used to start at **10.00 AM** and concluding at **4.30 Pm.** The Xavier Institute was convenient, specious with all arrangements required for the trainees

TRAINING SESSIONS (day wise)

The training schedule was prepared and approved prior to the trainings depending on the inputs given by the trainers. The programme guide is attached at the end of the report. However, to understand in brief, every day the sessions are broadly classified into the themes such as – Introductory sessions in the first day and Recap in other days at the beginning followed by warm-ups and exercises (practice) . Then it is followed by lunch and post lunch there were again theoretical informative and interactive sessions and some sessions with Knowledge inputs with day wise conclusions. Every day along with the core trainers, there were attempts of external sessions in the post lunch part. The consultant of the organization has

joined with one session on 12th sharing inputs on legal information and a discussion on Access India Campaign. On the last day, the training was concluded with the presence of important dignitaries as guests. The guests include people from department, Commissions and related agencies.

INAGURAL SESSION

The inauguration of the training was held with the Chief Guest Mr Amarjeet Singh Chawda, the member of State Youth Commission and with the guest Mrs Harshita Pandey by lighting the lamp . Mrs Rupa Shrivastav , the trainer Ms Harsha Sahu and the programme staff of Sightsaver have joined them in



lighting the lamp. After the inaugural lighting the guests delivered speech . Mrs harshita pandey referred a similar type of training imparted at Madhya Pradesh to Visually Impaired girls and she was dreaming to see such type of training in Chhattisgarh, which started in Chhattisgarh by the organization **Grihini**. She was overwhelmed and stressed the importance of the training and



expressed the difficulties faced by the visually impaired girls in dealing with the society. She explained the hope derived by the girls after training and how this training will help reduce the risk of vulnerability to more than 70 % with basic defensive mechanisms just like normal girls. Mrs Pandey also confirmed that this is a very important step for bringing these target girls into mainstream of life and an attempt of social inclusion. She expressed her support on behalf of the Commission to replicate this training in every district in the state and also assured to assure all possible support for approaching the Social Welfare Department to organize such trainings in future. After that Mr Amarinder Singh Chawda has welcomed Grihini and appreciated the efforts initiated towards social inclusion and

mainstreaming of VI girls. He thanked the organization and assured all sort of support to the organization in the Endeavour. After the speech of Mr Amarinder , Ms Harsha Sahu expressed her interest and passion in working with the VI girls . She shared some of her experiences and said that the training would be of great help for the girls in the day to day life.

DAY WISE TRAINING SESSIONS

Day	Sessions	Details
1 7 th Dec 2016	Pre-lunch session	<p>The first session, after inauguration of the training, started with ice breaking exercise through which every participant was made conversant with others. All the trainees have introduced themselves through an interesting game.</p> <p>After the introduction session, the Trainer attempted to take the participants expectations through an exercise and the Trainer facilitated the participants to share their experiences earlier on various situations of life, situations of awkward, experiences of dealing with people etc. Followed by the discussion, the trainer explained on various things to do away with the fear in the society. Also how the techniques of self defense helps them to do away with the unwanted fear and mustering strength to address any type of awkward situation.</p>
	Core session	<p>In this session the trainer explained about the very concept of Self defense, its need and relevance, its methods, its usefulness and the various ways of self defense. As a sequence, the session moved towards facilitating the exercise session by the participants duly facilitated by the Trainer and the team. The exercises started with warming up moves which includes breathing, stretching, joint rotation movements, sitting and laying exercises and screaming exercises. After ensuring the exercises.</p> <p>The warm up exercises followed with the practice of various important moves which happen to be the core subject matter of the training. The various moves being practiced by the participants with the help of the trainer and the team include <i>Palm strike technique</i> (means push he door from front side) and <i>palm strike moves</i> (showing the plams backside) . These exercises and movements was meant to make the participant become conversant on the techniques so that it can be practiced more in the later part of time. After these exercises the relaxation exercises were undergone and the session tapered off for lunch break for an hour</p>
	Post lunch session	<p>Post lunch session discussed on the subject of nutritional needs and support to individual and its relevance and link with self defense and health of an individual. The session was interactive largely on discussions and airing the view points by the participants. The training happened through a two ways</p>

