

“THE IMPORTANCE OF SELF DEFENSE TRAINING TO WOMEN IN EDUCATIONAL INSTITUTIONS EMPHASIZING SCHOOLS”*

ABSTRACT-

Self- defense training to women is one of the major concerns in India. Women self defense can employ many techniques from several different styles like martial arts, karate, street fighting, etc. and these are historic techniques been practiced for so many years. Self defense is of utmost importance to women especially in today’s world. Women are not yet aware about the self defense techniques and the fact that this training not only makes them strong physically but mentally too. Self defense includes self protection and the importance of self defense is ignored due to lack of confidence in females. There are women who shows interest in self defense training and are even aware about their surroundings and this will help them in combating violence faced by them. Self- defense training is needed by women to defend themselves, not to attack other people. Other than the self defense training, a woman should adopt certain basic strategies which are required by them in combating crucial circumstances but they can be expected to be prepared for all kinds of situations by way of self- defense training. So, there is an urgent requirement of a law mandating self- defense classes for girls in schools.

Introduction-

Self defense is of utmost importance to women especially in today’s world where crime rules. It is almost impossible for woman to be prepared for all critical scenarios. So, self defense training is needed by woman. Attacks begin before it becomes physical and women are not yet aware about the self defense techniques and the fact that this training not only makes them strong physically but mentally too which helps them in fighting social problems with cultural and economic problems. There is an urgent requirement of a law mandating the spread of knowledge about self defense in educational institutions.

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The test is all about, the inclusion of certain important factors in self defense which are very important for a woman and the strategies known to women who they need to adopt during crucial circumstances. There is an urgent requirement of law mandating the self defense training classes in schools.

Self defense only describes the use of force when it is used in response to a threat. Self-defense is the defense of one's person or interests, especially through the use of physical force, which is permitted in certain cases as an answer to a charge of violent crime. The concept of self defense is too broad as even the earliest forms of human beings had to learn how to protect themselves and teach their strategies to others. Women self defense can employ many techniques from several different styles like martial arts, karate, street fighting, boxing etc. and these are historic techniques been practiced for so many years.

Defining self defense-

Self defense is defined as the right to prevent suffering force or violence through the use of a sufficient level of counteracting force or violence. The main philosophy behind defense regardless, of the form is that it does not hurt the other person unless it is absolutely unavoidable and necessary. At the turn of the twentieth century, women famously organized to demand greater social, political freedoms like gaining the right to vote..¹

There are also very strict laws regarding acid attacks, stalking and voyeurism convicts. the importance of self defense is ignored due to lack of confidence in females. There are women who shows interest in self defense training and are even aware about their surroundings and this will help them in combating violence faced by them. These problem needs assessment. The scope is to get the data for assessment from self defense centers in Raipur, Chhattisgarh and from female students and staffs.

Different countries supporting self- defense training-

Women around the world face threats to their safety, from domestic violence to sexual violence. So, some have begun to promote safety for women in various ways like Judo, Karate and other forms of martial arts that helps women to develop mentally and physically.

¹ Self defense overview, Reuters Thomson, Available from: URL: <http://criminal.findlaw.com/criminal-law-basics/self-defense-overview.html>, visited on: 22 March 2017 at 5:10 p.m.

In India, women's rights seem to get more attention, and has witnessed an increased number of women purchasing pepper spray and even applying for gun licenses. Several larger cities including developing city like Raipur offer self-defense, martial arts classes. Women are now starting to take matters into their own hands.

In Kenya, a group "No means No worldwide" started teaching self-defense classes to school girls and another program teaches elderly women to fight back against sexual assault. Using their canes, the women are taught to poke attackers in the eyes. There are organizations that focus on self-defense training for girls to fight against rape or molestation etc.

In United States, offers many programs & support groups for women & sexual assault survivors. One important place where self-defense classes could become more prominent is on college campuses, where sexual assault is a huge problem. Women have increased carrying pepper spray & weapons for self-defense. They are given opportunities to protect themselves.

Laws and regulations for self defense-

There are laws that relate to self-defense. There has been a tremendous increase in the crimes against women and so amendments have been made to the existing laws to safeguard women from being a victim of any crime like anti-rape bill which provides for life term and even death sentence for rape convicts has been given assent. Recently, Uttar Pradesh has mandated the self-defense classes to be opened in schools by passing a law. Even US also offers many programs for women.

