



QUALIFICATION FILE- Micro Credential

Essentials of Self-Defense

- Short Term Training (STT) Long Term Training (LTT) Apprenticeship
 Upskilling Dual/Flexi Qualification For ToT For ToA
- General Multi-skill (MS) Cross Sectoral (CS) Future Skills OEM

NCrF/NSQF Level: 2

Submitted By:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL-SC)
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

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QUALIFICATION FILE- MICRO CREDENTIAL

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Section 1: Basic Details

1.	Qualification Name	Essentials of Self-Defense	
2.	Sector/s	Sports	
3.	National Qualification Register (NQR) Code &Version (Will be issued after NSQC approval)	NM-02-SP-02533-2024-V1-SPEFLSC, v1.0	4. NCrF/NSQF Level: 2
5.	Brief Description of the Micro Credential	Essentials of self-defense micro credential covers introduction to the self-defense and the basics of personal protection, including situational awareness, physical techniques for escaping grabs or attacks, and legal considerations. These programs emphasize empowerment, confidence-building, and effective strategies to mitigate threats and ensure personal safety in various environments. Participants gain practical skills and knowledge to navigate potentially dangerous situations with assertiveness and resilience.	
6.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience:	
		S. No.	Academic/Skill Qualification (with Specialization - if applicable)
			Required Experience (with Specialization - if applicable)
		1.	Ability to read & write
7.	Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	0.25	8. Common Cost Norm Category (I/II/III) (wherever applicable): NA
9.	Any Licensing requirements for Undertaking Training on This Qualification (wherever applicable)	NA	
10.	Expected Outcomes of the Micro Credential	Terminal learning outcomes are: <ul style="list-style-type: none"> Develop a foundational understanding of self-defense training principles and the associated job role Understand basic human anatomy and physiology concepts relevant to self-defense training Design and implementing effective warm-up sessions for self-defense training Implementation of fundamental self-defense techniques with correct form and application Execute appropriate cool down sessions for self-defense training 	

11.	Training Duration by Modes of Training Delivery (<i>Specify Total Duration as per selected training delivery modes and as per requirement of the qualification</i>)	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended <i>(Refer Blended Learning Annexure for details)</i> <table border="1" data-bbox="920 209 2018 368"> <thead> <tr> <th data-bbox="920 209 1341 268">Training Delivery Modes</th> <th data-bbox="1341 209 1579 268">Theory (Hours)</th> <th data-bbox="1579 209 1816 268">Practical (Hours)</th> <th data-bbox="1816 209 2018 268">Total (Hours)</th> </tr> </thead> <tbody> <tr> <td data-bbox="920 268 1341 319">Classroom (offline)</td> <td data-bbox="1341 268 1579 319">1</td> <td data-bbox="1579 268 1816 319">6.5</td> <td data-bbox="1816 268 2018 319">7.5</td> </tr> <tr> <td data-bbox="920 319 1341 368">Online</td> <td data-bbox="1341 319 1579 368"></td> <td data-bbox="1579 319 1816 368"></td> <td data-bbox="1816 319 2018 368"></td> </tr> </tbody> </table>					Training Delivery Modes	Theory (Hours)	Practical (Hours)	Total (Hours)	Classroom (offline)	1	6.5	7.5	Online			
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30	70			100	70													
13.	Is the Job Role Amenable to Persons with Disability	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If “Yes”, specify applicable type of Disability:																
14.	How Participation of Women will be Encouraged	<p>In India, encouraging the participation of women in Self-Defense requires addressing specific challenges and taking into account the prevalent scenarios. Here are some practical strategies that can be implemented:</p> <ol style="list-style-type: none"> 1. Women-centric skill development programs: Collaborate with vocational training institutes and organizations to implement skill development programs specifically targeted at women interested in self-defense coaching. These programs should focus on practical training in providing women with the necessary skills to excel in the job-role. 2. Government incentives and support: Advocate for government incentives and support for companies hiring and training women for Self-Defense Assistant job-role. This could include subsidies for training programs, and financial assistance for setting up women-centric training academies 3. Addressing safety concerns: Establish stringent safety protocols and provide a safe working environment for women. 4. Collaborations with women's organizations: form partnerships with women's organizations and NGOs working towards women's empowerment. 5. Flexibility in working hours: Recognize the responsibilities women may have outside of work and provide flexible working hours. This could include options for part-time work, job-sharing arrangements, that accommodate their personal commitments. 																
15.	Other Indian Languages in which the Micro Credential will be implemented.																	
16.	Is similar Micro Credential Qualification(s) available on NQR-if yes, justification for this qualification	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:																

