

# NATIONAL SELF DEFENSE MISSION

Join as NSDM Coordinator



राष्ट्रीय आत्मरक्षा मिशन



राष्ट्रीय आत्मरक्षा मिशन



**WRITE US**

nsdmscheme@gmail.com

**VISIT US**

<http://nmaaindia.com/nsdm>

## Did you know?

# 94.2%

Rape is the fourth most common crime against women in India. According to the 2019 annual report of the National Crime Records Bureau (NCRB), 32033 rape cases were registered across the country, or an average of 88 cases daily, slightly lower than in 2018 when 91 cases were registered daily. Of these, 30,165 rapes were committed by perpetrators known to the victim (94.2% of cases), a high number similar to 2018. The share of victims who were minors or below 18- the legal age of consent - stood at 15.4%, down from 27.8% in 2018. On the other hand, rapes by juveniles remained high in India, with 3 minors being arrested for rape, assault, and attempted violence on women and girls each day in 2019.

India has been characterised as one of the "countries with the lowest per capita rates of rape". The government also classifies consensual sex committed on the false promise of marriage as rape. The willingness to report rapes has increased in recent years, after several incidents received widespread media attention and triggered local and nationwide public protests. This led the government to reform its penal code for crimes of rape and sexual assault.

According to NCRB 2019 statistics, Rajasthan reported the highest number of rapes among Indian states. Other states in the Hindi heartland region, across North India, such as Madhya Pradesh, Uttar Pradesh, Haryana, and Chhattisgarh, also have the highest incidence of sexual violence against women. Among metropolitan cities, the national capital of Delhi continued to have the highest incidence of rape at 1253 cases in 2019, while Jaipur had the highest rape rate (per 100,000 population).

National Database on Sexual Offenders

<https://nmaaindia.com>

# WHAT IS NSDM ?



## NATIONAL SELF DEFENSE MISSION (TM)

A Social Initiative for the Promotion of Self Defense Activities through Education, Training, Research, and Publication in Martial Arts.

National Martial Arts Academy India and the Dr. BR Ambedkar Sports Foundation (Organization in Special Consultative Status with the United Nations Economic and Social Council) have launched the National Self Defense Mission (NSDM) in the country.

Under NSDM, coordinators are being appointed in all the districts and states of the country. Girls and women will be trained in martial arts and self-defense techniques in all rural, towns, cities, schools, colleges, and societies of the country. Along with self-defense, an initiative will be started to make women self-confident, self-dependent, and self-respecting.



## DR B R AMBEDKAR SPORTS FOUNDATION

Organization in Special Consultative Status with the United Nations Economic and Social Council.



The Dr. B. R. Ambedkar Sports Foundation (Registered Under the Trust Act of the Government of India) is a Non-Profit and Non-Governmental Organization dedicated to promoting sports for all, education, research, youth, and social activities at the national and international levels in order to spread the Olympic Movement and Olympism and realise Barron Pierre de Coubertin's dream.

### Mission:

- To promote and encourage the physical, spiritual, social, moral, and cultural education of the youth of the nation for the development of character, good health, and good citizenship.
- To promote Olympism through the inclusion of Olympic and non-Olympic sports and games.
- To build social harmony and a friendly society through various youth activities and events.
- To Plan, organize and manage Ambedkar National Games every two year to create message of One Nation Brotherhood.
- To plan, organize, and manage the Ambedkar International Games every four years to create a message for Worldwide Brotherhood.
- To Do Advocacy Against Social Evils such as Dowry, Girl Child Killing, Rape, Discrimination, and Other Immorality.
- To establish, run, and manage sports and youth activity centres all over India.
- To generate funding for sports, social and youth activity centres.
- To Organize Dr. B.R. Ambedkar National & International Awards for Meritorious Athletes / Sportsperson & Other Various Field.

<http://sportsfoundation.ind.in>

**Estd. 2013**

# What is NMAA ?

## Brief Introduction

The National Martial Arts Academy (An Academic Unit of the National Martial Arts Committee India, Regd by the Government of India) has been founded with the objective of providing high quality martial arts and fitness development programs. NMAA-India is a Martial Arts, Yoga, and Fitness Academy that focuses on modern coaching methodologies and provides the most effective learning environment to produce champions of tomorrow.