There are laws that certainly state that it is legal for any person to kill anybody in self-defense as it is done with an intention of defending ourselves. A woman has a right to self-defense. According to the right of private defense sections 96 & 97 of the IPC, nothing is an offence which is done in the exercise of the right of private defense. There are Sections of Indian Penal Code that help in understanding the laws related to private defense especially for women in India.²

Section 96- This Section defines the things to be done in private defense. Nothing is an offence which is done in the exercise of the right of private defense.

Section 97- This section defines the right of private defense of the body and of property. Every person has a right, subject to the restrictions contained in Section 99 of Indian Penal Code to

² Is it legal to kill someone in self-defense? , Available from: URL: <https://www.quora.com/is-it-legal-to-kill-someone-in-self-defense-in-india>, visited on: 22 March 2017 at 5:45 p.m.

defend his own body and the body of any other person and also the property whether movable or immovable.

Section 98- This Section defines right of private defense against the act of a person of unsound mind or the intoxication of the person doing that Act or by reason of any misconception on the part of that person.

Section 99- This Section defines acts against which there is no right of private defense against an act which does not reasonably cause the apprehension of death or of grievous hurt if done, or attempted to be done by a public servant acting in good faith under color of his office , though that act may not be justifiable by law.³

Section 100⁴- This section defines when the right of private defense of the body extends to causing death, the right of private defense of the body extends, under the restrictions mentioned in the last preceding section, to the voluntary causing of death or of any other harm to the assailant, if the offense which occasions the exercise of the right be of any of the descriptions namely:

1. Such an assault as may reasonably cause the apprehension that death will otherwise be the consequence of such assault.
2. Such an assault as may reasonably cause the apprehension that grievous hurt will otherwise be the consequence of such assault.
3. An assault with the intention of committing rape.
4. An assault with the intention of gratifying unnatural lust.
5. An assault with the intention of kidnapping or abducting.
6. An assault with the intention of wrongfully confining a person, under circumstances which may reasonably cause him to apprehend that he will be unable to have recourse to the public authorities for his release.⁵

Case laws based on self- defense-

Darshan Singh vs. State of Punjab on 15 January, 2010

Killing in defense of a person, according to English law will amount to either justifiable or excusable homicide. But there is another form of homicide which is excusable in self- defense.

³ Know your rights, Available from: URL: <http://www.oneindia.com/feature/know-your-rights-in-self-defence-2111025.html>, visited on: 23 march 2017 at 6:00 p.m.

⁴ IPC- Indian Penal Code.

⁵ Central Government Act, Available From: URL: <https://indiankanoon.org/doc/714464/>, visited on: 6 April 2017 at 7:33 a.m.

There are cases where the necessity for self- defense arisen in a sudden quarrel in which both parties engage, or on account of the initial provocation given by the person who has to defend himself in the end against an assault endangering life. Section 100 of IPC taking the life of the assailant should be justified on the plea of private defense.

Vijayee Singh & Ors. vs. State of Uttar Pradesh on 20 April, 1990

Before the trial court as well as the High Court, it was contended on behalf of the accused that the eye witnesses are highly interested and therefore, their evidence cannot be accepted & even otherwise they have not come out with the whole truth and the injuries found on two of the accused would go to show that the accused acted in fight of self- defense. Therefore the accused were entitled to the fight of private defense.

Kashi Ram and Ors. vs. State of M.P. on 17 October, 2001

A perusal of the judgement of the High Court shows that the findings arrived at by the High Court is oscillating. The High Court has held that there was no evidence to suggest the attack having been opened by the complainant's side and it appeared to be natural that the accused persons had arrived at the place of the incident armed with deadly weapons & the complainant's side must have resisted the attack.⁶ The methodology of my study is thus empirical research which is evolutive in nature asking for mandating the self defense training classes to be opened in schools. According to **table No. 1**, a survey has been conducted and the results are as follows-

1. Inclusion in self defense	
a. Self confidence	50%
b. Self protection	70%
2. Mental strength of women due to self defense.	
a. Yes	96%
b. No	4%
3. Unawareness of importance of self defense.	