		<p>communication in an interactive mode.</p> <p>Finally the day was called up with a brief recap.</p>
2 8 th Dec 2016	Pre-Lunch session	<p>The day began with a brief recap of the previous learning followed by taking feedback from the participants by the trainer's team through discussions. The participants were opened up to share many of the experiences linking to the subject as well as the possible steps that would have been taken during the happenings. This speaks of the level of a minor elevation in terms of gain in knowledge and information amongst the participants.</p>
	Core session	<p>Following the recap and discussion, the warming up session started where the participants made the warming exercises such as breathing, stretching, revolving joints, sitting and laying and screaming exercises. After the warm up exercises the demonstration and discussion carried on with the sensitive parts of body and how they are to be treated at the time of distress.</p> <p>After the above session, the participants were engaged in practicing the core moves i.e Elbow strikes (brushing techniques) followed by a relaxation sessions. The participants have practiced a lot on the moves and understood the techniques. The session followed by lunch break .</p>
	Post Lunch session	<p>The post Lunch session was carried on with discussions and information gathering on confidence building, The session facilitated a group activities and mutual discussions. The participants have learnt the confidence building aspects and self strengthening. Finally the training was called for the day.</p>
3 9 th Dec 2016	Pre Lunch session	<p>The started with the recap of the previous days training and collecting the feedbacks from the participants through mutual discussions facilitated by the Trainers team. The discussion was followed by warm up exercises which includes breathing, stretching , revolving the joints, sitting and laying and screaming exercises as usual.</p>
	Core session	<p>The warm up session was followed by the core components of the training. One of the core component dealt today was the assessment of threat perceptions. In this session the participants were made conversant on identifying the threats and threatening situations. It was dealt through various demonstrations by the trainer.</p> <p>After the demonstration of the threatening situations and threats the trainer moved on to explain the moves called Knee strike (through stair climbing techniques). The participants practiced on this technique and lastly they also</p>

		practiced the moves taught in the previous days such as Palm strike, elbow strike and knee strikes. Finally the session concluded with relaxation
	Post lunch session	Post lunch session was on the yoga exercises and meditation. In this session the importance and significance of Yoga were explained and meditation methods were explained. The advantages of Yoga and Meditation were explained through discussion, group exercises and interactive methods. Finally the session was concluded and the training was called for the day.
4 10 th Dec 2016	Pre-lunch session	As usual the day started with recap of previous sessions through collection of feedback from the participants and entertaining the discussions amongst the participants on the trainings. After this the trainees were asked to warm up themselves through breathing, stretching, joint revolving , sitting and laying and screaming exercises with the facilitation of the trainers team.
	Core session	In the core session, the trainer explained various case studies that were helpful to make the participants understand on the relevance of the trainings. The case studies were carefully collected and placed before the participants by the trainer so that they can connect it with their day-to-day life and learn as per the need. The session followed by the practice of the important move called Kicking (through football kicking techniques) . The participants practiced this move for better understanding the move. After practicing the Kicking move, the participants have practiced the previous moves taught in the previous day and there was a relaxation session . The session tapered off for lunch.
	Post lunch session	Post lunch, the participants were made to undergo health checkups supported by the social welfare department. The training was finally called for the day.
5 11 th Dec 2016	Pre-lunch session	The day started with the recap of the previous days training and there were discussions made by the trainers to take the feedback from the participants. The session followed by warm up exercises that includes breathing, stretching, joint revolving , sitting and laying and screaming exercises with the facilitation of the trainers team
	Core session	The warm up exercises was followed with the core session where there were discussion on the ways of identifying the wrong person by the VI girl . Different methods of identifying the wrong person were explained. The ways include through the speech, behavior, touching etc. The participant enjoyed a lot in experimenting and demonstrations. The session followed with the learning and practicing of a new move called Hair pulling (through demonstrating techniques). The participants have practiced the new move.