We have the exclusive master rights for the "Martial Arts Education Program" (MAEP) designed by the National Martial Arts Academy and approved by NCSPE.



# About the Coordinators

The District and State Coordinators will be appointed by the National Coordinator of NSDM after consulting with the Board of Dr B R Ambedkar Sports Foundation.

Mrs. Soni Bharat has been nominated as the First National Coordinator of the NSDM National Self Defence Mission in India, She is a Black Belt III Dan and an AIKF National Gold Medalist in 2010-12. She is also the Founder, Trustee, and President of the Traditional Sports and Games Federation India.



# About the Trainers

National Self Defense Mission (NSDM)

The National Martial Arts Academy provides qualified and well trained trainers for National Self Defense Mission for all over India.



# Why Self Defense Training

The Self Defense training will not only give them the strength from outside only, but also from the inside to take a stand at the places where it is a must. And by organizing these training camps, there can be a bit reduction in unemployment and crimes on women





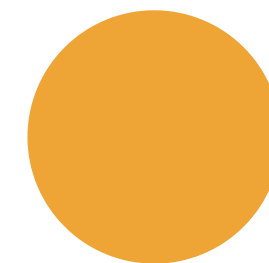
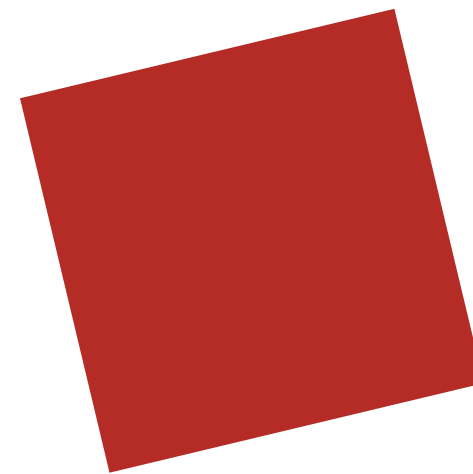
# Hand to Hand Combat Training

## National Self Defense Mission

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The Trainers for the National Self Defense Mission will provide hand-to-hand combat training for girls and women in target areas.

The Coordinators of the National Self Defense Mission will provide motivational training of self-confidence, self-dependence, and self-respect to them.