⁶Case laws on self- defense, Available from: URL: <https://indiankanoon.org/search/?form/input=self%20defence>, visited on: 5 April 2017 at 6:53p.m.

a. Illiteracy	10%
b. Poverty	4%
c. Lack of confidence	52%
d. Ignorance.	48%
4. Awareness of the surroundings to avoid crime.	
a. Yes	80%
b. No	20%
5. Interest in learning self defense techniques.	
a. Yes	96%
b. No.	4%
6. Non implementation of self defense classes in schools.	
a. Duty of parents to ensure security of their children.	18%
b. It is expensive.	2%
c. Ignorance of its importance.	78%
d. Disinterested women.	2%
7. Self defense helpful in combating violence.	
a. Yes	84%
b. No	14%
8. Need of mandating self defense classes in schools.	
a. Yes	92%
b. No	8%
If yes, then	
a. School forms the base of student's life.	32%

b. It contributes to women mental strength	42%
c. It helps to fight crimes.	30%
9. Basic strategies to be adopted in crucial circumstances.	90%
a. Yes	10%
b. No	

TABLE NO. 1

DISCUSSION-

The view about what self defense includes 50% self confidence and 70% self protection.

The view about whether self defense training makes a woman mentally strong is 96% yes and 4% No

The view about what is the reason behind the unawareness of the importance of self defense training is 10% illiteracy 4% poverty 52% lack of confidence and 48% ignorance.

The view about whether you are aware of your surroundings to avoid being victim to crime is 80% yes and 20% no.

The view about whether you are interested in learning self defense techniques is 96% yes and 4% No

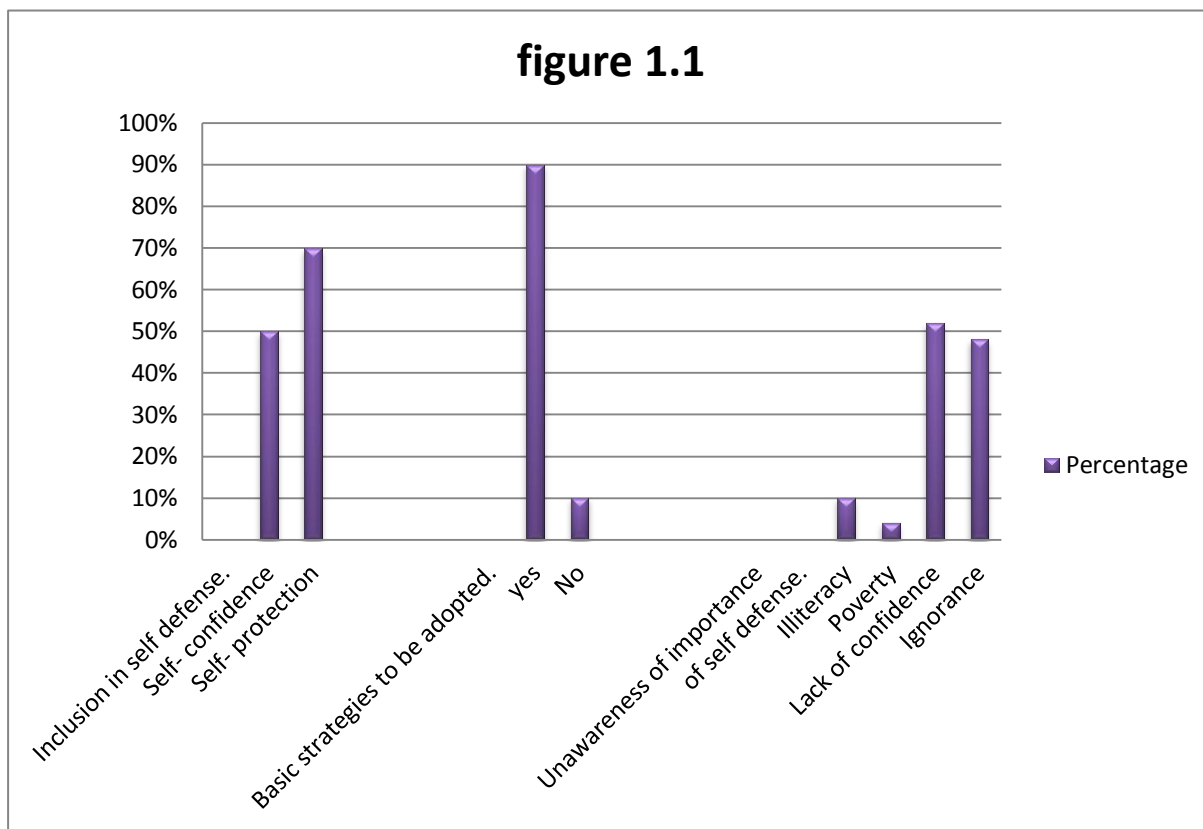
The view about what according to you is the reason of non implementation of self defense classes for girls in schools is 18% duty of parents to ensure security 2% it is expensive 78% ignorance and 2% women are not interested.