		After that the participants also practiced the moves learnt in the previous sessions. They include palm strike, elbow strike, knee strike, kicking etc. The practicing session was followed by relaxation and then the session was concluded for lunch break.
	Post lunch session	The post lunch session had facilitated the relaxing of the participants and the trainers felt it essential to declare a rest period to the participants, The training was called for a day.
6 12 th Dec 2016	Pre-lunch session	As usual the day started with the recap of the previous sessions and discussions were entertained by the trainer to take the feedback from the participants. The recap session was followed by the warm up session where the participants have undergone warm up exercises such as breathing, stretching, joint revolving , sitting and laying and screaming exercises with the facilitation of the trainers team.
	Core session	In the core session, the trainer explained the new move i.e Grip and Hold breaking technique (from back/front/left & right side through demonstration). The participants have practiced the new move and the session was followed with the practice of other moves taught in the previous days. They include Palm Strike, Knee Strike, Elbow Strike, Kicking, Hair pulling, Grip & Hold breaking. After the practice of these moves the participants were asked for relaxation exercises. And the session tapered off for lunch break.
	Post lunch session	Post lunch session started with the discussion on personality development. Many examples and group exercises were organized on personality development. Following the discussion, the consultant of the organization Mr Jagannath Kompella , discussed extensively on the access India Campaign of the government and he threw light on various legal provisions, reservations for the VI people. The participants were enlightened on various legal provisions and the Access India Campaign. The consultant also stressed the need to advocate with various agencies and departments for the campaign. In this process he also addressed many questions raised by the staff on the exercises of the rights. Finally the session was closed and the day was called off.
7 13 th Dec 2016	Pre-lunch session	As usual the day started with the recap of the previous sessions and discussions were entertained by the trainer to take the feedback from the participants. The recap session was followed by the warm up session where the participants have undergone warm up exercises such as breathing, stretching, joint revolving , sitting and laying and screaming exercises with

		the facilitation of the trainers team.
	Post –Lunch session	This session was focused on practicing all the moves and demonstrations given to the trainers. The entire session went on practicing by the participants and relaxation exercises.

CLOSING CEREMONY OF THE TRAINING

The training programme was concluded with a small function where the dignitaries such as Mrs Harshita Pandey, Chairman, State Commission for Women and Mr Sonmani Bora, IAS, Secretary of Social Welfare Department were present as guests. They were overwhelmed with the performance and interacted with the participants. One of the participants Ms Malti Sahu, expressed her delighted feelings for the training to the guests. Mr Sonmani Bora, IAS, the Secretary overwhelmed to



see such a training initiative by GRIHINI. In his speech, he thanked the organization for such training and urged to support the government in replicating such training in other districts. In his speech **he updated the recent steps of government in the direction of social inclusion that includes:**

- opening a new college of music for the

disabled persons with affiliation with Khairagarh Sangeet iswavidyalaya, opening of such school at Bilaspur soon. Mr Bora is in the opinion that these special girls are god gifted with additional skills that needs to be identified and fostered so that they can contribute in the state development initiatives. He distributed the Smart Cane Stick Assist Devices, arranged by the Social Welfare Department to all the participants along with Ms Harshita Pandey, the Chairman Women Commission. Further Mrs Harshita Pandey thanked the organizers & Sightsaver for undertaking this programme. She joined Mr Bora in the distributed of **Smart Cane Stick Assist Devices** to all the participants. She also declared that the Social Welfare department would take up this training to all other



districts. All the participants were distributed with certificates with the presence of the guests. Ms Harsha Sahu, the trainer, explained the basic steps to be taken by the VI girls for self defense. She said ***“carrying a hair clip all the time by VI women is the most essential precautionary step for defending herself”***. Mr Amarinder Singh Chawda, Member Youth Commission was also present in the ceremony and joined the guests in the distribution. Mrs Rupa Shrivastav, the chairman of Grihini, also thanked the guests and updated about the programme design. Finally the training programme was concluded with the note of thanks to all the members, volunteers and the guests by Mr iswar Chhatta.