# Specialization services

**1**

## Education

Educational Classes with Target Syllabus

**2**

## Motivational Training

Motivational Self Defense Training Sessions

**3**

## Research

Research based Training Sessions

**4**

## Outdoor Training

Outdoor Training Session and Camping



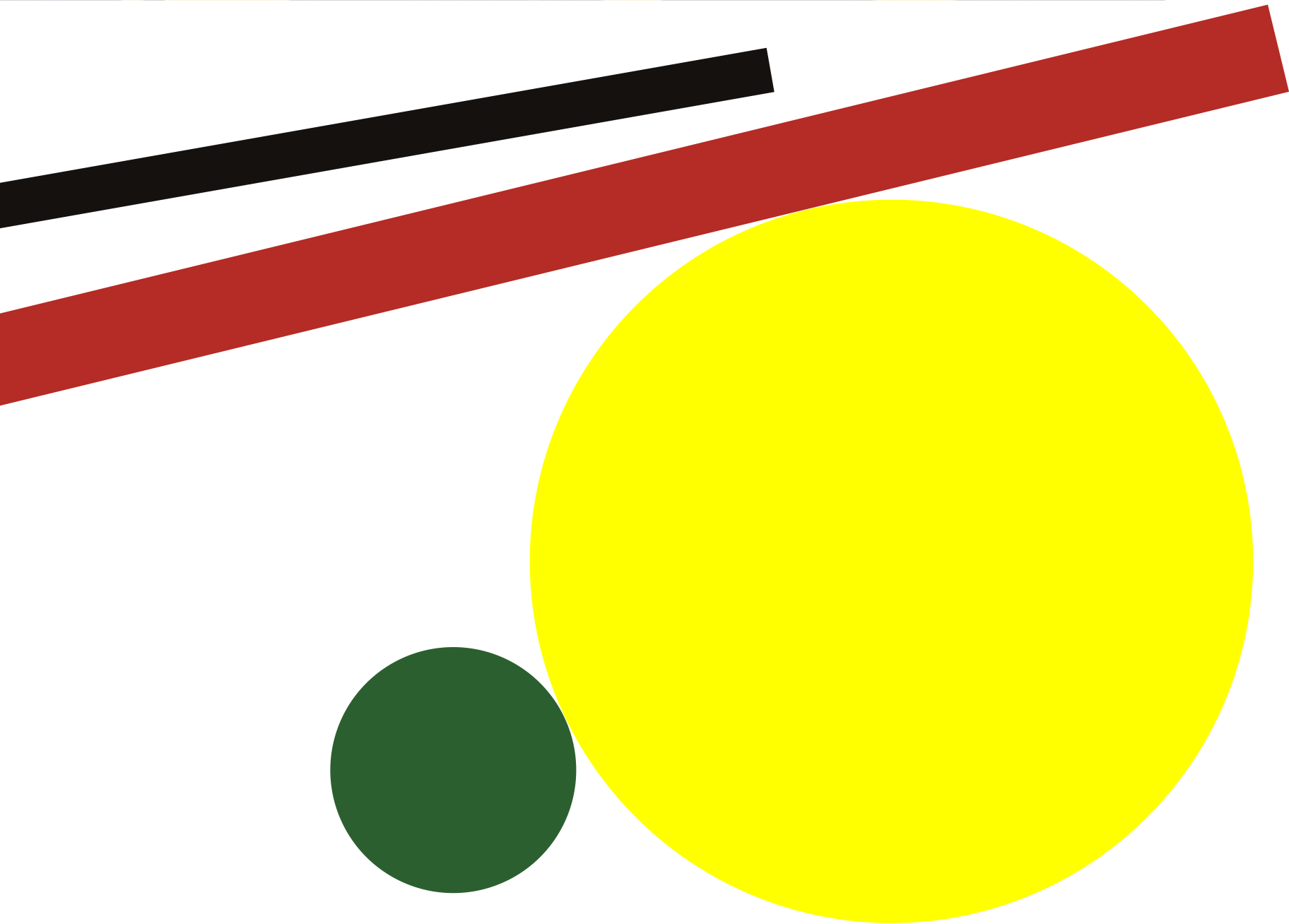


# Self Confidence

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## National Self Defense Mission

When you have high self-confidence, you'll focus more on self-love and self-esteem. And you will have a better understanding of yourself and be able to identify your weaknesses rationally. You stand a better chance of doing well in your career, your relationship, and your life.