The view about whether self defense training will help in combating violence is 84% yes and 14% no.

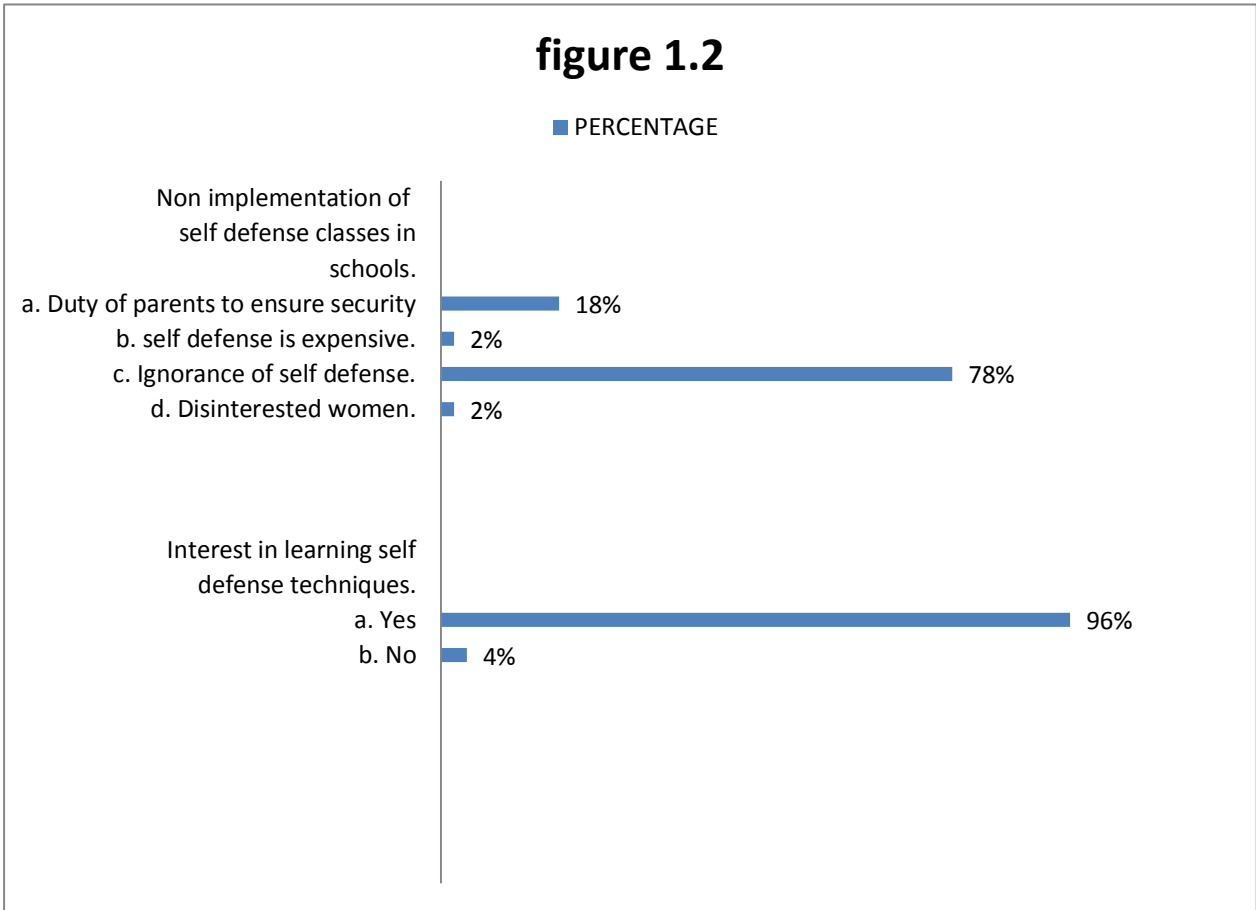
The view about whether you feel the need of mandating self defense classes for girls in schools is 92% yes and 8% no. If yes, why 32% to school forms the base of a student's life 42% it contributes to a woman's mental strength and 30% helps in fighting crimes.