MEDIA COVERAGE

The training was covered by Media both in print and electronic media. The Important media houses represented and ensured coverage include Dainik Bjaskar, Nv Bharat, Hari Bhoomi and Hotawada etc. The media have taken individual interview of Mr Sonmani Bora, Mrs Harshita Pandey, Mrs Rupa Shrivastav, Ms Maliti Sahu, Mr harsha Sahu etc and covered in the electronic media in channels. In the interview Mrs Rupa Shrivastav told that these Visually Impaired girls have shown a very good interest in learning and during the practice their performance was meritorious. They have demonstrated the kicks and punches taught to them during the training and she feels that this type of trainings are essential for the target groups to come to the mainstream and to set examples for other such groups in the state.



TRAINING EVALUATIONS

As mentioned in the programme guide and the training sessions, the training evaluation was made through a pre-test and post-test method conducted orally and some practical demonstrations. Every participant was put to an assessment through recording of their performance throughout the training and the improvements were recorded.. The department and the participants have gave their rave reviews and requested to organize such trainings in future. The overall ratings of the training evaluation resulted in satisfying note as the trainees have gained enough knowledge from all dimensions. The result was very effective and it influenced the department Secretary to such an extent that he declared to replicate such type of trainings in other districts with the support of the organization. During the trainings, a group of Six trainees have been developed as Master Trainers who are ready to impart training in

future at places needed. The best trainees, selected as Master Trainers are as follows who are from different places.

- ✚ **Ms Chaitu Dhruv from Tilda Block**
- ✚ **Ms Jageswari from Balodabazaar Block**
- ✚ **Ms Shakuntala from Tilda Block**
- ✚ **Ms Malti from Balodabazaar Block**
- ✚ **Ms Shavitri Nishad from Palari Block**
- ✚ **Ms Manjula Koshla from Simga Block.**

LOGISTICS ARRANGEMENTS

The training logistics were taken care by Grihini The logistics include the availability of space to practice, fooding and other materials, arranging of the resource persons, accommodation, arrangement of attenders etc. For the convenience of the trainees, all the trainees were divided into six groups and the responsibilities of each group was entrusted to one staff of the organization that will look after the day to day requirements of the trainees. Exclusive staff was engaged to look after the training components such as looking after the resource persons, arranging the materials and fooding and boarding, facilitating the guests, liasoning with the centre for ensuring basic requirements, documentations and press releases etc. The organization ensured all the necessary logistics including the conveyance of both participants and resource persons for the training. Adequate efforts to capture the photographs of the trainings were arranged.

SIGNFICANT ASPECTS OF THE TRAININGS

The training is unique in so many aspects and some of the significance is worth mentioning. A list of significant aspects is mentioned below.

- ❖ First of all the training becomes unique due to its participants. Generally the training sessions are made effective through strategies of mutual discussion, two ways interaction and eye contact as the body language of the trainer is very important.

However in this present training this strategy has no role. It all depends on the voice of the trainer which is important. Every person has to maintain a rhythm in their voice.

- ❖ The second significant aspect is the nature of the trainees. They are always assisted with a supporter and the practicing exercises are very difficult to make and they were unique.
- ❖ The training also witnessed the presence of many dignitaries from both government and other agencies. Most importantly the training was realized as a dire need and the department agreed to replicate this in different districts soon, which is laudable.
- ❖ The participants were helped a lot and they are brought from different districts and blocks. The significance aspect is the association of other NGOs who felt it a good step towards the welfare of the visually impaired persons.
- ❖ The self defense training to visually impaired people is significant especially when it comes to putting them into practicing the moves and training them on good touch and bad touch and their reflex action in this connection.
- ❖ Lastly the training is most significant because it is perhaps for the first time that such type of training happened in the state with the support of Sightsavers.