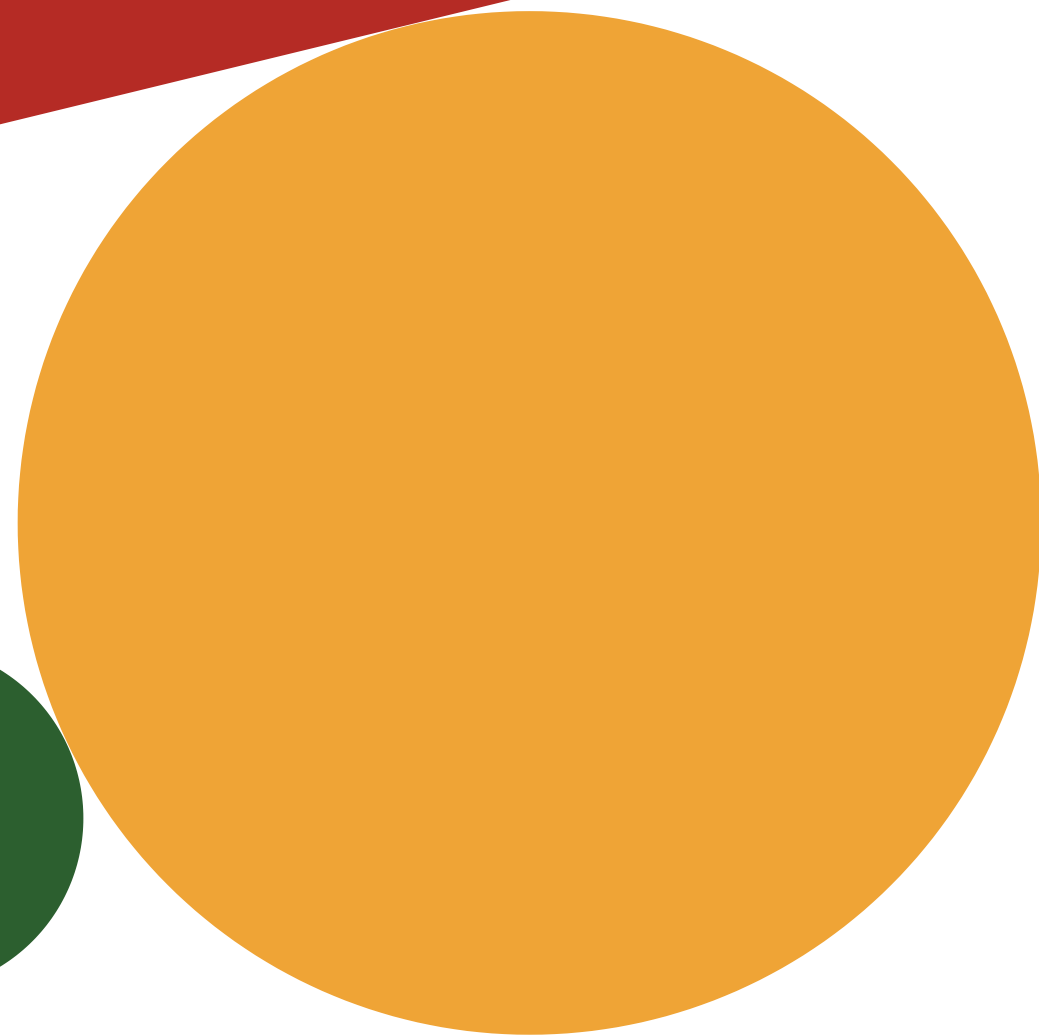
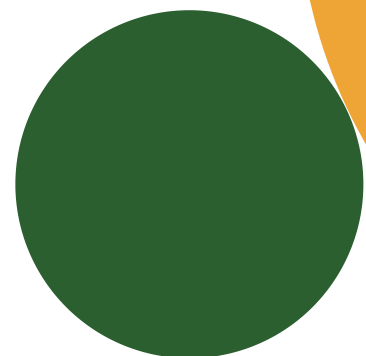


# Self Dependence

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## National Self Defense Mission

Financially independent women can make their own decisions and do not have to rely on others to boost their self-esteem. This boosts their self-esteem and gives them the confidence to face any situation in life.





# Self Respective

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## National Self Defense Mission

Having self-respect helps others see and treat you with dignity and worth. Self-respect is the knowledge that you know your self-worth and that you expect to be treated well and respectfully as a result. Having self-respect helps others see and treat you with dignity and worth.



# NSDM Structure

Chairperson - 1  
Vice Chairperson -2  
National Coordinator -1  
Chief Executive Officer -1  
Project Coordinator-1  
Ass, Projector Coordinator-2  
Marketing Executive -2  
Office Executive -2  
State Coordinators -36  
District Coordinators -742  
Trainers -3710-7420