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17.	Name and Contact Details of Submitting / Awarding Body SPOC <i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Name: Tahsin Zahid Email: ceo@sportsskills.in Contact No.: 011-47563351 Website: www.sportsskills.in	
18.	NSQC Approval Date: 30/04/2024	19. Validity Duration: 3 Years	20. Next Review Date: 30/04/2027

Section 2: Training Related

1.	Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Class 10th pass with specialization in combat sports with 1 years of academic/industry experience and 1 year of training experience.
2.	Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Class 10 th Pass with specialization in combat sports with 2 years of academic/industry experience and 2 years of training experience.
3.	Tools and Equipment Required for Training	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes", details to be provided in Annexure)

Section 3: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	Class 12 th Pass with specialization in combat sports with 2 years of academic/industry experience and 2 years of training experience.
2.	Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
4.	Assessment Mode (Specify the assessment mode)	Mode: <input type="checkbox"/> Online Only <input type="checkbox"/> Offline Only <input type="checkbox"/> Blended
5.	Tools and Equipment Required for Assessment	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No (details to be provided in Annexure-if it is different for Assessment)

Section 4: Evidence of Need of the Micro Credential

As per the NCVET Guidelines for evidence of need, provide the required Annexure/Supporting documents.

1.	Government /Industry initiatives/ requirement (Yes/No): Yes
2.	Number of Industry validation provided: 30
3.	Estimated number of people to be trained: 1000

Section 5: Annexure Check List

Specify Annexure Number and Name.

1.	Annexure: NCrf/NSQF level justification based on NCrf Level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	Annexure: Learning Outcomes and Assessment Criteria <i>(Mandatory)</i>	Yes
3.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Yes
4.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory – Except in case of online course)</i>	Yes
5.	Annexure: Blended Learning <i>(Mandatory in case selected mode of delivery is “Blended Learning”)</i>	Yes
6.	Annexure: Acronym and Glossary <i>(Optional)</i>	Yes

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Annexure: Evidence of Level

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NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
Professional Theoretical Knowledge/Process	<ul style="list-style-type: none"> • Understand the principles of self-defense and situational awareness. • Identify common threats and potential dangers in various environments. • Analyse body language and verbal cues to assess potential threats. • Discuss strategies for de-escalating confrontational situations. • Explore the psychology of fear and its impact on decision-making during emergencies. • Review techniques for assertive communication and boundary setting. • Understand the physiological responses to stress and adrenaline in self-defense scenarios. • Explain the importance of physical fitness and conditioning for effective self-defense. 	The micro credential equips learns with self-defense techniques, situational awareness, confidence, empowerment, critical thinking and decision making skills.	2
Professional and Technical Skills/ Expertise/ Professional Knowledge	<ul style="list-style-type: none"> • Awareness of personal boundaries to avert unpleasant situations • Develop mental toughness, emotional control and resilience to handle high pressure situation and overcoming fear • Practical self-defense skills to safeguard 	The learner should be aware of the different types of specific self-defense skills, tactics and tools to be used	2
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	<ul style="list-style-type: none"> • Understand the principles of self-defense and situational awareness. • Identify common threats and potential dangers in various environments. • Analyse body language and verbal cues to assess potential threats. • Discuss strategies for de-escalating confrontational situations. • Explore the psychology of fear and its impact on decision-making during emergencies. • Review techniques for assertive communication and boundary setting. • Understand the physiological responses to stress and adrenaline in self-defense scenarios. 	The learner should be aware of the different types of specific self-defense skills, tactics and tools to be used	2