DIGNITARIES JOINED IN THE TRAINING

The following are the dignitaries who have made their presence felt in the trainings.

1. Mrs Harshita Pandey, Chairman, Chhattisgarh women commission, Raipur
2. Mr Sonmani Bora, IAS, Secretary of Social welfare department, Raipur
3. Mr Amarjee Singh Chawda, member of Sate Youth Commission.
4. Mr Jagannath Kompella, Development Consultant , Raipur
5. Mr Gaurav Jain, The programme officer , Sightsaver
6. Media representatives from Dainik Bhskar, Nav Bharat, Hitawada etc

ENCLOSURES ALONG WITH THE REPORT

- List of trainees joined in the training with their domicile location
- Photographs of the training sessions
- Programme guide of the programme (designed before the trainings)

News Clips:

शिविर का समापन आमासिवनी में शिविर का समापन, यहां प्रशिक्षित मास्टर ट्रेनर गांव-गांव जाकर देंगी प्रशिक्षण, समाज कल्याण विभाग बालिकाओं को देगा स्मार्ट केन

प्रशिक्षित दृष्टिबाधित बालिकाएं सिखाएंगी आत्मरक्षा के गुर

भारतम नृप्रतिरक्ष-नेता

राज्य महिला आयोग की पहल पर समाज कल्याण विभाग, ग्रहिणी स्वयं सेवी संस्था और साइटसेवर्स के संयुक्त तत्वावधान में दृष्टिबाधित बालिकाओं के लिए आमासिवनी में 7 दिवसीय राज्य स्तरीय आत्मरक्षा प्रशिक्षण शिविर किया गया। इसमें प्रशिक्षित मास्टर ट्रेनर आने वाले दिनों में इलाके में गांव-गांव जाकर दूसरी बालिकाओं को आत्मरक्षा के गुर सिखाएंगी।

आमासिवनी शिविर में भोपाल से आए प्रशिक्षक मुस्ताक व शाहजहां अली और रायपुर की हर्षा साहू ने दृष्टिबाधित बालिकाओं की आयातकालीन स्थिति में आत्मरक्षा के लिए प्रशिक्षण दिया। शिविर के समापन अवसर पर मुख्य अतिथि राज्य महिला आयोग की अध्यक्ष हर्षिता पांडेय थीं।

अध्यक्षता समाज कल्याण विभाग के सचिव सोनमणी बोरग ने की। प्रशिक्षक हर्षा साहू और प्रशिक्षित दृष्टिबाधित बालिकाओं ने अतिथियों के सामने प्राप्त प्रशिक्षण का प्रदर्शन किया। इस दौरान दृष्टिबाधित बालिकाओं के उत्साह

कलेंगी जागरूक

ग्रहिणी संस्था अध्यक्ष रुपा श्रीवास्तव ने बताया कि आमासिवनी का शिविर प्रशिक्षित बालिकाओं के साथ त्रिलोक गांव-गांव में आत्मरक्षा के प्रति बालिकाओं को जागरूक करेगी। कार्यक्रम में राज्य युवा आयोग के सचिव अमरजीत सिंह खन्ना, बाल अधिकार संरक्षण गृह की मया शर्मा, शिवांग टोपड़े, अक्टूटेक सौराष्ट्र से विवेक श्रीवास्तव उपस्थित थे।

शिविर के समापन कार्यक्रम में प्रशिक्षित बालिकाएं और मास्टर ट्रेनरों का प्रदर्शन करती हुई दृष्टिबाधित बालिकाएं।

शेष पृष्ठ 16 पर

आमासिवनी रायपुर में आयोजित सात दिवसीय प्रशिक्षण शिविर का हुआ समापन दृष्टिबाधितों को आत्मरक्षा का प्रशिक्षण