# Management

National Self Defense Mission



**BK BHARAT**

Chairperson

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**SONI BHARAT**

National Coordinator

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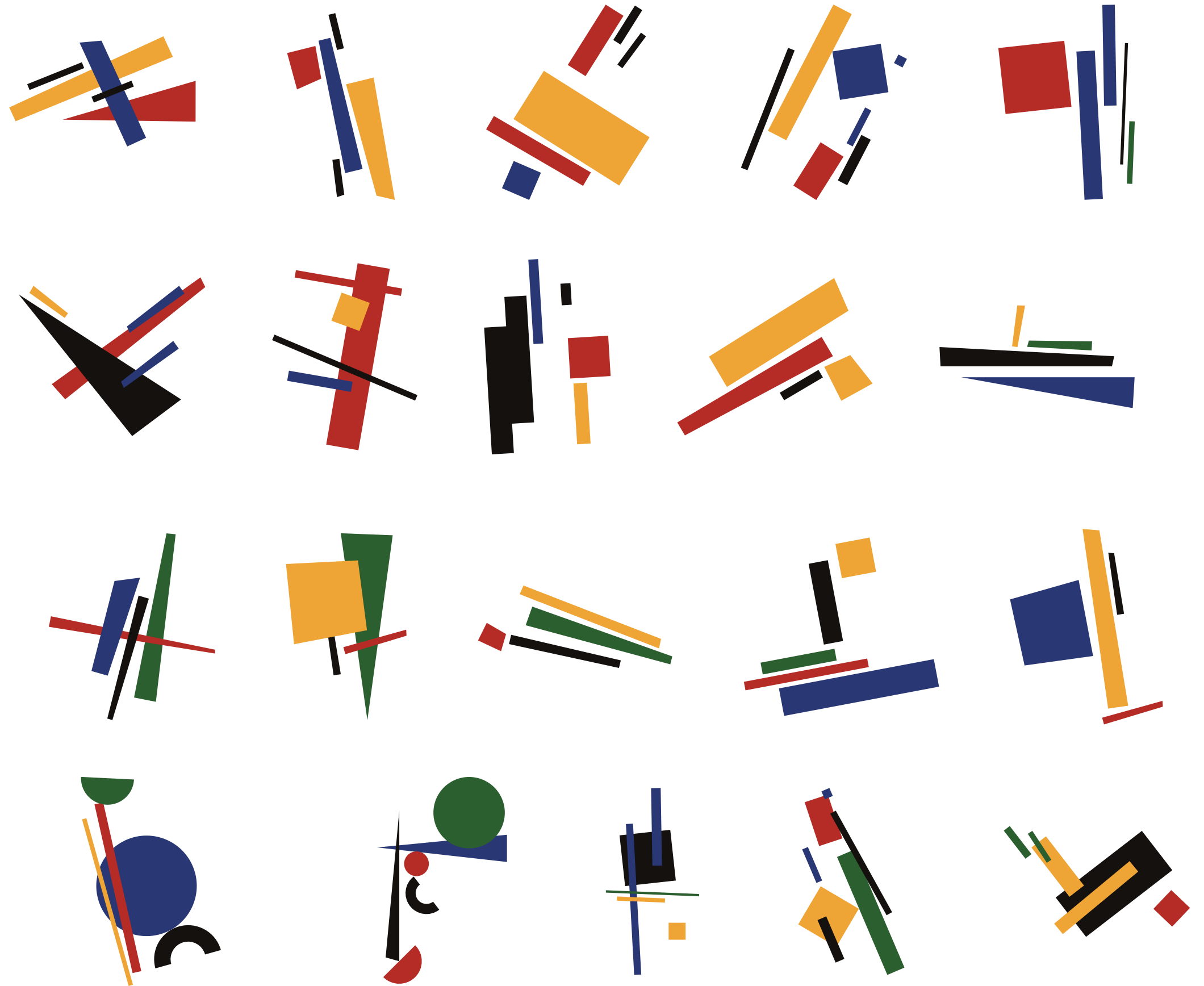
**NEERAJ KUMAR MEHRA**

CEO

# State Coordinators

36 State/ UT Coordinators

The National Coordinator will  
appoint State Coordinators in each  
state of India with the consultation  
of the Chairperson and Board of the  
National Self Defense Mission.