	<ul style="list-style-type: none"> • Explain the importance of physical fitness and conditioning for effective self-defense. 		
Broad Learning Outcomes/Core Skill	<ul style="list-style-type: none"> • Understand the principles of self-defense and situational awareness. • Identify common threats and potential dangers in various environments. • Analyse body language and verbal cues to assess potential threats. • Discuss strategies for de-escalating confrontational situations. • Explore the psychology of fear and its impact on decision-making during emergencies. • Review techniques for assertive communication and boundary setting. • Understand the physiological responses to stress and adrenaline in self-defense scenarios. • Explain the importance of physical fitness and conditioning for effective self-defense. 	The learner should be aware of the different types of specific self-defense skills, tactics and tools to be used.	2
Responsibility	<ul style="list-style-type: none"> • Understand the principles of self-defense and situational awareness. • Identify common threats and potential dangers in various environments. • Analyse body language and verbal cues to assess potential threats. • Discuss strategies for de-escalating confrontational situations. • Explore the psychology of fear and its impact on decision-making during emergencies. • Review techniques for assertive communication and boundary setting. • Understand the physiological responses to stress and adrenaline in self-defense scenarios • Explain the importance of physical fitness and conditioning for effective self-defense.and policies of the government. 		2

Annexure: Learning Outcomes and Assessment Criteria

Detailed learning outcomes and assessment criteria for the qualification are as follows:

S. No.	Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
1.	Ensure awareness of body's movements, muscle engagement during self-defense training	5	10		
2.	perform warm-up, static & dynamic stretching to prepare for self-defense training	3	5		
3.	Carry out techniques to defend against an unarmed attacker	5	10		
4.	perform defense drills against choke, strangle, jab, grip, fist	5	10		
5.	perform fundamental techniques to defend against an armed attacker	5	10		
6.	carry out activities to improve strength, functional movements, flexibility, and coordination	5	10		
7.	Carry out appropriate cooldown activities	2	15		
Total Marks		30	70		

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

On the Job:

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
 - Videos of Trainees during OJT
 -
4. Assessment of each Module will ensure that the candidate is able to:
 - Effective engagement with the customers
 - Understand the working of various tools and equipment

Annexure: Tools and Equipment

List of Tools and Equipment

Batch Size: 30

S. No.	Tool / Equipment Name	Minimum No. of Equipment required (per batch of 30)	Specification	Mandatory Equipment
1.	Punching Bags	5	Each	Yes
2.	Boxing Gloves	30	Pair	Yes
3.	Hand Wraps	30	Pair	Yes
4.	Focus Mitts	10	Pair	Yes
5.	Kick Pads	10	Pair	Yes
6.	Protective Gear (Headgear, Mouthguards, Shin Guards)	30 Sets	Set	Yes
7.	Mats	10	Each	Yes
8.	First Aid Kit	1	Each	Yes
9.	Safety Cones	10	Each	No
10.	Resistance Bands	15	Each	No
11.	Water Bottles	30	Each	No

12.	Whiteboard & Markers	1	Each	No
13.	Instructional Self-Defense Videos/Materials	1	Each	No
14.	Training Knives	15	Each	Yes
15.	Batons/Stick for Defense Training	15	Each	Yes

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Laptop
2. Whiteboard
3. Marker
4. Projector
5. Chart paper
6. Clipboards
7. Height & Weight chart

Annexure: Industry Validations Summary

S. No	Organization Name	Representative Name	Designation	Contact Address	E-mail ID	Contact Phone No
1	Lotus Veda Education Pvt Ltd	Shikha Sawhney	Director	New Delhi	shikha@lotusvedagroup.com	9971338898
2	Insta Krav Maga	Gopal Raghavan Iyengar	Director	Tamilnadu	instakravmaga@gmail.com	9445428378
3	Sacred Heart Convent School	Monika Sharma	PGT English	Punjab	monikasharma211@hotmail.com	9815712939
4	Ramanlal Shorawala Public School	Himanshu Goyal	Director	Uttar Pradesh	himanshu.goyal07@gmail.com	9568984222
5	Sudeva	Anuj Gupta	Co-Founder	New Delhi	anuj.gupta@sudeva.in	8800722118
6	The Wishing Chair	Ruth Ralsun	Manager	Haryana	ruth.ralsun@gmail.com	9999606125