विश्व दिव्यांग दिवस के अवसर पर छम समाज कल्याण विभाग, गृहिणी स्वयं सेवी संस्था एवं साइटसेवर्स के तत्वावधान में दृष्टिबाधित बालिकाओं की राज्य स्तरीय आत्मरक्षा प्रशिक्षण 7 से 13 दिसंबर तक आवासीय प्रशिक्षण जेवियर इंस्टीट्यूट ऑफ सोशियल एक्शन, विधान सभा रोड, आमासिवनी रायपुर में किया गया।

हरिभूमि न्यूज, हिरमी-रावन

प्रशिक्षण शिविर में भोपाल से प्रशिक्षक मुस्ताक एवं साहजहाँ अली एवं रायपुर से हर्षा साहू ने दृष्टिबाधित बालिकाओं को प्रशिक्षण दिया। बालिकाओं की आपातकालीन स्थिति एवं गरिमा के विरुद्ध व्यवहार की स्थिति होने पर स्वयं की

खास बातें

- सोनमणी बौरा ने सभी बालिकाओं को स्मार्टफोन प्रदान किया
- आपातकालीन स्थिति एवं गरिमा के विरुद्ध व्यवहार की स्थिति से निपटने का प्रशिक्षण दिया
- ओलंपिक खेल में भागीदारी के लिए किया प्रोत्साहित



किया प्रदर्शन

उपस्थित समस्त अतिथियों के समक्ष प्रशिक्षक हर्षा साहू एवं दृष्टिबाधित बालिकाओं द्वारा प्राप्त प्रशिक्षण का प्रदर्शन किया। दृष्टिबाधित बालिकाओं के उत्साह एवं आत्मविश्वास के साथ प्रदर्शन को देखते हुए सोनमणी बौरा ने उन्हें समाज कल्याण विभाग द्वारा संयोजित कौशल विकास योजना एवं शिक्षा से जोड़ने की बात कही। उन्होंने सभी बालिकाओं के लिए स्मार्टफोन संकेतक छड़ी) प्रदान कर विशेष प्रशिक्षक द्वारा प्रशिक्षित किया गया।

गरिमा, आत्मरक्षा के लिए उदाए जाने वाले कदमों की जानकारी दी। उन्हें शारीरिक एवं मानसिक रूप से सशक्त बनाने आत्मबल एवं आत्मविश्वास में वृद्धि की गई। समापन कार्यक्रम के अवसर पर मुख्य अतिथि माननीया हर्षिता पाण्डेय (अध्यक्ष छग राज्य

महिला आयोग), कार्यक्रम की अध्यक्षता सोनमणी बौरा (सचिव समाज कल्याण विभाग व खेल एवं युवा कल्याण विभाग), अमरजीत सिंह छाबड़ा (सदस्य, राज्य युवा आयोग), माया शर्मा (बाल अधिकार संरक्षक गृह रायपुर), विनोद टोप्यो

संचालक जेवियर इंस्टीट्यूट सोशल एक्शन, अल्ट्राटेक सोफ्टवेयर से विनोद श्रीवास्तव उपस्थित थे। राज्य महिला आयोग की अध्यक्ष हर्षिता पाण्डेय ने इस कार्यक्रम की सराहना की एवं प्रशिक्षित दिव्यांग बालिकाओं को

आत्मरक्षा के लिए समस्त जिलों में दिव्यांग महिलाओं के लिए इसी प्रकार का कार्यक्रम समाज कल्याण विभाग के साथ मिलकर प्रशिक्षित करने की बात कही और उन्हें विशेष ओलंपिक खेल में भागीदारी के लिए प्रोत्साहित किया।

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रायपुर, 9 दिसंबर 2016, शुक्रवार