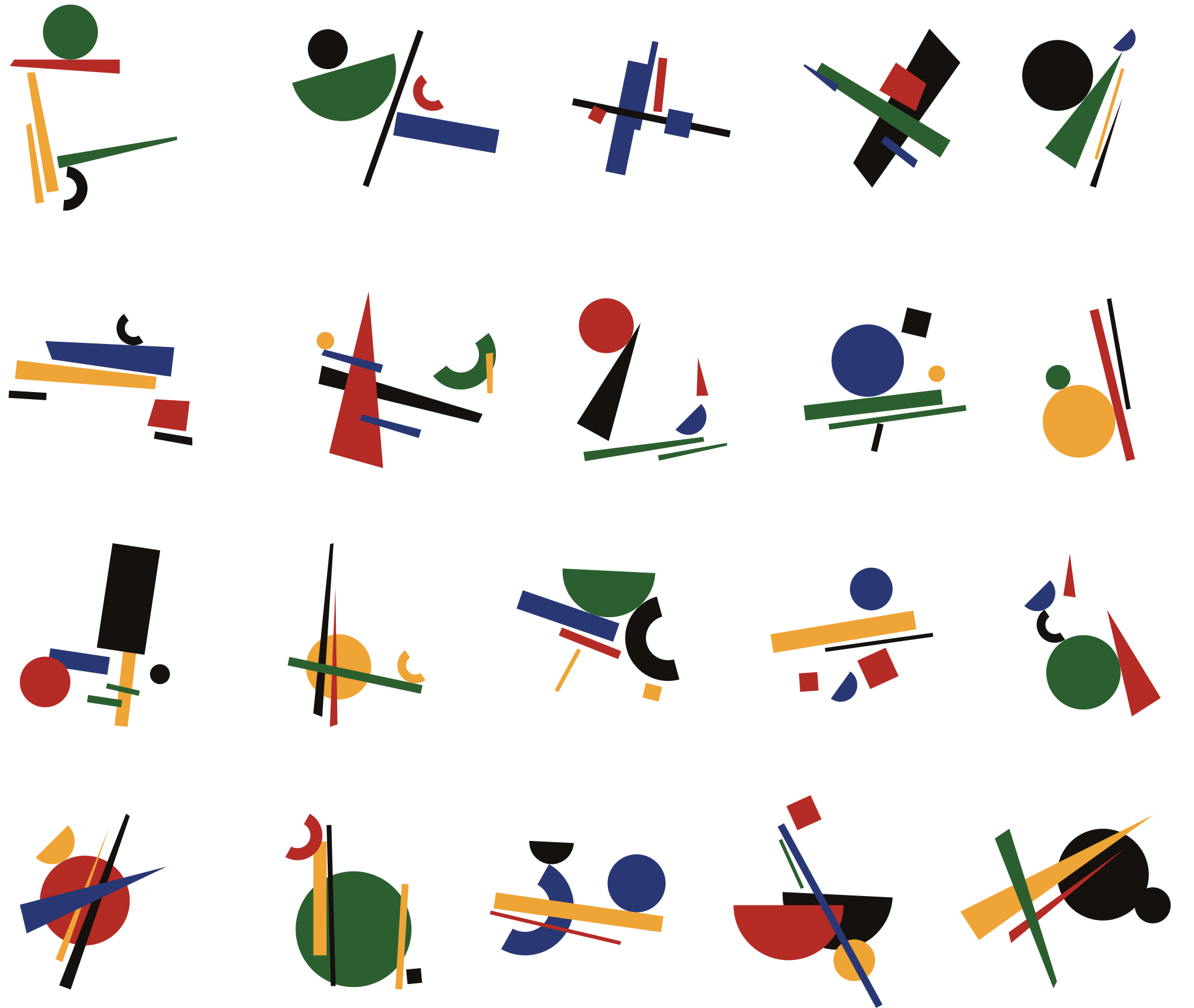




# District Coordinators

742 District Coordinators

The National Coordinator will appoint District Coordinators in each district of India with the consultation of State Coordinators of the respective States.



# Trainers (5-10 Each Districts)

3710-7420 Trainers are Required



01

## Selection

The trainers will be appointed by the National Coordinator in consultation with the District/State Coordinators.

02

## Course

The National Martial Arts Academy will provide special self-defence courses and training to all selected trainers.

