



Impact Evaluation Report – 2025

A consortium initiative , curated by

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Self Defence evaluation -Dec 2024

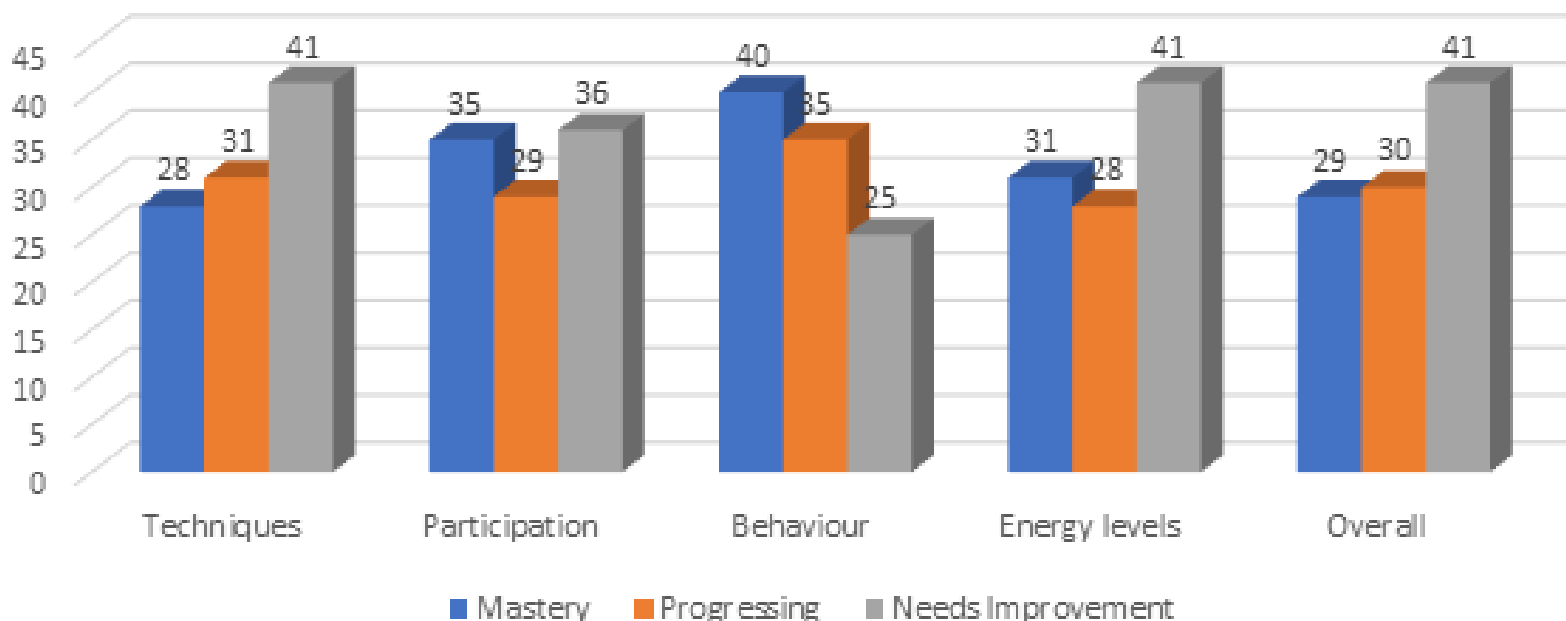


- Structured assessment by Eagle Taekwondo, Partners to SHE teams in Telangana , covering all students in 8-10th classes
- Conducted in a sample of 15 schools across Rajendranagar, Jadcherla, Rajapur and Medchal
- Objectives – to understand the levels of proficiency achieved in program.
- Methodology –includes mock attack drills, observation of participation, and group/ individual demonstration of techniques
- Criteria for assessment – *Techniques, Participation, Behaviour, Energy levels.*
- Levels of proficiency assessed –
 - Mastery - Progressing – Needs Improvement



Self Defence Evaluation – findings

Impact of AHWAAHAN (Self Defence Component)



- Participation : child's level of involvement & engagement during activities
- Behaviour : co-operation, confidence , interaction with peers
- Energy levels : stamina and energy

Summary and Recommendations (Self Defence)

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The self-defense program had a significant impact, benefiting approximately 35 to 40 percent of the girls. It empowered them with the skills, confidence, and knowledge needed to handle challenging situations. The program effectively contributed to their sense of safety and personal strength, equipping them to respond assertively and calmly in potential threats. While physical techniques such as escaping an attacker or defending against a knife assault were taught, students appeared to not understand the importance of mental preparation and quick decision-making.

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Recommendations

1. Focus on Mental Preparedness

Curriculum centered on self-defense must evolve to address contemporary challenges and provide comprehensive, real-world applicability, encompassing not only traditional physical defense techniques but also legal knowledge, situational awareness, and mental resilience training.

2. Balance Physical and Mental Skills

Training students to remain calm and make quick decisions in unpredictable situations will significantly enhance their ability to defend themselves effectively.

Gender Sensitization evaluation – March 2025



- Conducted in a sample of 5 schools across Rajendranagar, Jadcherla, Rajapur and Medchal
- Research led by Tata Institute of Social Sciences (TISS)
- Samples covered boys, girls, school management representatives, parents and trainers
- Methodology –Interviews and focus group discussions
- Objectives of the evaluation :
 - A. Impact of the AHWAAHAN on the boys
 - B. Age & cultural appropriateness of curriculum

Gender sensitization evaluation – findings



Parameters	Boys
supporting equal treatment of girls and boys in daily life situations.	84 %
supported girls' autonomy in areas such as sports, career choices, and mobility	84%
actively stopping such gender based jokes , bullying behaviour	60%
opposing gender-based unfair treatment	70 %
willing to support girls who maybe facing harassment, indicating an increase in empathy and proactive behaviour	96 %
were ready to challenge gender-biased remarks by elders, reflecting growing critical awareness	52 %

Summary and Recommendations (Gender sensitization)



“The program significantly influenced boys’ perceptions of gender equity, with 72% reporting a positive impact. Notably, 40% of boys rated the impact on their gender sensitivity as high or very high (7–10 on a 10-point scale), and 32% reported a moderate impact (5–6). The curriculum was largely regarded as age-appropriate, especially for students in classes 8, 9 and 10 ”

Recommendations

1. Revise curriculum modules to improve age-appropriateness and cultural sensitivity, especially for Grades 8–9 (Modules 5, 7, and 8 to be restructured).
2. Add new modules on gender socialization, gender-based violence, boys as allies, and roles in healthy relationships.
3. Strengthen school-level coordination by appointing dedicated facilitators or program liaisons.

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4. Increase parental and community involvement through orientation sessions, regular feedback loops, and inclusive school events.
5. Enhance communication strategies to ensure that students are fully aware of on-going initiatives and support mechanisms.
6. Promote systemic scaling through partnerships with district education offices, improved honorariums for trainers, and a robust monitoring and evaluation framework.

THANK YOU