The view about whether you feel the need to be told the basic strategies to be adopted in crucial circumstances is 90% yes and 10% no.

RESULT-

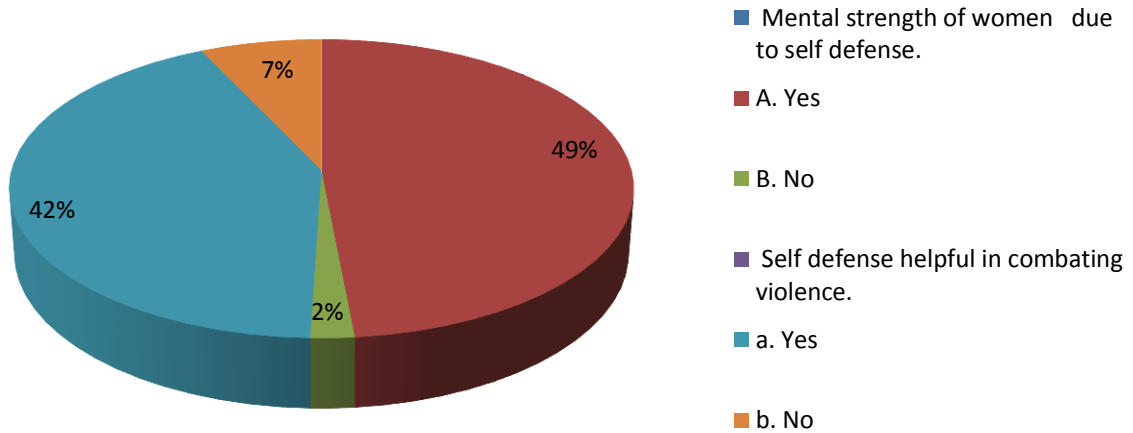


In **Fig 1.1** 70% women believes that self defense includes self protection as compared to 50% women who believes that self defense includes self confidence. Self defense training to women is very necessary for self protection as in today’s world women needs to protect themselves from crime. 52% women thinks that lack of confidence is the reason for unawareness of importance of self defense training for girls as compared to 10% supporting illiteracy and 4% supporting poverty and 48% supporting ignorance. Also that most of the woman are not confident about themselves that they will be able to learn the techniques of self defense. Other than learning the techniques of self defense, a woman should be told about some basic strategies that she should adopt in adverse circumstances so 90% women feels the need to be told about these strategies whereas only 10% does not feel the need to be told.