03

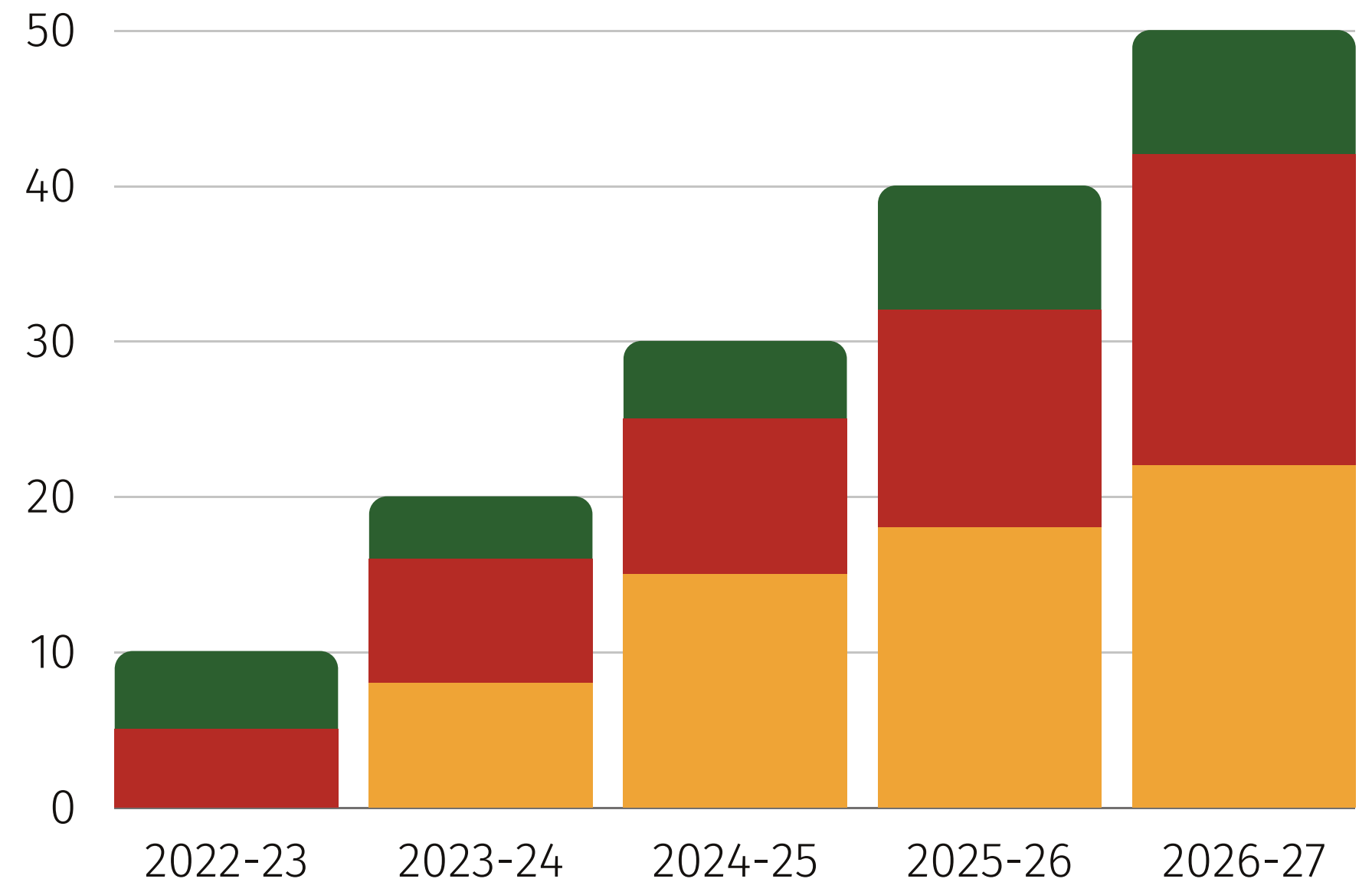
## Training

Trained and selected trainers will provide self-defence training and camps for girls and women in target areas.

# NSDM Development

## National Self Defense Mission

In general, however, a healthy growth rate should be sustainable for the social project. In most cases, an ideal growth rate will be between 10 and 20% annually. Rates higher than that may overwhelm new projects, which may be unable to keep up with such rapid development.