छत्तीसगढ़

दिव्यांग बालिकाओं के लिए आत्मरक्षा प्रशिक्षण

छत्तीसगढ़ संवाददाता

तिल्दा, 9 दिसंबर। रायपुर छत्तीसगढ़ राज्य महिला आयोग की पहल पर छत्तीसगढ़ समाज कल्याण विभाग गृहिणी स्वयं सेवी संस्था एवं साइटसेवर्स के संयुक्त तत्वावधान में दृष्टिबाधित बालिकाओं की राज्य स्तरीय आत्मरक्षा आवासीय प्रशिक्षण का आयोजन 7 से 13 दिसंबर तक जेवियर इंस्टीट्यूट ऑफ सोशियल एक्शन, विधान सभा रोड, आमासिवनी रायपुर में किया जा रहा है।

इस प्रशिक्षण में भोपाल से प्रशिक्षक मुस्ताक एवं रायपुर से हर्षा साहू द्वारा दृष्टि बाधित बालिकाओं की आपातकालीन स्थिति एवं गरिमा विरुद्ध व्यवहार की स्थिति होने पर स्वयं की गरिमा, आत्मरक्षा हेतु उन्हें शारीरिक एवं मानसिक रूप से सशक्त बनाने आत्मबल एवं आत्मविश्वास में वृद्धि कर उन्हें सक्षम करने हेतु अभिनव पहल की जा रही है। कार्यक्रम का मुख्य उद्देश्य दृष्टिबाधित किशोरी बालिकाओं को आत्मरक्षा हेतु मास्टर ट्रेनर के रूप में तैयार करना जो प्रशिक्षण उपरान्त छत्तीसगढ़ के विभिन्न ग्रामों में अन्य दिव्यांग साथियों को प्रशिक्षित कर

आत्मरक्षा के प्रति जागरूक करेंगी। प्रथम दिवस राज्य महिला आयोग अध्यक्ष हर्षिता पाण्डे, विशेष अतिथि राज्य युवा आयोग के



सदस्य अमरजीत सिंह छाबड़ा, राज्य स्तरीय आत्म रक्षा प्रशिक्षित हर्षा साहू, जेवियर इंस्टीट्यूट के संचालक विनोद टोप्यो एवं गृहिणी स्वयं सेवी संस्था हिरमी की अध्यक्ष रूपा श्रीवास्तव के द्वारा दीप प्रज्ज्वलित कर किया गया।

मुख्य अतिथि हर्षिता पाण्डे ने हर किशोरी

बालिकाओं एवं महिलाओं को आत्मरक्षा की प्रशिक्षण की आवश्यकता एवं विशेष कर दृष्टिबाधित एवं दिव्यांग बालिकाओं एवं महिलाओं को प्रशिक्षित होने की प्रेरणा दी। उन्होंने महिला सशक्तिकरण में कानून, समाज एवं शासन की भूमिका पर चर्चा की।

कार्यक्रम में अमरजीत सिंह छाबड़ा ने दिव्यांग किशोरियों को संबोधित करते हुए कहा कि यह छत्तीसगढ़ राज्य की यह पहली पहल है। जिसमें दिव्यांग बालिकाओं को आत्मरक्षा ट्रेनर के रूप में तैयार किया जा रहा है। यह कार्यक्रम जिला स्तर से राज्य स्तर तक आगे बढ़ेगा। विनोद टोप्यो ने दृष्टिबाधित बालिकाओं को यह कह कर प्रेरणा दिया कि लुढ़कते हुए पत्थर में कोई नहीं जमती और उस लोहे में जंग नहीं लगता, जो रोज उपयोग होता है और हाथ कभी नहीं थकते जो मजबूत होते हैं।

इसके उपरान्त राज्य स्तरीय प्रशिक्षिका हर्षा साहू ने दृष्टिबाधित बालिकाओं को पूर्ण रूप से प्रशिक्षित करना एक चुनौती के रूप में लिया है। समस्त जानकारी गृहिणी संस्था अध्यक्ष रूपा श्रीवास्तव ने दी।