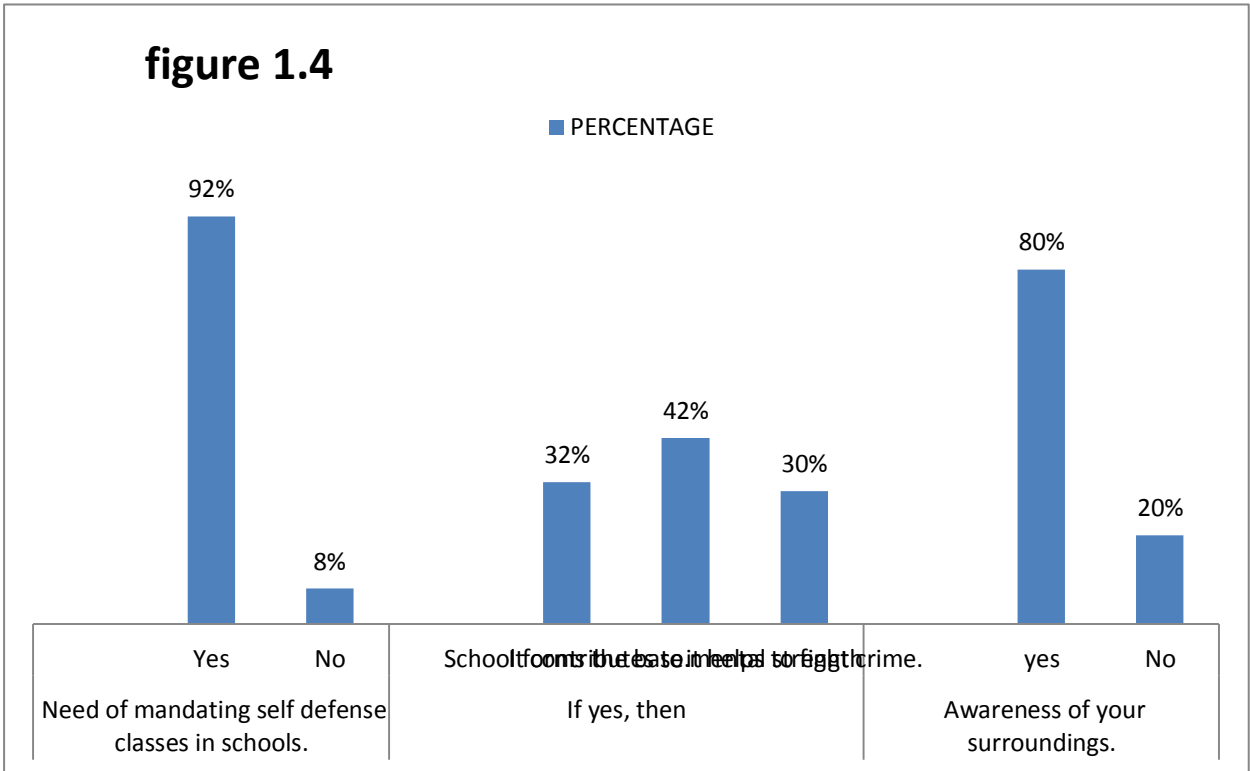


In **Fig 1.2** If a woman wants to know about self defense and its techniques then it is important to recognize the number of woman interested in learning self defense techniques so 96% women are interested whereas only 4% are not interested. 78% trainers think that ignorance is the major reason for non implementation of self defense classes in schools as most people ignore importance of self defense training as compared to 18% trainers who thinks that it is the duty of the parents to ensure security of their children and 2% believes that it is expensive whereas 2% believes that women are not interested in learning self defense.

figure 1.3



In **Fig 1.3** there are so many violence taking place in workplace or at home and 84% women thinks that self defense helps in combating violence and only 14% thinks that it does not combat violence. Self defense helps in fighting all kinds of violence such as domestic violence and workplace violence etc. Only 4% thinks that self defense does not make a woman mentally strong whereas 96% women believe that self defense makes a woman mentally strong, it is a fact that self defense training contributes to a woman's mental strength. Self defense training contributes to both physical as well as mental strength.



In **Fig 1.4** 92% women feels that self defense classes should be mandated in schools especially for girls and only 8% women thinks that self defense classes are not needed. Self defense classes in schools will help girl students to become more active and fearless and 32% women thinks that self defense classes should be mandated because schools form the base of a student's life and 42% women thinks that it will contribute to a woman's mental strength whereas only 30% women thinks that it will help to fight crimes. In order to become more fearless only self defense classes are not needed but also one should be aware of their surroundings to avoid being a victim of crime and 80% women are aware of their surroundings whereas only 20% women are not aware of their surroundings.

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CONCLUSION/ SUGGESTION-

Self defense is a specific action taken against another person that involves defending and well-being of oneself from harm. It is of utmost importance to women especially in today's world where crime rules. It is almost impossible for woman to be prepared for all critical scenarios. So, self defense training is needed by woman. Attacks begin before it becomes physical and women are not yet aware about the self defense techniques and the fact that this training not only makes them strong physically but mentally too. There is an urgent requirement of a law mandating the spread of knowledge about self defense in educational institutions. Self defense includes self protection and the importance of self defense is ignored due to lack of confidence in females. There are women who shows interest in self defense training and are even aware about their surroundings and this will help them in combating violence faced by them. Other than the self defense techniques every women should be told about the basic strategies to be adopted during crucial situations. Self defense classes should be mandated in schools as it will contribute to a woman's mental strength.