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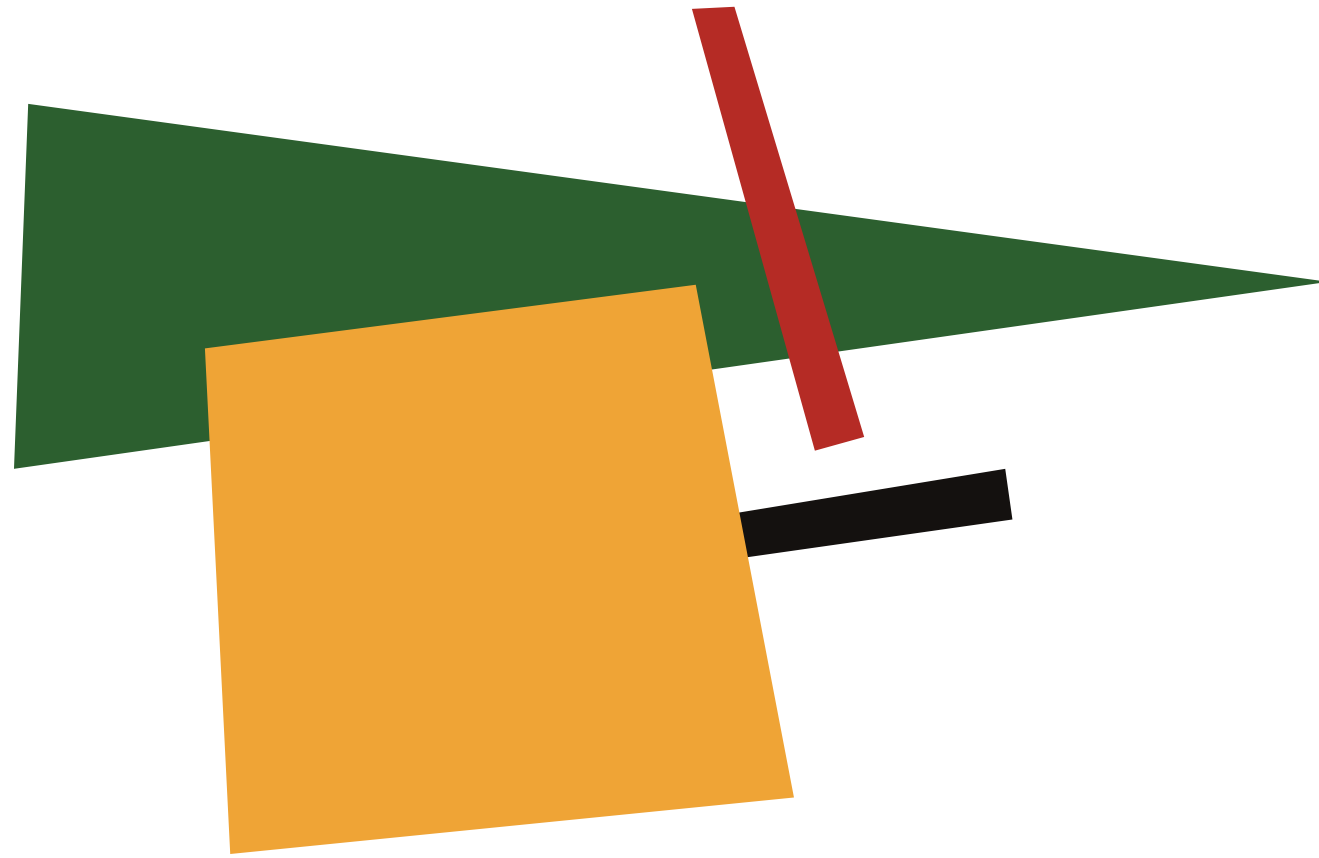
**PROJECT MANAGEMENT IS IMPORTANT BECAUSE IT ENSURES WHAT IS BEING DELIVERED IS RIGHT AND WILL DELIVER REAL VALUE AGAINST THE BUSINESS OPPORTUNITY. EVERY CLIENT HAS STRATEGIC GOALS AND THE PROJECTS THAT WE DO FOR THEM ADVANCE THOSE GOALS.**

# Observation and Analysis

The NSDM Board will observe and analyse the National Self Defense Mission annually. A team will be appointed (Chair & two members) for the regular observation and analysis of NSDM activities.



# Reach us

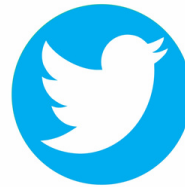


## Location

NMAA Campus, Knowledge Park-2  
Greater Noida-201310 (Uttar Pradesh)



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[nsdmscheme@gmail.com](mailto:nsdmscheme@gmail.com)



# Thank you!



Send us a message at  
nsdmscheme@gmail.com,  
if you have questions.