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7	Fighting Fit India	Shihan Hemal Shah	Director	Maharashtra	fightingfitindia@gmail.com	9594505050
8	Daemon India	Rajesh Kumar	Managing Director	Tamilnadu	rajesh.kumar@daemon.co.in	9880451448
9	Ignite Foundation	Prem Shankar	Trustee	New Delhi	prem.shankar@ignitefoundation.org	9811250294
10	Gyananda School for Girls	Prathna Sadwani	Admission Head	Uttrakhand	schoolofficegyananda@gmail.com	7895754488
11	ASAR Socia Impact Advisors	Medha Kapoor	Researcher	Karnataka	medha.kapoor@asar.co.in	9711746354
12	Kalah System India	Vijeth Rao	Head Instructor	Maharashtra	kalahcombatsystemindia@gmail.com	9623567206
13	Martial Art Academy Phulera	Mohit Kardia	Chief Instructor	Rajasthan	kardiamohit1@gmail.com	9269721234
14	Auckland House School	Sunita John	Director-Principal	Himachal Pradesh	auck65@gmail.com	9816025698
15	Mount Carmel School	Divya Dwivedi	Teacher (PRT)	New Delhi	divyadwivedi@mounycarmeldelhi.com	9582009059
16	Flextronics Technologies (India) Pvt Ltd	Rajeev Kashyap	Vice President-Operations	Hyderabad	rkashyap@nextracker.com	9810122807
17	Sumita Mehra Reflections Pvt Ltd	Sumita Mehra	Director	New Delhi	ceo@sumitamehra.com	8178480848
18	APRC Healthcare Pvt Ltd	Dr. Ravinder Kumar	Direcrtor	Uttar Pradesh	drrravinderphysio@gmail.com	9213202109
19	Choudhary Tours & Travels Pvt Ltd	Rajeev Choudhary	Director	Uttar Pradesh	Rajeev@choudharytours.com	9971598659
20	Rogue Warriors and Tactical	Varun Rawat	Director	Uttar Pradesh	info.rawatac@gmail.com	9999721746
21	247 Around	Nitin Malhotra	CEO	Uttar Pradesh	nits@247around.com	9810872244
22	Noida Deaf Society	Stuti Patel	Program Manager	Uttar Pradesh	stuti@noidadeafsociety.org	7042123969
23	Baba Kedarnath Memorial Society	Aditya Srivastava	Treasurer	Uttar Pradesh	info@ishaancollege.com	8010054746
24	MINDA INDUSTRIES LTD.	Sachchidanand Pande	HRM	Haryana	spande@mindagroup.com	9560180666
25	TCNS Ltd.	Zinnia Pasricha	Business Head	New Delhi	zinnia@tcnslimited.com	98101 89695
26	YoungEdspolrer Pvt. Ltd.	Shikha Agnihotri	Co-Founder	New Delhi	shikha@youngedspolrer.com	9953747471

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27	Beyond Limits	Ankur Agarwal	Associate Director	Haryana	ankur.agarwal@bt.com	9910478158
28	Urban Warriors	Vaibhav	Proprietor	New Delhi	info@urbanwarriors.in	9717732878
29	Cinevista Limited	Vijay Phulka	Executive Director	Maharashtra	vj7861@gmail.com	9821476009
30	iConfida Services	Anuj Panwar	Director	New Delhi	info@iconfida.com	9818090007

Annexure: Training Details

Training Projections:

Year	Estimated Training # of Total Candidates	Estimated training # of Women	Estimated training # of People with Disability
2024-25	300	300	NA
2025-26	300	300	
2026-27	400	400	

Data to be provided year-wise for next 3 years

Annexure: Blended Learning

Blended Learning Estimated Ratio & Recommended Tools:**Refer NCVET "Guidelines for Blended Learning for Vocational Education, Training & Skilling"**

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
1	<input type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		
5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
ISCO	International Standard Classification of Occupations
NCO	National Classification of Occupations
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework
OJT	On the Job Training

Glossary

Term	Description
Qualification	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities based on their main economic function, product, service or technology.