

GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
(DEPARTMENT OF SPORTS)  
**RAJYA SABHA**  
**UNSTARRED QUESTION NO- 1272**  
ANSWERED ON- 05/12/2024

**SELF-DEFENCE TRAINING UNDER ASMITA PROGRAMME**

1272 DR. FAUZIA KHAN:

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state :-

- (a) details of the specific measures being taken to ensure the expansion of the ASMITA Judo League across other zones in India, and the expected timeline for making self-defense training accessible to women in all regions;
- (b) the details of plans in place to integrate self-defense training, like that provided by the ASMITA Judo League, into school curriculums nationwide, including any discussions with the Ministry of Education regarding this initiative; and
- (c) the details of overall impact and outcomes expected from the ASMITA Judo League, particularly in terms of increasing participation, enhancing social awareness, and instilling confidence among young women through sports?

**ANSWER**

THE MINISTER OF YOUTH AFFAIRS & SPORTS

(DR. MANSUKH MANDAVIYA)

- (a) The expansion of the ASMITA Judo League across other zones in India depends on proposals received from the concerned federation. During 2024-25, a total of 2,397 female athletes have participated in ASMITA Judo League.
- (b) No, Sir. No such plan is under consideration in this Ministry.
- (c) The ASMITA Judo League has helped raise awareness and also, in getting more young women involved in sports, especially self-defense. It is helping by improved physical fitness, building confidence, and encouraging participants to compete in local events. The league is helping by developing important skills like discipline, strategy, and teamwork, while also focusing on safety and self-esteem. It has inspired more girls to join sports, creating a supportive environment for women's athletics, and has given participants opportunities to take part in national and international events, leading to better overall fitness.

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