

PADKAR

Empowering Women Through Self-Defense Training



INTRODUCTION

As part of the 150th birth anniversary celebrations of Swami Vivekananda, the Government of Gujarat conducted the PADKAR Self Defense training for women and girls across the state.

The program was formulated in the backdrop of the alarming increase in crimes against women across the country.

PADKAR transformed the lives of 2,77,253 women and girls across 79 Taluks in 31 districts of the state. It was executed by the Sports Authority of Gujarat, with end to end involvement from SportzVillage.

KEY OBJECTIVES

- Provide women & girls with self defence training
- Enable women to anticipate and neutralise physical threats
- Improve mental fortitude so that women can navigate life's challenges better
- Help women to be more independent and be ready for the 21st century society

OUR CONTRIBUTION

SportzVillage planned and executed the program working closely with the Sports Authority of Gujarat. We created the content, trained coaches, and managed the event across 850 locations in the state.

Program Content

The program was developed by combining useful techniques from Taekwondo, Karate and Judo. The 20 hour program was planned to be conducted across ten days, with 2 hours each day. This ensured that we are covering the essentials well, while also helping the participants to internalise the skills well. The program content was certified by the Sports University of Gujarat.

Training the Trainers

Extra care was taken to ensure that 450 trainers were ready to execute the program. A team of martial arts experts trained 110 head coaches. The Regional Directors and Head Coaches subsequently trained 330 Assistant coaches for the exercise.



Training Manual

A PADKAR training manual was created and broken down into a 10-day module. The modules were broken down to ensure standardized delivery across each institution (School/College). This becomes a reusable asset for any training with the same objectives. The systematic nature of the course design ensures that the program can be conducted again at much lesser costs, in a standardised manner.

Project Management

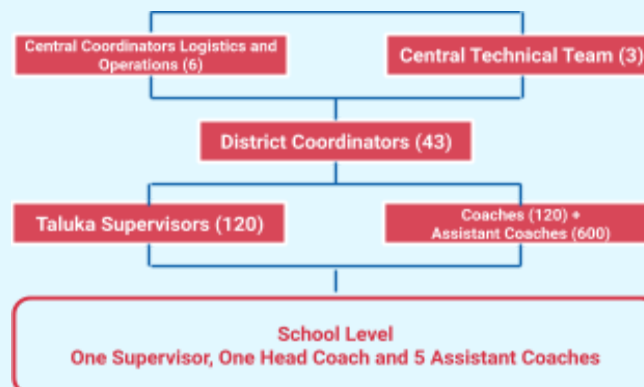
Project Organization



School Tie-ups Team Structure



Program Execution Team



PADKAR IMPACT



Equipped to manage
physical altercations



Empowered to dream
and achieve



Became independent
and confident



Improved resilience
and mental strength

TESTIMONIALS

"There has been a rapid and alarming increase in the rate of crime against women across the country in the recent past. This initiative will have huge positive impact on the society"

-Mr. Scaria Thomas, Principal, Asia English School, Ahmedabad

"This is an amazing program and great initiative by the Gujarat Government. The girls will benefit a lot"

-Ms. Sonal Shah, Principal, Shree Kadvibai Virani Kanya Vidyalay, Rajkot

PADKAR IN PHOTOS





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SPORTZ VILLAGE
Foundation

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